



Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Early detection of breast cancer often improves the outcome of treatment. Therefore, make sure you and the women you know do self-exams each month, report any unusual bumps or changes in the size of the breast, and are regularly screened for breast cancer. Ask our pharmacist how various types of hormones may affect your risk of breast cancer. We know that survival is the goal but often not the end of a woman's journey with breast cancer. Quality of life



is so important, and treatment may cause ongoing unpleasant side effects, plus cancer survivors often live in fear of recurrence. Women who have had breast cancer may be suffering but don't want to complain because they are grateful to be alive. If you or someone you love has ongoing problems after chemotherapy or radiation (such as discomfort, weight gain, fatigue, mental cloudiness, mood swings, or gastrointestinal upset), talk to our pharmacist.

Vaginal Health in Menopausal Women

Genitourinary Syndrome of Menopause (GSM) is a term introduced by the International Society for the Study of Women's Sexual Health and the North American Menopause Society in 2014. GSM is caused by estrogen deficiency and is associated with vaginal symptoms such as dryness, burning, irritation, and sexual symptoms such as discomfort or pain, and impaired sexual function. This condition, previously known as atrophic vaginitis or vulvovaginal atrophy (VVA), may also be accompanied by urinary incontinence, dysuria, and frequent urinary tract infections. Signs include loss of pubic hair and scratching lesions due to itching. GSM can occur following radiation therapy or chemotherapy, or in women who have had an oophorectomy or who are receiving antiestrogen medication.

GSM is experienced by up to 90% of postmenopausal women and is even more pervasive in women with cancer, yet this chronic condition is still under-diagnosed and under-treated. GSM tends to worsen throughout the years after menopause or cancer and it requires prompt and long-term therapy to achieve good results. "Understanding the scope of this issue in female breast and gynecologic cancer survivors and identifying treatment options for this complex patient population are paramount." First-line treatment consists of nonhormonal therapies such as lubricants and moisturizers, while hormonal therapy with local estrogen products is generally considered the "gold standard". Oxytocin vaginal gel, which can help improve the symptoms of vaginal atrophy and reduce vaginal pH is an option for women who have a contraindication for hormone therapy.

Our pharmacist can work with you and your medical practitioner to determine the optimal treatment option based on your symptoms and medical history.

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Have you been laid-off or furloughed due to COVID-19?

If you are having trouble paying for your cash compounded prescriptions at this time, please speak to one of our professional staff members to find out how we can help you. We do not want you to discontinue or alter your medication regiment due to financial hardship. ***We can help!***

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