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STAY CONNECTED



## Men's Health and Wellness

As we recognize Men's Health Month, it is important to help the men in our lives maintain their overall health and wellness by increasing awareness of preventable health problems and encouraging early detection and treatment of disease. It is important for men to schedule appointments with their medical practitioners for regular checkups. In addition, men need to educate themselves about ways to maintain and improve their health. Our pharmacist can be an integral part of the healthcare team and can work with men and their medical practitioners to meet wellness goals.

Improving men's health starts at home with individuals and families taking steps to live safer and healthier lives. The biggest threats to men's health can often be prevented. The most common male health threats are

- Heart disease
- Cancer
- Accidents
- Chronic lower respiratory diseases
- Stroke
- Type 2 diabetes
- Suicide

## How can our Compounding Pharmacy help Support Men's Health?

We understand that men have unique mental and physical needs, especially as they age. Our pharmacy can be part of a man's health and wellness journey by discussing hormone therapy, urological conditions, disease prevention, and lifestyle choices.

## Customized Hormone Therapy

Testosterone is a primary male hormone that peaks during adolescence and early adulthood. As men age, testosterone levels gradually decline — typically about 1% a year after age 30. This decrease in testosterone levels is commonly referred to as "male menopause" or "andropause". Low levels of testosterone can be related to changes such as gradual loss of energy, loss of muscle mass, loss of mental focus, increased fat, decreased stamina, loss of libido, and decreased sexual function.



Our pharmacist can work with men and their doctors to measure testosterone and other hormone levels. We understand that all men cannot be treated the same. Various doses and dosage forms can offer different results when treating a man with low testosterone. We discuss the individual's lifestyle and symptoms to help determine the best option for each man. In the past, injections were most commonly used for testosterone supplementation, but in recent years other dosage forms have also been found to offer convenience and sometimes better outcomes. Alternate therapies may include sublingual, topical, or transdermal. Our compounding pharmacist can discuss options with you and your physician.

## Nutritional Supplements

In general, people do not obtain all the nutrients they need through the foods that they eat, so taking quality nutritional supplements can help to improve overall wellness. Some supplements are specifically beneficial for men.

Studies have shown that men with low testosterone levels could benefit from supplementing with magnesium, vitamin D, and zinc. Low levels of these nutrients strongly correlate with testosterone levels. Our pharmacy carries high-quality nutritional supplements and can help you determine which supplements may be beneficial for you.

[Biological Trace Elements Research, 140\(1\), 18-23.](#)

[European Journal of Endocrinology, 166\(1\), 77-85.](#)

[Nutrition, 1996 May;12\(5\):344-8.](#)

## Lifestyle Choices

Understanding health risks is one thing; taking action to reduce these risks is another. Make healthy living a part of your daily routine and consider following healthy lifestyle choices.

- Do not smoke and avoid exposure to secondhand smoke. Ask us about options for smoking cessation.
- Eat a healthy diet and maintain a healthy weight.
- Manage high cholesterol and high blood pressure and keep your blood sugar under control. Our pharmacist can help.
- Include physical activity in your daily routine.
- Get enough sleep. Insufficient sleep is associated with several chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression.
- Limit alcohol.
- Manage stress. Ask us about adrenal support.
- Minimize exposure to chemicals and outdoor air pollution.
- Take early detection seriously and get regular health screenings.

***Our compounding pharmacist will work together with each man and his physician to customize a treatment plan to help improve the health of the men in your life!***

***Ask our pharmacist how we can help.***

## Are You Being Steered Away from Your Pharmacy of Choice?

Have you felt pressured by your health insurance company or pharmacy benefit manager (PBM) to utilize a pharmacy of their choosing rather than your own choosing? Maybe you have received calls from a PBM such as Caremark, Express Scripts, or Optum after filling a prescription telling you that you could save money if you utilized a specific big box chain pharmacy or get your drugs via mail order. Or perhaps you have been told your pharmacy of choice is no longer in your pharmacy network. What you have experienced is called steering, and Fight4Rx wants to hear about your experiences and assist you.

Fight4Rx has created resources that you can use to fight back against this practice by informing your insurance company, regulatory agencies, and elected officials to alert them of these practices and ask for action to remedy them.

You can [customize your own letter](#) to share your own experiences. Simply answer a few questions and this tool will generate a [personalized letter](#) for you.

Your voice is powerful and sharing your personal stories illustrates the need for action by policymakers and employers and insurance companies to ensure decisions regarding health care remain in the hands of patients, not insurance companies or PBM middlemen.

[Please share your story today](#), and please help alert others to the resources available by sharing this information with your friends and contacts through email and social media.

## Visit our website for the latest information about COVID-19 Testing and Vaccinations at ClearSpring Pharmacy.

[LEARN MORE](#)

## 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 regimen due to financial hardship. **We can help!**

Be sure to follow [@ClearspringPharmacy](#) on Instagram to keep up with the latest happenings at the pharmacy and important health information!



## Download our App

ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles or using your Patient Profile.

[LEARN MORE](#)



## Two-Way Text Communication

At ClearSpring Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your pharmacist for details.



### Littleton

8031 Southpark Circle, Suite B  
Littleton, CO 80120  
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303.707.1717 (fax)

[Shop our Littleton Location](#)



### Cherry Creek

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Denver, CO 80206  
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303.333.2208 (fax)

[Shop our Cherry Creek Location](#)



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)



*We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.*

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