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STAY CONNECTED



This month, national organizations bring awareness to various health conditions. Learn more about some of the awareness campaigns and see how we can help. We hope to bring more awareness to these conditions or help you or a loved one navigate the challenges associated with a condition.

May is Mental Health Month. This year, the theme is “Back to Basics” and the goal is to provide basic knowledge about mental health, mental health conditions, and information for those concerned about their mental health. Although we are not trained mental health professionals, our compounding pharmacy can be a vital part of the mental health care team.

Depression is one of the most common mental health conditions. Nearly 20% of US adults currently suffer from some level of depression and it can affect individuals of any age, race, or gender. If it is determined that depression is being caused by a medical condition, such as a nutrient deficiency or hormone imbalance, traditional antidepressant medications may simply mask the symptom but may not solve the problem. In addition, patients commonly report undesirable side effects from antidepressants such as weight gain, fatigue, low libido, and insomnia as well as withdrawal symptoms when medications are stopped. Some depressed individuals take various prescription medications for comorbidities such as diabetes, cardiovascular disease, chronic pain, and many other conditions. These medications can also interfere with their treatments for depression. Compounding allows our pharmacist to offer unique solutions in addition to traditional mental health medications. Recent studies show that ketamine provides a rapid antidepressant response in patients, and it can be formulated into a nasal spray or troche/lozenge for faster onset. Our compounding pharmacist can become a key member of an individual’s mental health care team by evaluating their current medication regimen to determine if drug interactions could also be playing a role in their depression. Contact our knowledgeable team today to discuss how we can partner with you and your mental health provider to improve your well-being.



National Women’s Health Week is May 8th – 14th and the goal is to encourage women and girls to reflect on their health needs and take steps to improve their overall health.

A woman’s body undergoes many changes throughout a lifetime. Some of these changes or transitions can cause discomfort or unwanted symptoms. Our knowledgeable compounding pharmacist has worked with

women of all ages to help them navigate these changes. The most common hormones in the female body include estrogen (3 forms), progesterone, testosterone, DHEA, and thyroid. The levels of these hormones fluctuate throughout a woman's lifetime and these fluctuations can cause uncomfortable periods, polycystic ovarian syndrome (PCOS), endometriosis, and much more. As a woman ages and enters menopause, she experiences a decline in hormone levels that can lead to unwanted side effects including hot flashes, hair loss, low sex drive, and many more. It is important for women to receive proper care during all stages of life to maintain overall health and well-being. Our pharmacist can work with doctors to determine a woman's hormone levels and offer a treatment plan to help rebalance her hormones. Customized hormone therapy can help improve health and quality of life throughout a woman's lifetime.



May is Arthritis Awareness Month and May 20th is World Autoimmune/Anti-inflammatory Arthritis Day. The Arthritis Foundation shares individuals' arthritis stories in order to spread awareness and allow all those suffering from arthritis to be seen, heard, and understood.

Arthritis is one of the most widespread autoimmune diseases and affects nearly one in four adults in the United States. If you suffer from an autoimmune disease, you know that it can be both physically and emotionally painful. An autoimmune disease means that the immune system is attacking healthy cells in the body. There are more than 100 types of autoimmune diseases that affect various parts of the body and body functions. The severity of symptoms varies for each person, depending on genetics, environment, and personal lifestyle. Our pharmacist is experienced in treating individuals with autoimmune diseases and can discuss customized options that may work for you.



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

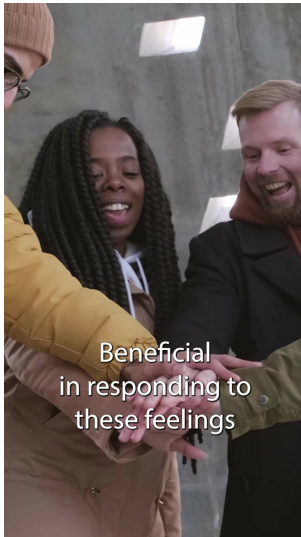
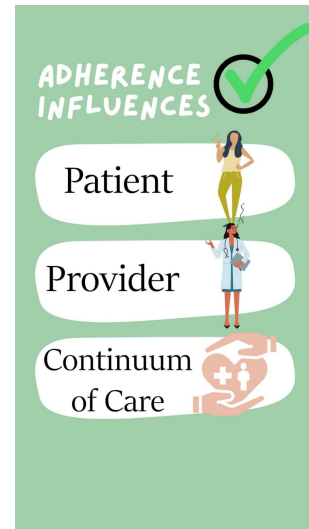
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Have you been laid-off or furloughed due to COVID-19?

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!***

Our social media is a great resource for:

- Up to date information
- Health tips
- Behind the scenes compounding
- Offers
- *And more!*



Diabetes Self-Management Education and Support (DSMES)

Only 26.7% of patients diagnosed with diabetes meet targets for *glycemic, blood pressure, or cholesterol control*.

Our seminars will give you:

- Evidence-based approach
- Instruction from licensed clinical pharmacists in Colorado
- Diabetes in the workplace consultation
- Shared experiences from other clients with diabetes

[Learn More!](#)

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
303.707.1500 (phone)
303.707.1717 (fax)

Shop our Littleton
Location



Cherry Creek

201 University Blvd. #105
Denver, CO 80206
303.333.2010 (phone)
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.