



[www.ClearSpringRx.com](http://www.ClearSpringRx.com)

STAY CONNECTED



***As we begin to settle into our fall routines, it is important to keep your health a top priority. Our pharmacy can help you to deal with common health concerns this season and all year round! Talk to our pharmacist today about your health goals and concerns.***

## Learning to Deal with Stress

Stress is a normal part of life, however ongoing worry, and fear for long periods of time can negatively impact one's mental and even physical health. Understanding the types of stress and determining a healthy way to deal with stress is key to maintaining a healthy balance. When stressed, people can experience feelings of fear, anxiety, anger, and overwhelm that can cause physical pain, emotional distress, or cause extreme behaviors. The main types of stress are acute, episodic acute, and chronic. Acute stress is caused by an unexpected event, such as a traumatic experience or a death of a loved one. Episodic acute stress is repeated episodes of acute stress, which is common when people take on more than they can reasonably handle. Finally, chronic stress is when a person is stressed continuously for a prolonged period of time. When someone is chronically stressed, their body is overly stimulated, and the brain begins to break down which eventually causes physiological and psychological issues. Mental stress can impact nearly every system of the body and can affect performance throughout the day. It is essential that a person recognizes their stress triggers and learns methods to cope with stress when it cannot be avoided. Our pharmacist can help determine if additional testing is required or help with customized medications or quality supplements to help support a healthy stress response.



## Seasonal Allergies don't end when Fall Begins

Spring is most commonly associated with allergy season; however, fall is also an allergy season for many people. Common causes of fall allergies can include mold spores, ragweed, and mites. Mold spores grow in areas with high moisture levels and moderate temperatures during the fall. Various plants are included in the ragweed family, and ragweed releases pollen in the fall causing itchy eyes and wheezing. Mites are most prominent in the summer months, however, heat systems inside a home can also attract them. If you or a member of your family suffer from seasonal allergies, it is best to minimize outdoor activities and keep your home clean during peak pollen season. The main signs that you



suffer from seasonal allergies are runny nose, sneezing, coughing, itchy and watery eyes, and sometimes a sore throat from post-nasal drip. An allergist can help you to determine the triggers of fall allergies and provide prescription strength antihistamines. Often, the best therapy for allergies is prevention. Some key nutritional supplements are omega-3 fatty acids to help manage symptoms, probiotics to maintain gut health, and B vitamins which help protect from airborne allergens. Our pharmacy can provide customized prescription options and professional quality nutritional supplements to help weather allergic reactions during the fall.

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

[LEARN MORE](#)

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## Service of the Month! Ketamine Therapy

Recent ketamine studies have shown its ability to help patients with **chronic pain, depression, and more**. People with depression, in particular, have found ketamine to be a useful solution when SSRIs have failed. While SSRIs influence our serotonin and may take months to take effect, ketamine affects the glutamate in our brain and may take effect within an hour.

As a compounding pharmacy, we can make different forms of ketamine including *rapid dissolve tablets, troches, creams, and nasal sprays*. Taking compounded ketamine also allows the patient to take medicine in the **comfort of their own home**, rather than in the practitioner's office.

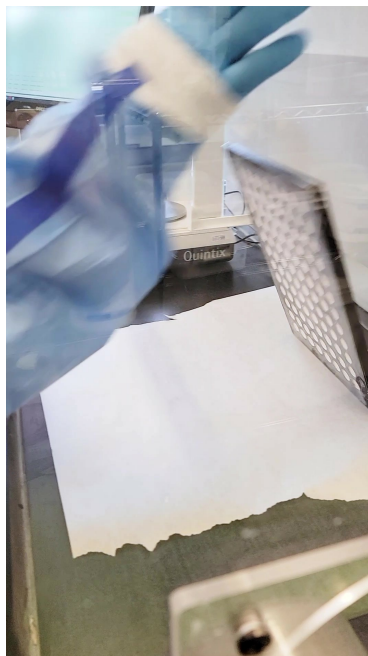
Reach out to us to learn more!

[Learn More](#)

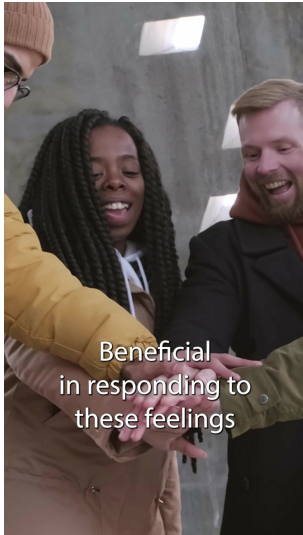
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## What Is Under This Tray?

Check out how perfectly our RDTs are removed from their mold!



[Check It Out Here](#)



## 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](#)

### Cherry Creek

201 University Blvd. #105  
Denver, CO 80206  
303.333.2010 (phone)  
303.333.2208 (fax)

[Shop our Cherry](#)

Location



Creek Location



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

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*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.*