



October is Breast Cancer Awareness month and in addition to encouraging and educating women to take steps to prevent breast cancer, we feel a large part of prevention is also maintaining their overall health. Find out more about how our pharmacy can help care for you or the women in your life.

Gut Health and the Spread of Breast Cancer

Our pharmacy commonly shares about the importance of gut health for overall wellness. A recent study shows that an unhealthy gut can trigger changes in normal breast tissue which then allows breast cancer to spread to other parts of the body. The gut microbiome is a collection of microbes that naturally live in the digestive system and the microbiome can be disrupted by poor diet, obesity, long-term antibiotic use, and other factors. When this happens, the microbiome changes the makeup of important immune cells in the breast tissue which facilitates the spread of cancer. When breast cancer metastasizes, it is often deadly, so finding ways to stop the spread can improve survival rates. The first step to help maintain or improve gut health is to take a quality probiotic. A high-quality probiotic supplement along with prebiotics work hand and hand to restore gut balance. Consuming fermented foods, such as sauerkraut, miso, kimchi, and water kefir as well as reducing dietary sugar and stress is also helpful. Talk to us about how we can help you maintain the health of your gut microbiome.



<https://aacrjournals.org/cancerimmunolres/article-abstract/doi/10.1158/2326-6066.CIR-21-1120/708924/Reciprocal-interactions-between-the-gut-microbiome?redirectedFrom=fulltext>

Bone Health and Osteoporosis Risk

It is estimated that osteoporosis affects approximately 200 million women worldwide and nearly one in three women over the age of 50 will experience a fracture related to osteoporosis. Aging is not the only factor that increases the risk of osteoporosis, but there are several conditions that can play a role in the development of osteoporosis, bone loss, and fractures. Autoimmune disorders contribute to bone loss due to chronic inflammation and steroid medications sometimes used to fight inflammation. Digestive disorders, including Celiac disease, can create issues with nutrient absorption leading to weakened bones. Other conditions, such as diabetes, depression, hyperthyroidism, breast cancer, and others can also contribute to bone loss and increased risk of osteoporosis. Take charge of maintaining optimal bone health and reducing the risk of developing brittle bones with some simple prevention tips including living an active lifestyle with a mix of physical activities, avoiding processed foods, consuming more fresh fruits and vegetables, increasing vitamin D levels, and taking an omega-3 supplement. If you suffer from any risk factors, talk to our pharmacist for help selecting a quality supplement and appropriate dosing recommendations based on your specific needs.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2021.1965408>

A Therapeutic Challenge: Recurrent Bacterial Vaginosis

Bacterial vaginosis is a common infection caused by an overgrowth of bacteria in the vagina. It is the most common vaginal condition for women in their reproductive years. Although a specific cause is not known, it most commonly occurs in women who are sexually active. Practicing safe sex by using condoms and reducing the number of sexual partners can help to reduce the risk of contracting bacterial vaginosis. Common symptoms include abnormal discharge and pain, itching, or burning in or outside the vagina. It is important to note that although the symptoms are similar, bacterial vaginosis is different from a yeast infection. A yeast infection is a fungal infection while bacterial vaginosis is a bacterial infection. Although bacterial vaginosis can resolve on its own without medication, seeking care from a medical professional is important. If left untreated, serious complications such as ectopic pregnancy, pelvic inflammatory disease, and other sexually transmitted diseases can occur. Therapies can include an oral or topical antibiotic such as topical amphotericin B or boric acid vaginal capsules or suppositories. When taking antibiotics, a quality probiotic is also recommended to replenish the good bacteria in the gut. Our compounding pharmacist can work with women and their medical providers to provide therapeutic options to resolve the infection.

<https://www.cdc.gov/std/bv/stdfact-bacterial-vaginosis.htm>

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

[LEARN MORE](#)

Service of the Month! Multi-Medications

Have a lot of prescriptions? Taking too many pills? Multi-medications are the way to go!

Consult with our pharmacists to see if you can combine one or more of your medications into a single dose. This is a great approach when taking a regimen with multiple medications. This makes it easier to keep track of your medications and will increase adherence.

Reach out to us to learn more!

[Learn More](#)

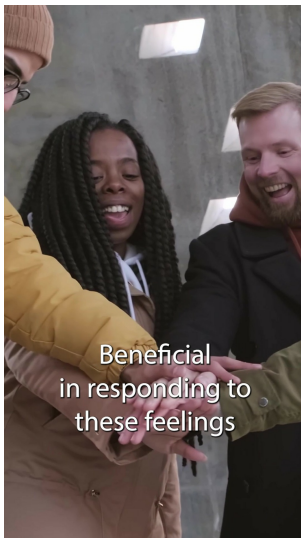
Spooky Month Birthdays

Plenty of October birthdays this year. If you've been helped by

anybody here, stop by our page to wish us a happy birthday!



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.



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Shop our Littleton Location



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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.