



Service of the Month! Sildenafil Troches vs Viagra



Viagra is commonly used by men with ED to temporarily make it easier to develop an erection. Sildenafil is the main ingredient present in Viagra. As a compounding pharmacy, we are able to take sildenafil and compound it into a troche.

While Viagra is swallowed, our troches dissolve in the mouth. This allows for greater absorption through the capillaries in the mouth.

[Learn More](#)

Options for Anxiety and Depression

Approximately 20% of Americans suffer from some form of mental illness. While there is no one-size-fits-all solution when it comes to treating anxiety and depression, various options are available and should be explored, especially when improvement is not being achieved. Many times, the first line of treatment is prescription medications. These medications can require long periods of trial and error and at times the side effects can outweigh the benefits. It is important to know that additional options exist. Our experienced team can work with providers and individuals to help provide nutritional support and customized prescription options to improve mental health.



To fully understand how to treat anxiety and depression, it is important to explore the root causes of the symptoms. Unfortunately, there is no singular cause of anxiety and depression, but pinpointing a cause can help determine a starting point for treatment.

Some common causes of depression and anxiety include:

- Family history
- Traumatic or stressful events
- Using or withdrawing from drugs or alcohol
- Major life changes or tragedies
- Thyroid disease
- Cancer and other chronic illnesses
- Certain medications
- Hormone fluctuations

- Imbalance of brain hormones

Depending on the severity of anxiety and depression there is an increasing consensus that the nutrient status in the body is a modifiable factor in mental health conditions. Certain supplements can help reduce stress levels, improve mood and support overall mental well-being. It's also important to keep in mind that in addition to supplements and vitamins, lifestyle changes such as exercise, improving diet, and reducing stress levels may all be beneficial. Our pharmacist can provide recommendations for high-quality supplements, including some of the following:

- **B vitamins** help maintain healthy brain cells, convert food into energy, create new blood cells and maintain healthy tissues. When proper levels of B vitamins are not obtained through diet, a B Complex supplement may be helpful.
- **Omega-3 fatty acids** have a number of biological functions in the body. Brain membranes contain high levels of these fats and low levels could lead to various behavioral and psychiatric disorders.
- **Magnesium** helps stimulate the production of melatonin and serotonin which both boost your mood and help with sleep. It also reduces the production of cytokines and cortisol which both lead to inflammation and stress.
- **Vitamin D** plays many roles in the body. Many studies have shown that there is a relationship between vitamin D and depression, but nothing conclusive states that vitamin D deficiency causes depression. If tests reveal a vitamin D deficiency, a high-quality supplement is recommended for overall health.

It is important to note that supplements or vitamins cannot replace the need for professional medical care for mental health issues.

When commercially available prescription medications are not offering the relief needed when treating anxiety and depression, a compounded medication may help.

- **Intranasal ketamine** is well tolerated and offers a route to the brain that bypasses challenges with gastrointestinal absorption and first-pass metabolism.
- **Low-dose naltrexone** promotes stress resilience, exercise, social bonding, and emotional well-being, and ameliorates psychiatric problems such as depression.

If you are experiencing anxiety or depression, seek help. In addition to utilizing a medical professional, pharmacists can play a role in healing mental health struggles. Whether you are just beginning your healing journey, or you have been struggling for a long time, it is important to know that options are available when it comes to your mental health treatment.

References:

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

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Meet Our Two Locations!

ClearSpring Pharmacy has 2 wonderful locations in Cherry Creek and Littleton

Check out the incredible people that make sure we function properly and help numerous people get the life-saving medicine they need.



Cherry Creek



Littleton

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.

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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.