

### www.ClearspringRx.com

#### **STAY CONNECTED**









# Service of the Month! <u>Tetracaine Lollipops</u>



Tetracaine lollipops are an amazingly convenient form of medication. It provides a numbing anesthetic to a targeted area in your mouth. Easy to apply, and easy to carry around.

These lollipops work great for dental procedures and oral lacerations. They are also great for children who may struggle to take local anesthetic in a different form.

**Learn More** 

Pharmacists can be a key part of the cancer care team. From prevention to treatment, and post-cancer care, our pharmacist can work with you and your medical team to offer custom solutions.

## Can Omega-3 Fatty Acids Help Fight Cancer?

Our bodies cannot make omega-3 fatty acids, we must consume them from food or nutritional supplements. The main dietary sources of omega-3 fatty acids are seafood, especially cold-water fish such as salmon, flaxseed oil, and beans. Inflammation in the body dictates the initiation of tumor growth in cancer patients. Reducing or eliminating inflammation can help combat or prevent cancer. Omega-3 fatty acids are known to have anti-inflammatory effects and also help to preserve muscle mass and



function in cancer patients. Although more studies need to be done to determine the exact way in which omega-3 fatty acids fight cancer, it does appear that omega-3 fatty acids can help to enhance the control of cancer risk and progression. If you are on anticoagulant medications, suffer from a clotting disorder, are 72 hours pre- or post-surgery, or have a seafood allergy, you should avoid omega-3 fatty acid supplements. Before taking any nutritional supplement, it is important to discuss your specific needs with your physician and pharmacist. If appropriate, our pharmacist can help you select a high-quality supplement for your specific needs.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566772/https://pubmed.ncbi.nlm.nih.gov/23299701/

# **Vaginal Dryness Post-chemotherapy**

Treatment for cancer is stressful and invasive, but side effects after treatment can further affect quality of life. Many women who have undergone treatment for breast cancer experience vaginal dryness and other symptoms related to low estrogen levels post-chemotherapy. Vaginal dryness can be described as pain, soreness, itchiness, and discomfort in the vagina which can lead to pain during intercourse. Dissatisfaction between a woman and her partner not only is a physical issue but also emotional. Since



vaginal dryness is associated with low estrogen levels, the most common treatment option is vaginally applied estrogen. Since estrogen therapy is not recommended for post-cancer treatment due to concerns of recurrence, other options need to be explored. Oxytocin, the "cuddle hormone", applied vaginally has been shown to have positive outcomes for women wanting or needing to avoid hormonal therapies. Our compounding pharmacist can work with you and your doctor to determine if oxytocin is a therapeutic option for you.

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## What Happens When You Call?

Ever wonder what happens behind the phones at ClearSpring Pharmacy? Well, see what's on the other side!

**Check It Out** 

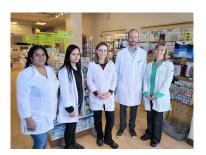
Visit our website for the latest information about COVID-19 Testing and Vaccinations at ClearSpring Pharmacy.

**LEARN MORE** 

## **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.









# **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. <u>Learn more about PCAB® Accreditation.</u>

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.