



## Service of the Month! Pediatric Compounds



Children may have very different requirements for their medications. And many commercially available medications do not support those needs.

### Children can have special sensitivities to:

- Taste
- Color
- Fragrance
- Viscosity
- Texture
- and more

Compounding pediatric medications is helpful for children who have difficulty swallowing, dislike of taste or texture, or fear of injections.

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## Migraine is not just a bad headache.

- Migraine is an extremely debilitating collection of neurological symptoms with severe recurring intense throbbing pain on one side of the head, although in about 1/3 of attacks, both sides are affected.
- Attacks are often accompanied by one or more of the following: visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch, and smell, and tingling or numbness in the extremities or face.
- In 15-20% of attacks, other neurological symptoms occur before the actual head pain.
- Attacks usually last between 4 and 72 hours.
- Migraine remains a poorly understood condition that is frequently undertreated.



Migraine affects nearly 10% of the population worldwide and the majority of migraine sufferers do not seek medical care for their pain. Nearly half of all migraine sufferers are never diagnosed. Even with the correct diagnosis, treating migraine can be very challenging. Combinations of

various medications and other modalities are often the most effective therapy.

Fluctuations in estrogen levels can result in more severe and more frequent attacks. About 10-14% of American women have menstrual migraine; half of them have more than one attack each month, and 25% experience 4 or more severe attacks per month.

Management of migraine involves the elimination of triggers. Migraine triggers include alteration of the sleep-wake cycle; missing or delaying a meal; medications that cause dilation of the blood vessels in the head; medication overuse (which contributes to the progression from episodic migraine to chronic migraine); bright lights, sunlight, fluorescent lights, TV and movie viewing; certain foods; excessive noise; stress and/or underlying depression.

For optimal therapy, the following factors must be considered:

- Severity of the migraine
- Efficacy of the selected drug
- Side effects of each drug, and possible interactions with other medications or conditions
- Most appropriate route of administration (For example, oral meds would not be best for someone with symptoms of nausea and vomiting; sublingual and nasal preparations have a faster onset than oral meds.)

Acute therapy aims to stop or reduce the pain and other symptoms associated with the migraine while minimizing adverse effects and restoring the patient's ability to function normally. Acute therapy should begin at the first sign or symptom of a migraine. If patients have frequent migraine attacks and do not respond consistently to acute therapy, preventive medications should be taken to reduce migraine frequency and improve response to acute therapy. In addition to some medications, nutritional supplements such as riboflavin, magnesium, coenzyme Q10, cyanocobalamin, folic acid, and pyridoxine may help to prevent or improve migraine with minimal side effects.

*Our compounding professionals will work together with patients and their healthcare providers to customize the most appropriate medication for each individual. Ask us for more information.*

[JAMA. 2022;327\(1\):93.](#)

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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.



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Location



### Cherry Creek

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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.*