



SUPERVALU Pharmacies Intern Express

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COMPANY NEWS

SOLUTIONS FOR WINTER SKIN

Are you suffering from dry, itchy skin that seems to be prevalent this time of year? If so, you are not alone. Freezing temperatures and heating systems used in homes and buildings are especially brutal on the skin. Throughout the beginning of history, itching, also known as pruritis, has been one of the most common symptoms afflicting the largest organ of our body: our skin. The itching sensation leads to the desire to scratch, which, if this cycle continues, can not only be uncomfortable and frustrating, but at times can lead to redness, scaling, and even infections.

A stroll through the aisle at the pharmacy may leave some confused as to the best remedy for an itch dilemma. Maybe a cleanser would do the trick or possibly a moisturizer? What about all of the other drug options out there? Which one would be the most effective? As it turns out, the answer is "all of the above". Research has found that combination therapy works best for the treatment of pruritis.

Combination therapy involves basic cleaning, moisturizing, and use of medicinal products. Topical over the counter (OTC) products have been demonstrated to achieve the best response. These products help to restore and preserve the barrier function of the skin. These include emollients (first line treatment) and low pH cleansers. Emollients contain fats that form a seal on the skin surface, hydrate it, and prevent water loss. They are safe and should be used frequently. Some examples of emollients are Aquafor[®], Cetafil[®], and Aveeno[®] Daily Moisturizing Bath. Products low in pH help to preserve the barrier function and reduce irritation of the skin. Alpha Keri[®] Body Cleanser is a low pH cleanser.

Other topical applications that can provide some relief from itching include cooling agents such as camphor or phenol. These work by stimulating nerve fibers that give the treated part of the body the sensation of feeling cold and making the itchiness less apparent. Anesthetics found in products such as Gold Bond[®] Anti-itch and Blistex[®] Pro Relief, have proven anti-itch effect and are most useful for mild to moderate pruritis.

In addition to OTC products, the following practical measures can be used to reduce itch:

- Restrict time in the shower or bathtub.
- Bathe in cool or lukewarm water rather than hot water, which can be drying.
- Use mild cleansers.
- Avoid cleansers using alcohol.
- Apply moisturizer immediately after bathing to help retain moisture from the shower/bath.
- Use a humidifier, especially in winter.
- Wear light clothing.
- Maintain cool ambient temperature.
- Avoid rapid changes in the environmental humidity.
- Avoid hot or spicy foods.
- Avoid alcoholic beverages.
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Roebuck HL. For pruritis, combination therapy works best. *Nurse Pract*. 2006; 31(3); 12-3.

COMMON SCENTS FOR HOLIDAY STRESS

Listening to favorite holiday tunes and burning relaxing candle scents, especially lavender, may help holiday stress.

For many, listening to Christmas carols or holiday classics may ease the tension and anxiety associated with the busiest time of year. Music has been used since ancient times as a healing tool; the Greek philosophers Pythagoras, Aristotle and Plato all recognized the benefits of music in their writings. The modern discipline of music therapy began early in the 20th century with community musicians visiting veterans' hospitals around the country to play for those suffering from the traumas of war. Patients' responses led to the hiring of musicians by hospitals.

Music is used to influence physical, emotional, cognitive and social well-being and improve quality of life for healthy people, as well as those who are disabled or ill. It may involve either listening to or performing music, with or without the presence of a music therapist. Music therapists are professionally trained to design specialized applications of music according to an individual's needs using improvisation, receptive listening, song writing, lyric discussion, imagery, performance or learning through music. Sessions can be designed for individuals or groups based on the specific needs of the participants. Infants, children, adolescents, adults, the elderly and even animals can all potentially benefit from music therapy.

There is also evidence that combining music with guided imagery may lead to reduced fatigue, mood disturbance and blood levels of cortisol (a stress hormone).

The relaxation response is a state that speeds many of the body's healing responses. This state is characterized by reduced heart rate, reduced blood pressure, reduced tension and many other beneficial changes. Evidence that music therapy can lead to the relaxation response has been found in studies with heart bypass surgery patients, healthy college students, infants being treated for chronic lung disease, patients on breathing machines, healthy males and acute heart attack patients.

Many different forms of music intervention have been used to reduce anxiety in a variety of medical conditions and medical procedures. Most studies have positive findings, although not all do. Overall, the evidence favors use of music interventions for anxiety, although more studies are needed to determine what forms work best.

Another solution for calming holiday nerves may be burning relaxing candle scents; lavender in particular has been scientifically proven to reduce anxiety and stress. Fragrant oils have been used for thousands of years to lubricate the skin, purify air and repel insects. Ancient Egyptians used fragrant oils for bathing and massage. Plant fragrances were given to patients with bubonic plague in ancient Roman, Greek and Medieval times. Essential oils of plants have been used medicinally through application directly to the skin (usually diluted), as a part of massage, added to bathwater, via steam inhalation or in mouthwashes.

The modern practice of aromatherapy is often traced to the French chemist René-Maurice Gattefosse. Gattefosse is said to have poured lavender oil onto his hand after experiencing an accidental burn. The pain and redness reportedly disappeared, and the burn healed more rapidly than expected. In later experiments, Gattefosse studied other oils in the treatment of various skin problems and coined the term aromatherapy in the early 20th century. Research with plant oils was later conducted by other French scientists, and techniques were developed that are still in use today.

Aromatherapy is a technique in which essential oils from plants are used with the intention of preventing or treating illness, reducing stress or enhancing well-being. Fragrant oils and products containing man-made compounds are not used in the practice of genuine aromatherapy. Although many gift shops sell scented candles, pomanders and potpourri as aromatherapy, genuine aromatherapy treatments use higher strength (concentrated) essential oils drawn from various herbs.

Early evidence suggests that lavender may reduce anxiety and improve mood, but some other aromas may not. Lavender is found in the Mediterranean, the Arabian Peninsula, Russia and Africa and has been used cosmetically and medicinally throughout history. In modern times, the fragrant oils of lavender flowers are used in aromatherapy, baked goods, tea, candles, detergents, massage oils, perfumes, powders, shampoo and soaps. More studies of stronger design are needed to confirm these findings, but there is some support for the use of lavender in reducing anxiety.

References:

- 1) Cooke M, Holzhauser K, Jones M, et al. The effect of aromatherapy massage with music on the stress and anxiety levels of emergency nurses: comparison between summer and winter. J Clin Nurs. 2007 Sep;16(9):1695-703. [View Abstract](#).
- 2) Teng XF, Wong MM, Zhang YT. The effect of music on hypertensive patients. Conf Proc IEEE Eng Med Biol Soc. 2007;1:4649-51. [View Abstract](#).
- 3) Natural Standard Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2007.

ANNOUNCEMENTS

OSTEOPOROSIS

Osteoporosis is a disease that is thought to only affect the aging population, but it can strike at any age. It is a disease, as defined by National Osteoporosis Foundation that is characterized by low bone mass and structural deterioration of bone tissue, which leads to bone fragility and an increased susceptibility to fractures, in any bone but especially of the hip, spine and wrist. Approximately 55% of people over the age of 50 have the disease and about 44 million Americans are affected with the disease. Men and women both are at risk to develop osteoporosis but it mainly affects women. Osteoporosis is prevalent in all ethnicities and is often under treated in Caucasian and African American women.

Preventing osteoporosis starts at a young age by building strong bones, since 85%-90% of adult bone mass is acquired by age 18 in females and 20 in males. When being screened for osteoporosis there are 2 scores that will be reviewed, t-score and z-score. The t-score is a comparison between your bone density to a “young normal” healthy 30-year-old adult with peak bone density. The t-score is a standard deviation that indicates how much higher or lower your bone density is compared to normal. The higher the t-score (highest +1) the better your bone density.

T-score	
+1 to -1	normal
-1 to -2.5	Below normal or osteopenia
-2.5 and lower	osteoporosis

The bone density test will also give a z-score, which indicates your bone density compared to normal bone density in someone your age and body size.

Z-score	
-2 or higher	normal

The doctor will use both the t-score and the z-score to help treat and diagnose osteoporosis.

Pearls of Osteoporosis:

Pearls to Prevent Osteoporosis

- Daily calcium intake recommended is:
 - Adults under 50 years of age: 1,000 mg in 2 divided doses
 - Adults 50 years and older: 1,200 mg in 2 divided doses
- Daily Vitamin D intake recommended is:
 - Adults under 50 years of age: 400-800 IU
 - Adults 50 years and older: 800-1000 IU
- Exercise: If you exercise as a child you are more likely to achieve your peak bone density. Weight bearing exercises is recommended to prevent osteoporosis.
 - Walking
 - Dancing
 - Jogging
 - Stair-climbing
 - Racquet sports
 - Hiking
- Peripheral bone mineral density tests: Helps identify who is at risk for osteoporosis and should seek further examination. It is non-invasive and a painless screening.
- Bone Density Tests: One of the only ways to diagnose and determine risk of osteoporosis

Risk Factors (limited list):

- Sex: Female > Male
- Age: Older > Younger
- Race: white or of Southeast Asian descent
- Family History
- Frame size: thinner>heavier
- Tobacco Use
- Corticosteroid Treatment: Long-term treatment
- Breast Cancer
- Low Calcium Intake

EVENTS

2010 Summer Internship Program

Plans for the 2010 SUPERVALU Summer Internship Program are underway. SUPERVALU offers an 8 week, 40 hour a week paid internship in community pharmacy. During our 8 week program held over 9 weeks (4th of July week is off), you will have the opportunity to become involved with: Patient Care & Customer Service, Pharmacy Operations, Prescription Processing, Drug Interaction/Allergy Screening, Prescription & Over-The-Counter Medication Product Knowledge, Store Operations, Community Projects and much more. Students participating in this program will work 40 hours per week with a schedule consisting of a variety of day,

evening and weekend hours. To be eligible all interns must have completed their first year of the professional curriculum at an accredited college of pharmacy (may interview during the first year). The candidate must complete an interview with a company representative and submit a completed employment application. Resumes are appreciated. We are looking for pharmacy students who are enthusiastic about the profession as well as community pharmacy practice. Candidates should have strong interpersonal skills, leadership qualities, a solid academic record, and the initiative to become an integral part of our pharmacy team. We will be on campus for an informational session and interviews-please contact me for more information.

Happy Holidays to all of SUPERVALU Pharmacy interns. Good luck on finals and take some time over the holiday break to rest relax and spend time with loved ones. Visit our SUPERVALU Pharmacies Facebook page to see photos of our fall campus events.

