

# THE FREDERICTON MEDICINE SHOPPE COMPOUNDING THE BENEFITS

## Update for Co-op Members

### Medicine Shoppe News

We welcome new Pharmacist **Daniel Pike** to the team. Daniel, a recent graduate of Dalhousie University, looks forward to getting to know you!

### Talk to us . . .

Need advice? Want to discuss a product? Call us at 453-1324 or e-mail [pharmacy@frederictoncoop.nb.ca](mailto:pharmacy@frederictoncoop.nb.ca)

## SUMMER MEDICINE CABINET ESSENTIALS

### Here's to a Healthy Summer!

As the warm weather finally begins, so do many of the minor ailments that send people to see their pharmacists. Whether spending a weekend at the lake, taking care of that long overdue yard work, or enjoying a relaxing evening on the deck, some common health concerns include bug bites, sunburns, and muscle aches or strains. When selecting products to treat these ailments, it is important that they not only be effective, but also safe. Compounding allows us to create specific products to suit your needs without any preservatives or other additives.



If you are suffering from muscle aches and strains, or the pain and swelling of arthritis, **Ibuprofen with Diphenhydramine in Sports Gel** is a common treatment option to relieve your symptoms. When applied directly on the skin, the gel allows the medicinal ingredients to penetrate quickly into the site of action to provide fast acting relief.

### BUG BITES BE GONE!

Bug bites are an extremely common nuisance leading to itchy, red, and swollen skin. **Diphenhydramine Anti-Itch Gel** works directly at the source by blocking a chemical in your body that causes the itch. Commonly used in children, this topical gel spreads easily, allowing for a cosmetically appealing effect. Although this product can be used on bug bites after they occur, it is more desirable to prevent them from happening in the first place. **Citronella Insect Spray** is a product used to repel numerous insects, including mosquitoes, ticks, fleas and black flies. Not containing any DEET this insect repellent is often used in children, spraying easily onto skin, hair, and clothing.

### Soothe your sunburn

For sunburns causing mild pain, itching, and dryness, relief can be achieved with a **Hydrocortisone Lotion**. In addition to its active ingredient, this lotion is made almost entirely of water, allowing it to moisturize and rejuvenate damaged skin. However, if you have a severe burn with either a fever and/or blisters you should see your physician to receive appropriate treatment.

The Medicine Shoppe  
100% Pure Pharmacy™

We are a registered compounding pharmacy with the Professional Compounding Centers of America (PCCA). Our team of dedicated compounding pharmacists, Mike Duffy, Carla Hebert, Karen Reeves, and Greg MacFarlane have received specialized training so we can better meet your unique health needs.