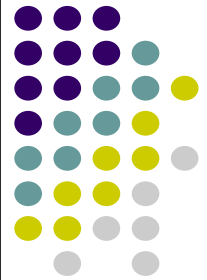




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NEWSLETTER

[WWW.KNOWLESWELLNESS.COM](http://www.KNOWLESWELLNESS.COM)



Compounding For Him - Sports Medicine

Putting the Warrior Back in "Weekend Warrior"

As men grow older, our competitive spirit rarely falters. Unfortunately, the same cannot be said for our bodies. Recovery times that used to entail a few hours now seem to entail a few days; or worse weeks. If you are experiencing pain and discomfort while participating in your favorite sporting activity we may be able to help you, so that you can continue to enjoy the sports that you love for as long as possible.



Compounding for Common Sports Related Injuries

Our compounding pharmacists have the ability to compound medications that treat the following sports related injuries:

- Connective Tissue Disorders
- Muscle Soreness
- Low Back Pain
- Chronic Joint Pain
- Tennis Elbow
- Plantar Fasciitis
- Osteoarthritis Pain
- Sciatica
- Ankle Sprain
- Achilles Tendinopathy



And Many More!

used for decades, and some potential advantages of utilizing topical medications for sports related injuries include ^[1]:

- **Ease of application**
- **Achievement of efficacy with a lower dose**
- **Site specific drug delivery**
- **Improved patient compliance and adherence**
- **Avoidance of risks associated with oral administration**

Don't let your pain keep you from living the quality of life you'd like to! For more information on how we can help you, please call and ask to speak with one of our compounding pharmacists. You'll be glad you did!

References:

1. Moody, M. *Topical Medications in the treatment of pain*: Pain Medicine News, December 2010

http://www.painmedicineneeds.com/download/Topicals_PMNSE10_WM.pdf



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How We Can Help!

We have the ability to compound several types of medications in **topical form** that are made specifically for your unique circumstances; thereby creating a medication that is effective, well tolerated, and easy to use. We can also combine medications together into one delivery form, thereby increasing your chances of experiencing the greatest pain relief; and getting you back on the court as soon as possible.

Topical medication administration has been

Compounding For Kids - Autism Spectrum Disorders



Do Symptoms of Autism Change Over Time?

The National Institute of Health defines autism spectrum disorder (ASD) as a "range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive, and stereotyped patterns of behavior." For many children, symptoms improve with treatment and age. People with an ASD usually continue to need services and supports as they get older, but many are able to work successfully and live independently or within a supportive environment.

How is Autism Treated?

There is no standard, universally accepted treatment of autism. Doctors may prescribe medications to treat the following:

- Specific autism-related symptoms - such as anxiety, depression, or ob-

sessive-compulsive disorder

- Behavioral Issues/Problems
- Seizures
- Impulsive Behavior
- Hyperactivity

In some instances the medications that are utilized to treat these conditions may not be appropriate for your child due to the strength (a 10mg pill which causes side effects in your child) or dosing form (a pill which your child can't take). It's in those instances where we can offer assistance.

How We Can Help - Compounding Medications for Autism

Our compounding pharmacists have the ability to custom make several different types of medications to treat autism spectrum disorder. Examples include:

- Naltrexone
- Folinic Acid
- Ziprasidone
- Melatonin
- DMSA
- Oxytocin
- And Others!

These medications are custom made to meet your child's unique needs and can be created in multiple strengths, and delivery forms; creating a medication that is effective, well tolerated, and easy to use.



For more information on how we can help to treat autism spectrum disorders, please call and ask to speak with one of our compounding pharmacists. You'll be glad you did!

Compounding For Pets - Feline Hypertension



Did you know that cats can suffer from high blood pressure (hypertension) just like people? If your cat has been diagnosed with hypertension we may be able to compound his/her medication into a delivery form that makes administering the medication much easier.

Feline Hypertension - What causes it?

Hypertension occurs most commonly in older cats and is usually associated with another illness such as chronic renal failure (kidney disease) or hyper-

thyroidism (overactive thyroid). Hypertension can be very damaging to a cat's body; potentially affecting its brain, heart, kidneys, and eyes. Early detection is important to prevent complication to these organs.

Feline Hypertension - How is it treated?

Once hypertension is diagnosed your veterinarian may put your cat on an oral blood pressure medication. There are a wide variety of medications from which your vet can choose and dosages typically will need to be adjusted based on your cat's weight and symptoms.

Feline Hypertension - How we can help!

Administering medication to your cat



can be difficult and stressful for you both. Our compounding pharmacists have the ability to prepare several types of medications used to treat feline hypertension into alternative dosage forms. For example, instead of giving your cat a pill we may be able to make the medication into a flavored oral solution. This form of delivery ensures that your cat is getting the proper amount of medication and may make administration much easier.

For more information on how we can help make administering your cat's medication easier, please call us and ask to speak with one of our compounding pharmacists. You'll be glad you did!

Compounding For Her - Sexual Health (Sexual Dysfunction)

What is Sexual Health?

The World Health Organization defines sexual health in the following way, "Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence."

Are Sexual Health Issues Common?

Yes. Many people (both men and women) experience sexual health issues at one time in their lives - especially as they age. There are a wide variety of sexual health topics for women, and in this issue of our newsletter we will focus on the topic of Sexual Dysfunction.

Sexual Dysfunction - Sexual dysfunction typically refers to any problem in the sexual response cycle (desire, excitement, orgasm, etc.). Some of the most

common problems related to sexual dysfunction for women include:

- **Inhibited Sexual Desire** - This involves a lack of desire for sex.
- **Inability to Become Aroused** - This usually is caused by lack of vaginal lubrication, anxiety, lack of stimulation, or inadequate blood flow to the clitoris and/or vagina.
- **Anorgasmia** - This is the absence of sexual climax or orgasm.
- **Painful Intercourse** - This can be caused by a wide variety of mostly physical difficulties.

Successful Treatment Options for Sexual Dysfunction

The success of treatment for female sexual dysfunction depends on the underlying cause of the problem. The outlook is good for dysfunction that is related to a treatable or reversible physical condition. Also, hormones play an important role in regulating sexual function in women. With the decrease in the female hormone estrogen that is related to aging and menopause, many women ex-



perience some changes in sexual function as they age, including poor vaginal lubrication and decreased genital sensation. Further, research suggests that low levels of testosterone also contribute to a decline in sexual arousal, genital sensation, and orgasm.

How We Can Help!

First we will take the time to listen to you and find out more about your symptoms. Then, if needed, we will be happy to consult with your physician to discuss a treatment strategy that fits your unique needs. We have the ability to compound a variety of medications, including hormones, in delivery forms and strengths that are a perfect fit for you; thereby creating a medication that is effective, well tolerated, and easy to use.

For more information on how we can help you to improve your sexual health, please call and ask to speak with one of our compounding pharmacists. You'll be glad you did!



A Woman's Guide to Wellness

By: **Dr. Natasha Ryan, N.D.**

"Women are the bedrock of families and a crucial element in achieving progress."

Queen Rania of Jordan

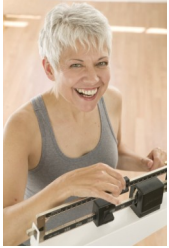
When a woman is healthy, there is a better chance that everyone else in her family will be healthier. For this reason alone, it is vital that women learn to make health and wellness a priority in their lives. So what is wellness? Wellness can be defined as the condition of good physical and mental health, especially when maintained by proper diet, and exercise. I would also add that it

means having a sense of confidence, radiance, vitality, spiritual connection and mental sharpness as well.

So many women neglect their own wellness because they are busy taking care of their families or others in their communities. This sense of giving is one thing that makes women special, however, I'll give women the same instructions they give you on the airplane-put

on your air mask first, before you put it on others. If you can't breathe, no one else that you take care of will breathe either-metaphorically speaking of course! Make some time for wellness by actually putting it in your schedule or PDA, or Ipad-whatever piece of technology you choose to use. If you have a smart phone, there are lots of apps to help keep you healthy.

The following are some things for women to think about when reflecting on wellness:



Healthy Body Weight - One in three adults in the US is considered obese. Obesity has reached epidemic proportions due to eating too much fast food, lack of exercise, and

stress. If you are overweight, it's time to take action. Just being ten pounds overweight increases risk factors for cancer, diabetes, heart disease and more. Some things you can do to prevent chronic disease are: choose healthy foods, participate in physical fitness activities like walking, fun activities like dancing-salsa, tango, popular class called zumba. In addition to helping to keep your weight healthy, these things can also help with stress management as well.

Breast Health - According to the Centers For Disease Control, breast cancer is the most common cancer among women in the US. Some ways in which you may help prevent this disease is: knowing family history, maintaining healthy body weight, avoiding excess exogenous estrogens in plastics, cutting down on charred or processed meats, and managing stress.



Ask your doctor how you can be screened for breast cancer today.

Mental Health - How you feel about life can be affected by your mood. According to the NIH nearly ten million people a year are affected by major depression and almost twice as many of those people are women. Everyone feels down sometimes, but if you are going for months and months feeling like you are "in a funk", it's time to consult your healthcare provider.

Some things you can do to improve mental health are-supplement with fish oils, look at funny movies, exercise, communicate with family and friends, seek professional help.

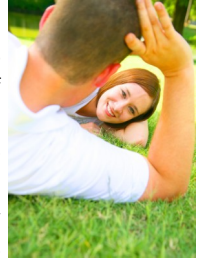
Bone Health - Osteoporosis, also known as brittle bone disease can lead a declined quality of life due to fractures or curves in the spine. Women who are 60 years of age should have this exam, however if a family history of osteoporosis is present, the exam should be done earlier.



Here are some things you can do to prevent osteoporosis: include weight bearing exercise in your workouts, eat lots of dark green leafy vegetables which are high in minerals like calcium and magnesium, consider

supplementing with the minerals mentioned before and adding vitamin D as well.

Sexual Health - Sex is an important part of adult relationships. Women often go through times when they experience low libido or a lack of desire. This could be a reflection of high stress levels, changes in hormone levels, poor circulation in the pelvic areas or other conditions. Talk to your health care provider for more information. Some things you can do to improve sexual health-yoga, exercise, communicate with your partner.



Remember, women need to be well! It is important to be an active participant in your healthcare.



Take some time today to create a wellness plan for yourself and your family. You'll be glad you did.



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