

*Gayly coloured tulips are the 'must have' bulb for a spring garden.*

# AGING WELL

A NEWSLETTER FROM



PHARMACIE  
MEDICAL ARTS  
PHARMACY

*Where aging well means everything*



*The Goldfinch is stunning in his bright-yellow plumage, and a favoured sighting on the countdown to spring!*

## Custom-made medications are more commonly needed than you might think

The mortar and pestle is probably the most widely recognized symbol of “pharmacy,” and there’s a reason why.

These tools symbolize the ancient roots of the profession whose practitioners gathered and isolated or extracted and mixed, medicinal substances (often from plants) to help treat illnesses.

In modern practice, pharmacists still create and dispense custom-made medication although some pharmacies - such as Medical Arts - are specialists in this practice called compounding.

Specifically, this means our pharmacists and staff members have additional education and training in making custom medications that are prescribed by

doctors, as well as veterinarians.

Medical Arts also has a dedicated **laboratory within the pharmacy** in order to uphold the highest standards of cleanliness and accuracy for measuring, mixing and packaging these treatments. All combined, these standards help ensure the highest quality formulations, which in turn, enhance patient safety.





## Why do doctors write prescriptions for custom-made medication?

There are many kinds of patients who cannot take certain mass-produced medications. For instance, a person might have an allergy or a sensitivity to a particular ingredient. Still others may have special needs.

Some examples could include...



- An infant or young child might need a very tiny dose of a medication that is not available from a drug manufacturer
- Elderly patients who can no longer swallow might need a medicated lozenge or suppository
- Hospice patients in end-of-life care may have multiple issues including nausea or vomiting and may not be able to take any oral medication. The Medical Arts pharmacist can make alternative forms of medication such as topical gels that allow medication to be absorbed directly into the bloodstream
- A woman with menopausal symptoms could require a custom formulation of bioidentical hormones

If you or a loved one has a special need for a custom-made medication, talk to your doctor or ask a Medical Arts pharmacist for some advice.

We're always here to help.



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30 13th Street  
613-933-0670

or

173 Montreal Rd.  
613-932-6501

### DID YOU KNOW?

- Swallowing difficulties, called dysphagia, is a growing health concern in our aging population.
- Both age-related changes in the swallowing mechanism and several medical conditions, from stroke to head and neck cancers, and dementia can all cause swallowing difficulty.
- It takes a whole healthcare team to help people with dysphagia, and the pharmacist's role in compounding custom medication is an essential part.