



Celebrating 15 Years of Exceptional Service



SHEEFA MAGAZINE

"BETTER LIVING"

# SHEEFA PHARMACY

IS STRONGLY COMMITTED TO PROVIDING QUALITY CARE SERVICES.

Sheefa Pharmacy is strongly committed to providing quality care services. Our certified, well-trained staff are readily available to dispense not only prescriptions, but also health information specific to your needs.

Sheefa will guide you towards wellness through a means of education and consultation assistance. By utilizing the most effective and reliable tools, processes, and products, Sheefa Pharmacy offers the best customer care service possible.

Our community-focused mission empowers customers to make better health and wellness decisions.

The Sheefa name is a trademark for great hospitality, wonderful employees, and innovative educational programs for the community. Our dynamic team of qualified professionals are bound with both duty and passion to serve you with optimism and vigorous energy.

With more than 50 employees and a wide array of services, Sheefa Pharmacy continues to flourish as a dynamic health resource for the community.



*"Our community-focused mission, empowers customers to make better health and wellness decisions."*



INSIDE THIS MAGAZINE



## Frequently Asked Questions

Have questions on how to store your prescriptions? Looking for a pharmacy that specializes in diabetes and pain management? Can't seem to remember when to take your medications? Sheefa Pharmacy has all the answers you need!

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## Meet our Clinical Pharmacists

Our clinical Pharmacists can assess whether your medications are meeting your health needs, advise you on how to take your medication to get the best results and much more. Find out how you can meet with our clinical Pharmacist today!

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Managing your medications has never been easier. Ask the pharmacist for details.

## Introducing the SheefaPack!

Too many bottles to carry and too many medications to keep track of? Our new SheefaPACK organizes your medications by date and time into easy to use packages. It's simple and convenient.

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Dear Valued Customer,

Thank you for choosing Sheefa Pharmacy to fill your prescriptions. We know that you have many choices when deciding where to have your prescriptions filled, and we are honored that you have chosen us as your trusted pharmacy.

The Sheefa name is a trademark for great hospitality, wonderful employees, and innovative educational programs. We give you access to knowledge and information that will empower you to make better choices and improve your quality of life. We are readily available to respond to your requests for advice and our pharmacists are happy to provide personal consultation to ensure your medications are safe to use, effective and affordable.

In addition to filling prescriptions, we also offer a variety of other services that may be of value to you. Our FREE health seminars, for diabetes, hypertension, and heart disease share detailed information on managing chronic health conditions for a more positive outcome. Sheefa Pharmacy also offers FREE pick-up and delivery of prescriptions right to your doorstep from Monday to Saturday. You can simply call us and request this service.

Sheefa Pharmacy is the first pharmacy in Essex County to be accredited for outstanding compound quality, in the State of New Jersey. Our compounding services offer an assortment of topical creams, gels and sprays significant to pain, neuropathy, wounds, scars, eczema, and many others. One patient who suffers from knee pain attests to the cream saying that no matter what he used, nothing seemed to work. He said, *"After using the cream...I absolutely feel the difference. In fact, I am able to bend my knees without wincing in pain. I seriously recommend this product!"*

There are also many available resources on our website, [www.sheefa.com](http://www.sheefa.com), where you can request refills, stay updated on the latest health news, follow our blog and so much more! You can also check us out on Facebook, Instagram and Twitter @sheefapharmacy. Be sure to be on the lookout for our YouTube videos.

Our customers can always count on Sheefa Pharmacy to help the community take proactive steps toward a healthier lifestyle by providing outcome-oriented education, specialty products and affordable services. Our mission is your healing and we hope you find great benefits by choosing Sheefa Pharmacy.

We truly do value and appreciate your support, and look forward to serving you for many years to come. Thanks for allowing us to be a part of your health care team!

Respectfully,

*The Sheefa Team*

## A Message from your Pharmacist:

"It is a great honor to serve our customers throughout the years. Pharmacy is a very noble profession that calls for dedication, commitment and a passion for helping others. Over the years, we have combined our knowledge, highly trained staff, and the latest technology to bring quality services to our customers. The health industry is frequently changing and we are making every effort to serve you with the same enthusiasm as we did when we first opened our doors. Throughout the years, we have added valuable programs and services to better your experience and to empower you with the knowledge needed to maintain a healthy well-being. As the Owners and Pharmacists in Charge, we would like to thank you for giving us the opportunity to serve you. We will continue to be dedicated in filling your prescriptions with quality care, providing efficient delivery services, coaching on your disease state and answering any questions you have for us. Please keep in mind we are always here if you have any comments or suggestions to improve the quality of our care. We look forward to seeing you and serving you at Sheefa Pharmacy for years to come."

### THE OATH OF A PHARMACIST

*At this time, I vow to devote my professional life to the service of all humankind through the profession of pharmacy.*

*I will consider the welfare of humanity and relief of human suffering my primary concerns.*

*I will apply my knowledge, experience and skills to the best of my ability to assure optimal drug therapy outcomes for the patients I serve.*

*I will keep abreast of developments and maintain professional competency in my profession of pharmacy.*

*I will maintain the highest principles of moral, ethical and legal conduct.*

*I will embrace and advocate change in the profession of pharmacy that improves patient care.*

*I take these vows voluntarily with the full realization of the responsibility with which I am entrusted by the public.*



Ashraf Latif, R.Ph



Amjad Abukwaik, R.Ph

## About us:

Sheefa Pharmacy is strongly committed to providing quality care services. Our certified, well-trained staff are readily available to dispense not only prescriptions, but also health information specific to your needs. Sheefa will guide you towards wellness through a means of education and consultation assistance. By utilizing the most effective and reliable tools, processes, and products, Sheefa Pharmacy offers the best customer care service possible. Our community focused mission, empowers customers to make better health and wellness decisions.

## Our Vision:

To be the preferred pharmacy in the community for everyday health needs.

## Our Mission:

To be a caring community pharmacy that provides products and services which empowers our customers to make better health and wellness decisions.

### Integrity

We strive to maintain the highest standards of moral and ethical conduct in our interactions with employees, customers and in all professional relationships and transactions.

### Caring

We work to improve our patients' health by considering their individual needs. We also take great pride in being an integral part of the local community which we actively support in many ways.

### Commitment

We consistently demonstrate unwavering commitment to excellence and to exceptional customer and patient experience by delivering outstanding service, products and patient education.

### Loyalty

We foster loyalty in our customers and in our staff by creating an environment of mutual respect and open communication.

### Teamwork

We recognize and reward the team approach to project execution and problem solving while we also celebrate leadership and exceptional individual contributions.

### Professionalism

We uphold the value of professionalism by utilizing the most effective and reliable tools, processes, products and services to ensure accuracy and reliability. We challenge ourselves to continuously improve through constant monitoring, accountability and industry education.

# Frequently asked QUESTIONS ?

## **Q: How can I transfer my prescriptions to your pharmacy?**

**A:** To transfer your medications, simply provide us with the name(s) of your prescription(s) and the name and location of the pharmacy you wish to have your medication(s) transferred from. You can also request a transfer on our website and we will follow up on your behalf. Our transfer request form can be found at: [www.sheefa.com](http://www.sheefa.com)

## **Q: Are there any refills left on my prescription?**

**A:** To find out if you have any refills left on your prescription, look at the top right of your current prescription label. If there are no refills, your Pharmacist may be able to contact your Doctor for more refills.

## **Q: Do you offer prescription delivery?**

**A:** Can't make it to one of our locations? That's okay! Sheefa Pharmacy provides FREE prescription pick-up and delivery, along with free postal shipping. Just give us a call and request our delivery service!

## **Q: Where is the best place to store my medication?**

**A:** Some medications may have different storage instructions. Usually, medications should be stored at room temperature which is approximately 68 to 77 degrees Fahrenheit, unless otherwise directed by your Pharmacist.

## **Q: My prescriptions are due at different times during the month. Can I arrange for my medications to be refilled at one time?**

**A:** Yes. We offer the SyncRx Program, which synchronizes your medication to be filled on one day, so you no longer have to make multiple trips to the pharmacy.

## **Q: Can I receive reminders to take my medications?**

**A:** Yes you can. We offer a My Dose Alert Program which allows us to send a reminder through an email, phone call or text message, reminding you to take your medication or refill your prescription. Please keep in mind this program is not offered at every location. Please speak with a pharmacy representative for more information.

## **Q: I take a lot of different medications. Is there any drug interactions or duplication within my profile?**

**A:** Your pharmacist reviews your medication for interactions and duplications of therapy, especially if you are taking many medications. Feel free to ask the pharmacist to review your medications with you to ensure you are taking them correctly.

## **Q: What should I do if I experience side effects from my medications?**

**A:** If you experience any side effects call your doctor right away. Stop your medication right away and call 911 if you have difficulty breathing or hives.

## **Q: It's difficult to swallow tablets. Do you offer other forms of dispensing prescriptions?**

**A:** Some medications are available in different forms, just ask your doctor or pharmacist for a recommendation. Here at Sheefa Pharmacy we can compound certain medications in different forms. Give us a call for more information.

## **Q: How should I dispose of my medications that I no longer need or that are expired?**

**A:** It's important to get rid of unused or expired medications as it decreases the chance of anyone else accidentally taking it. Contact your city to find out about their Drug Take Back program. If the program is not available, you may do the following: Mix your medication with coffee grounds or kitty litter, put it in a sealed plastic bag and throw it in your household trash. Do not crush tablets or capsules. When throwing away empty bottles be sure to remove any identifying medications.

## **Q: Do I have to take my medication with food?**

**A:** Some medications are recommended to take with food while others are not. Feel free to ask your pharmacist when you pick up your prescriptions.

## **Q: Can I manage and refill my prescriptions online?**

**A:** Yes you can! Visit our website, [www.sheefa.com](http://www.sheefa.com), allows customers to create a profile and manage their medications at the click of a button. Request refills, transfer medications, and view your prescription history right at the comfort for your home.

## PRESCRIPTION SERVICES

Sheefa's pharmacists and technicians will work with you to ensure that your prescriptions are filled quickly and correctly. Our services include:

### PRESCRIPTION PROCESSING

Our highly trained staff is readily available to fill your prescription needs.



### COMPOUNDING OF SPECIALTY PRESCRIPTIONS

We offer flexible compounding services that can generate drugs into different dosages and various forms including liquids, suspensions, capsules, ointments, and suppositories.

### MY DOSE ALERT

Have a hard time remembering to take your medication? At Sheefa Pharmacy, we offer customizable reminders and alerts to take your medications and refill your prescriptions.

### SYNCRX

Getting fed up with frequent trips to your pharmacy? We'll synchronize ALL your prescriptions to be refilled on the day of your choice each month for one convenient pickup.

### ONLINE PRESCRIPTION REFILLS

Refill your medication without even leaving the house. Just visit our website at [sheefa.com/refill](http://sheefa.com/refill).

## SPECIALIZED DISEASE MANAGEMENT

Our specialized disease program allows for patients to easily find the information needed to manage and achieve a healthy lifestyle. We specialize in many disease states including pain, diabetes, hypertension and cholesterol.

Whatever ailment may befall you, the Sheefa team is here to support you through it by offering:

### PAIN MANAGEMENT SERVICES

Sheefa Pharmacy works along with patients and physicians to customize topical and oral preparations to alleviate pain.

### HYPERTENSION & CHOLESTEROL MANAGEMENT

Have high blood pressure? Not sure how to manage your cholesterol levels? Sheefa offers a wide variety of OTC products to help control hypertension and cholesterol, along with free consultations.

### IMMUNIZATIONS

Avoid the flu this season by getting your seasonal shots! Call our pharmacist to schedule an appointment.

## COMPOUNDING

Sheefa is a New Jersey State certified pharmacy and is one of eight designated Pharmacy Compound Accreditation Board (PCAB) Pharmacies in NJ. We pride ourselves in being the only accredited pharmacy in Essex County to provide nationally accepted quality to our customers.

### COMPOUNDING OF SPECIALTY PRESCRIPTIONS

Sheefa offers you flexible compounding services that can generate drugs into different dosages and various forms including: liquids, suspensions, capsules, ointments and suppositories

Utilizing our state-of-the-art equipment, we can create the most unique medications to suit your needs. We will work alongside you and your physician to create innovative compounded prescriptions that alleviate pain, neuropathy, scars, wounds, and more. For more information on our compounding services, please visit our website.

## FREE DELIVERY

### FREE PICKUP AND DELIVERY SERVICES

When you can't make it into our store, Sheefa Pharmacy offers FREE prescription pickup and delivery. With our convenient delivery service, patients can easily receive their medications without the inconvenience of leaving their homes. We also offer FREE SHIPPING to customers out of our local area or residing out of state.



## WELLNESS CENTER

Sheefa carries a wide variety of vitamins, nutritional herbs and dietary products. We pride ourselves on promoting wellness so that our customers can achieve a healthy lifestyle. We believe that you're never too young to start. Our Kids Vitamin Club offers free vitamins to children, ages two and above, each month.

### VITAMINS AND NUTRITIONALS

Not only do we provide prescription drug services, Sheefa Pharmacy carries a wide variety of vitamins and dietary products.

### KIDS VITAMIN CLUB

We offer free vitamins every month for children, ages two and above. Ask us how to sign your child up and receive a club card today!

## DURABLE MEDICAL EQUIPMENT

Find all the surgical supplies you need right here at Sheefa Pharmacy. Our Durable Medical Equipment (DME) section provides hospital beds, wheelchairs, braces, compression stockings, diabetic supplies, therapeutic shoes and much more.



### DURABLE MEDICAL EQUIPMENT

Here is a list of products our DME section provides:

- Ambulatory & Bathroom Aides
- Diabetes Supplies
- Diagnostic Equipment
- Hospital Beds
- Braces
- Compression Garments
- Rehab Equipment
- Respiratory Items
- Bipap and Cpap Nebulizer
- Patient Lift
- Lymphedema Garments
- Wound Care Dressing
- Mastectomy forms and bras with free home consultations. A fitting room is provided for walk-in customers.

## PATIENT EDUCATION

Patients can receive all the information needed about their medications through Sheefa's coaching and consultation. Our Medication Therapy Management (MTM) program provides the necessary knowledge for patients to adhere in taking their prescribed drugs. Our patient education services also include regular classes on diabetes care and the healthy heart.

### SWEET SPOT DIABETES SEMINARS

Diabetes seminars are scheduled frequently for the entire community. Our Diabetes Center features a full line of diabetes supplies and information for customers.

### COACHING AND CONSULTATION

We offer wellness coaching in the management of widespread diseases. Take advantage of Sheefa's FREE consultation!

### MEDICATION THERAPY MANAGEMENT (MTM)

Our MTM program aims to improve patients' adherence to targeted medications through:

1. Comprehensive medication review: A person-to-person medication review and consultation regarding the patient's medications (including herbal therapies and dietary supplements).
2. Prescriber Consultation: A consultation between a pharmacist and a patient's prescriber to identify, resolve, and/or prevent the occurrence of one or more medication-related problems in which the prescriber's approval for a change in therapy is required.
3. Patient Adherence Consultation: A one on one consultation between a pharmacist and a patient to identify, resolve, and/or prevent the occurrence of medication overuse, medication underuse or inappropriate medication administration.

## SHEEFA MEDICATION PACKAGING

You've got enough on your mind without worrying about missing a dose of medication. We can package your meds in easy-to-open pouches, organized by date and the time you take them. It's simple, convenient, and certain.



# Sheefa Pharmacy & Wellness Center Compounding Solutions Can Bring You Relief!

By Feraan Mohamed

Sheefa Pharmacy is one of the few compounding pharmacies in New Jersey. Sheefa makes a variety of creams used to treat muscle spasms, acne, skin conditions such as eczema, and foot fungi among others. The bulk of the pharmacy's compounds are made to treat pain including neuropathic pain, diabetic neuropathy, back, and neck pains, as well as different muscle pains, and many more.

Compounds have become a big part of the pharmacy because they work so well for patients. Nazimool Saheb, who manages the compounding department at Sheefa, explains that doctors have begun to treat pain with more compound prescriptions.

Compounds are an effective way to treat pain because of their transdermal property. Speaking on the effectiveness of compounds, Ashraf Latif, the pharmacist in charge, explains that creams are massaged into the area of pain directly allowing the medicine to reach pain receptor sites quicker. Latif says, "By being able to reach those pain receptor sites we're able to either a. reduce the pain sensation, b. reduce inflammation or c. increase blood circulation to the area in some instances." He also explains that creams have the same ingredients as a pill, but because it is applied topically, does not give patients the same side effects. To learn how you can receive your pain cream today, call us at (973) 673 – 6800 and speak with a pharmacy representative.

**"To resolve pain and circulation challenges, we'll work along with you and your physician to Customize & formulate a compounded prescription, specific to your needs."**



**IS YOUR PHARMACY ACCREDITED IN COMPOUNDING?**

We offer **FREE** coaching to our patients.



It is no secret that heart disease is a leading cause of death in America today. According to the American Heart Association, 76.4 million people have hypertension, and stroke is the third leading cause of death in our country. Our pharmacist can give you the tools you need to lower your cardiovascular risk. The pharmacist will be your health coach, offering information, encouragement, and the accountability it takes for you to reach your health goals.

**Did You Know?**

- 25.8 million People in the U.S. are living with diabetes.
- A person living with diabetes spends 43% more in a pharmacy than the average customer, up to \$28,000 a year.

Our Pharmacist can provide you with the tools you need to effectively manage your diabetes.





# Essex County's **1st** Accredited Compounding Pharmacy



Sheefa Pharmacy and Wellness Center is a New Jersey State certified Pharmacy and is one of only eight designated Pharmacy Compound Accreditation Board (PCAB) Pharmacies in New Jersey. PCAB accreditation certifies that a pharmacy has independent, external validation that it meets nationally accepted quality assurance, quality control, and quality improvement standards. While all pharmacies must be licensed, PCAB accredited

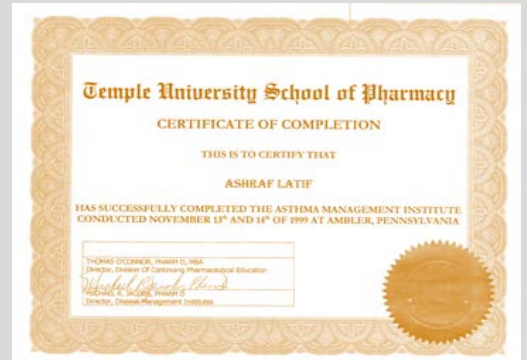
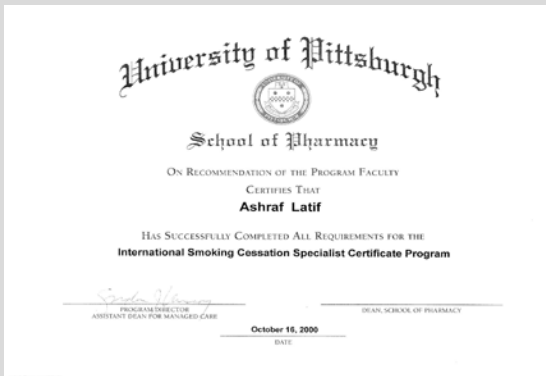
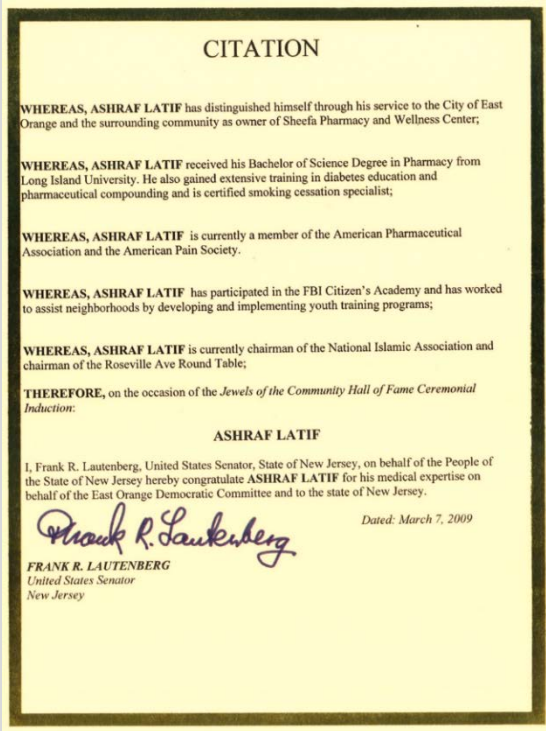


pharmacies have taken the prescribed step to assure quality.

SHEEFA IS A PROUD MEMBER OF THESE GREAT ORGANIZATIONS:



# AT SHEEFA PHARMACY, WE BELIEVE THAT ACCREDITATION IN DIFFERENT AREAS IS IMPORTANT TO SERVE YOU.



**FREE DELIVERY**

Sheefa Pharmacy offers **FREE** Prescription Pick-up and Delivery, Monday through Saturday!

Call us at (973) 673 – 6800 to request your deliver today!





## WE NOW HAVE AVAILABLE LOW COST ALTERNATIVE TO VIAGRA® TABLETS !

Sildenafil, the active ingredient in Viagra®, is now available in a generic 20mg tablet, and it is **MUCH** cheaper than Viagra®.

**Ex: Five 20mg tablets of Sildenafil is equivalent to one 100mg Viagra®.**

**Price: 50 Sildenafil 20mg (ten 100mg doses) \$80\* VS. \$400 for ten Viagra® 100mg.**

Note: This is the FDA approved generic of Revatio® 20mg tablet. The FDA has not approved generic Viagra®, even though the active ingredient is identical, just in a different strength.

It is Sheefa Pharmacy's desire to assist you in reducing your patient's cost and increasing their ability to pay for their ED medication.

We **CANNOT** substitute any prescription (or refill) written for Viagra® without a phone call to the prescriber to get authorization for the following New Rx:

 *Sildenafil 20mg #50 - Take 2-5 tablets as needed for sexual activity*

Going forward, just be sure to write all new Rxs for Sildenafil 20mg in the format above.

\*As with most generics, Sheefa offers great prices based on our acquisition cost. We have no control over our competitor's prices, or if they are even stocking this new generic.

Prescribers: You can phone, fax, or eScript the prescription to Sheefa. We are in all the EMR systems and are located in East Orange, NJ. Once we receive the Rx, we will call your patient, verify their information and collect payment. All packages are shipped priority mail and received within three business days.



 *Sildenafil 20mg #50 - Take 2-5 tablets as needed for sexual activity*

**\$80**  
+ FREE SHIPPING  
SILDENAFIL 20mg #50

**\$40**  
Viagra®  
100mg

**\$8**  
SILDENAFIL  
Five 20mg tabs  
= 100mg dose

**\$40**  
Cialis®  
20mg

For more information feel free to come in or give us a call at 973.673.6800

# STRATEGIES FOR A HEALTHY LIFESTYLE

*One of our goals is to live a happy and healthy life. So, how can we live a healthy life? Many of us want to do so, but we are not certain how to go about setting up a plan. It is important to remember that this is not a one week plan nor is it a one month plan, but it is a strategy to create a checklist that helps us to form and pay attention to key numbers and important lifestyle choices that we need to be reminded of. Here is an action plan; let's focus on these 7 things, deal? Ok, here we go.*

## 1. What is your HBA1C?

Result	A1C
Normal	Less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or Higher

The A<sub>1</sub>C test measures your average blood glucose for the past 2 to 3 months. The advantages of being diagnosed this way are that you don't have to fast or drink anything.

Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A<sub>1</sub>C or glycosylated hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood.

## 3. Cholesterol and Triglycerides

These levels are good predictors of our heart healthy and careful attention to them can decrease our risk for heart attacks and strokes. Let's focus on these 4 numbers:

- ✓ **Total Cholesterol**- Your cholesterol score is calculated by the following equation: HDL + LDL + 20% of your triglyceride level. A total cholesterol score of less than 180 mg/dL is considered optimal.
- ✓ **HDL**- With HDL (good cholesterol) high levels are better. Smoking, being overweight and being sedentary can all result in lower HDL cholesterol.
- ✓ **LDL**- A low LDL cholesterol is considered good for your heart health. However, your LDL number should no longer be a main factor in guiding treatment to prevent heart attack and stroke.
- ✓ **Triglycerides**- Triglyceride is the most common type of fat. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with a low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis (the buildup of fatty deposits in the artery walls) which increase the risk for heart attack or stroke.

## 2. What is your blood pressure numbers?

Our goal is to maintain good blood pressure. It helps to protect our heart and many other organs in the body, including the eyes, kidneys, lungs, etc.

It is important we keep track of our numbers.

Our blood pressure should normally be less than 120/80 mmHg for an adult age 20 or over. However, if your blood pressure reading is higher than normal, the pharmacist may take several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure.

But remember, a single high reading does not necessarily mean that you have high blood pressure. However, if readings stay at 140/90 mmHg or above over time, your doctor will likely want you to begin a treatment program. Such a program almost always includes lifestyle changes and often prescription medication for those with readings of 140/90 or higher.

On a separate note, even if your blood pressure is normal you should consider making lifestyle modifications to prevent the development of HBP and improve your heart health.

## 4. Healthy Eating Habits

Eating healthy is one of the biggest challenges that we face today. We would like to touch on a few guidelines to set yourselves up for success:

- ✓ To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.
- ✓ Moderation is key; despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body. Moderation or balance means eating far less of the unhealthy stuff and more of the healthy.
- ✓ Fill up on colorful fruits and vegetables: Fruits and vegetables are the foundation of a healthy diet. They are low in calories and they are packed with vitamins, minerals, antioxidants, and fiber. Try to eat a rainbow of fruits and vegetables every day and with every meal—the brighter the better. Colorful, deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants—and different colors provide different benefits, so eat a variety. Aim for a minimum of five portions each day.
- ✓ Eat more healthy carbs and whole grains: Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.
- ✓ Enjoy healthy fats and avoid unhealthy fats: Good sources of healthy fat are needed to nourish your brain, heart, and cells, as well as your hair, skin, and nails. Foods rich in certain omega-3 fats called EPA and DHA are particularly important and can reduce cardiovascular disease, improve your mood, and help prevent dementia.
- ✓ Put protein into perspective: Protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues, and organs.
- ✓ Add calcium for strong bones: You and your bones will benefit from eating plenty of calcium-rich foods, limiting foods that deplete your body's calcium stores, and getting your daily dose of magnesium and vitamins D and K—nutrients that help calcium do its job.
- ✓ Limit salt and sugar: If you succeed in planning your diet around fiber-rich fruits, vegetables, whole grains, lean protein, and good fats, you may find yourself naturally cutting back on foods that can get in the way of your healthy diet—sugar and salt.
- ✓ Bulk up on fiber: Eating foods high in dietary fiber can help you stay regular, lower your risk for heart disease, stroke, and diabetes, and help you lose weight. Depending on your age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fiber per day for optimal health. Many of us aren't eating half that amount.

## 5. Alcohol & Tobacco

Alcohol and tobacco are among the top causes of preventable deaths in the US. As part of our desire to maintain good health, it is definitely something we should avoid. Studies have found that people who smoke are much more likely to drink and those who drink are more likely to smoke. In all situations, alcohol depresses the brain and slows down its ability to control the body and the mind. This is one reason why alcohol is so dangerous. Alcohol acts like a sedative and slows down muscle coordination, reflexes, movement, and speech. If you drink too much alcohol, your breathing or heart rate can reach dangerously low levels or stop. People who drink and smoke are at higher risk for cancer, particularly throat and mouth.

## 6. Exercise

Along with healthy eating habits, exercise is the key to successful well-being. Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns. Some of the benefits of exercise include:

- ✓ Exercise controls weight
- ✓ Exercise combats health conditions and diseases
- ✓ Exercise improves mood
- ✓ Exercise boosts energy
- ✓ Exercise promotes better sleep
- ✓ Exercise puts the spark back into your sex life
- ✓ Exercise can be fun



## 7. Critical Health Examinations

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. Most people who have high blood pressure don't even know it. The only way to find out is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until the disease becomes advanced. Health Screening should begin from age 40 until 64:

- ✓ Blood pressure screening
- ✓ Have your blood pressure checked every 2 years unless it is 120-139/80-89 Hg or higher. Then have it checked every year. Our pharmacy has a Blood pressure machine, so feel free to stop by and get a free reading. Cholesterol screening and heart disease prevention:
- ✓ Colon cancer screening:
  - ✓ People between ages 50 and 75 should be screened for colorectal cancer. People with risk factors for colon cancer, such as ulcerative colitis, a personal or family history of colorectal cancer, or a history of large colorectal adenomas may need a colonoscopy more often.
- ✓ Immunizations:
  - ✓ You should receive a flu vaccine every year.
  - ✓ You should have a tetanus-diphtheria booster vaccination every 10 years.
  - ✓ You may get a shingles or herpes zoster vaccination once after age 60.
- ✓ Osteoporosis screening:
  - ✓ All men ages 50 to 70 with risk factors for osteoporosis should discuss screening with their doctor.
- ✓ Preventive health visit every 2 years until age 50, and then once a year, should include checking height and weight, screening for alcohol and tobacco use, and screening for depression.
- ✓ Prostate cancer screening: (MEN)
  - ✓ Most men age 50 or older should discuss screening for prostate cancer with their health care provider. African-American men and those with a family history of prostate cancer should discuss screening at age 45.
- ✓ Breast exams:
  - ✓ A health care provider should do a complete breast exam every year.
- ✓ Mammograms:
  - ✓ Women over age 40 should have a mammogram done every 1-2 years, depending on their risk factors, to check for breast cancer.
- ✓ Pelvic exam and Pap smear once every 2 - 3 years.

## Tip from your Pharmacist



### Sleeping Schedule

*Our systems, particularly the adrenals, do a majority of their recharging or recovering between the hours of 11 p.m. and 1 a.m. In addition, the gallbladder dumps toxins during this same period. If you are awake, the toxins back up into the liver, which then secondarily backs up into your entire system and can cause disruption to your health. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, and which nature intended for humans as well.*

True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.

*William Penn*

## Self-Development: Looking for Personal Growth in the New Year?

It's the time of year when everyone is excited about new beginnings and fresh starts. It's a time for setting goals and reaching out to be your best. If you're looking for some personal growth in 2016, then here are a couple of easy ideas that could lead you just where you want to be.

**Don't let yourself "hang out" in a negative place.** Now I'm not talking about literally hanging out in negative places, although that wouldn't be good either. But, I'm talking about not letting yourself dwell on the negative thoughts inside of your mind.

Let's face it, life happens and sometimes there is hard, terrible stuff we have to deal with. But think about this, two people can go through the same bad experience, and one can come out stronger, and the other can be broken. How is that possible?

Usually, the difference between a person who recovers with resilience and one who folds and never recovers is **the way negative experience are processed in their minds.** Of course, there are life-altering events that can happen to a person that shakes them to their very core, and sometimes they need professional help and support to recover. But, for most of the life's ups and downs, a real change between the ears can do wonders for a person's personal growth.

One way to avoid staying in a negative place is to simply not allow yourself do it. Accept what happened and then replace these feelings and thoughts with "bright spots," the things in your life you are truly grateful for. **Experts seem to agree that people who do a daily practice of gratitude are inherently happier.**

Another proven way to expand your personal growth is to give to others. **Giving makes you happier and will make you feel good.** There are many ways you can incorporate giving into your life. Whether it's helping an elderly neighbor clear their driveway of snow, taking cookies to a friend, cheering up a depressed friend with a text message or card, contributing to a family in need, giving to a favorite charity, or volunteering to help in an assisted living home or hospital. Giving, in any way, will help you to grow and be happier.

thank you!

Thanks to YOU the word is spreading!

Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors.

Our business runs on positive comments and referrals from people just like you!  
We couldn't do it without you!

Don't forget to mention our website:  
[www.sheefa.com](http://www.sheefa.com)

We don't have  
a business  
without you!

Good or bad, we can't fix what we don't know is broken. Please contact us and let us know, good **AND** bad, what you like most about doing business with us and any issues we can correct.

We are committed to continuously improving because we want to be YOUR family's pharmacy.

Call us or stop by to let us know today!

# VITAMIN CLUB FOR KIDS



Free vitamins every month for kids ages two and up. Visit our pharmacy to learn how your family can sign up today!



In our FREE classes, we'll discuss key ways to manage your diabetes. We'll also look at the importance of making health choices and complying with your medication regimen. You don't want to miss out on these exciting and informative classes!

JOIN US THE LAST SATURDAY EVERY MONTH AT SHEEFA PHARMACY

*Please ask a pharmacy associate for more details about our Sweet Spot: Diabetes Classes*

## Sheefa Pharmacy Supports Our Veterans



Sheefa Pharmacy and Wellness Center is looking for veterans who suffer from Post-Traumatic Stress Disorder (PTSD). Our goal is to help returning soldiers involved in combat since 9-11, with disabilities, regain their independence and confidence by sponsoring highly trained service dogs through Paws 4 Liberty.

Service dogs are a medically proven recovery aid for veterans that are suffering from PTSD. The benefits are numerous. For a veteran with PTSD, their service dog can help them assess the safety of their surroundings by allowing them to process what's happening and what to do about it.

Those with PTSD are usually overwhelmed with environmental stimuli (sights, sounds, smells, etc.) which trigger anxiety. Service dogs help alleviate the impact and mirror a calm reaction to the current environment.



If you or anyone you know is interested in applying for a service dog with paws 4 liberty or making a monetary donation please visit us online at [www.paws4liberty.org](http://www.paws4liberty.org).

\*All donations are tax deductible.

## WHAT CAN A SERVICE DOG DO FOR YOU?

**"Block"** - The dog stands perpendicular to the veteran to add a sense of space, keeping other people at a distance from them

**"Cover"** - The dog stands or sits rear facing at the veteran's side to watch his back and lick or nudge when someone is approaching

**"Paws"** - The dog jumps gently on the vet to provide deep pressure when anxiety is coming on.





## The Health Benefits of Water

By Jen Laskey



### WE ALL NEED WATER TO SURVIVE, BUT HOW EXACTLY DOES IT HELP?

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

### WATER PROTECTS YOUR TISSUES, SPINAL CORD, AND JOINTS

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body

hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

### WATER HELPS YOUR BODY REMOVE WASTE

Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines. Water can also keep you from getting constipated by softening your stools and helping move the food you've eaten through your intestinal tract. However, it should be noted that there is no evidence to prove that increasing your fluid intake will cure constipation.

“*Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist.*”

### WATER AIDS IN DIGESTION

Digestion starts with saliva, the basis of which is water. Digestion relies on enzymes that are found in saliva to help break down food and liquid and to dissolve minerals and other nutrients. Proper digestion makes minerals and nutrients more accessible to the body. Water is also necessary to help you digest soluble fiber. With the help of water, this fiber dissolves easily and benefits your bowel health by making well-

formed, soft stools that are easy to pass.

### WATER PREVENTS YOU FROM BECOMING DEHYDRATED

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's natural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, like bladder infections and urinary tract stones. If you're pregnant or nursing, you may want to consult with your physician about your fluid intake because your body will be using more fluids than usual, especially if you're breastfeeding.

### HOW MUCH WATER DO YOU NEED?

There's no hard and fast rule, and many individuals meet their daily hydration needs by simply drinking water when they're thirsty, according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. In fact, most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.



## AROUND THE PHARMACY



## SyncRx Program

Getting fed up with frequent trips to your pharmacy? We'll synchronize ALL your prescriptions to be refilled on the day of your choice each month for one convenient pickup. Our Pharmacist will review all of your medications to ensure there are no interactions or duplication of therapy. Ask one of our pharmacy representatives to Sync your prescriptions today!



## Sheefa Website

Need resources at your fingertips? Visit our website, **Sheefa.com** for all the latest information, drug information, news and health updates, follow our blog, visit our social media pages, register for events, and refill your medications straight from the convenience of your home.



## Sign up for Emails!

Want to stay on top of what's happening at Sheefa Pharmacy? Join our mailing list and get updates on discounts, promotions, services, seminars, events and much more! Simply text "**SHEEFA**" to **22828** or fill out the form found on our Facebook page, Facebook.com/SheefaPharmacy for our free e-newsletter.

## Sheefa Pharmacy & Wellness Center in East Orange, NJ celebrates 15 years of exceptional service!



### Celebrating 15 Years of Exceptional Service



Since its opening in June of 2000, Sheefa Pharmacy & Wellness Center has continued to offer exceptional services to the residents of East Orange, Newark, Irvington and surrounding communities. Sheefa Pharmacy & Wellness Center has maintained the integrity of its commitment to empower our customers to make better health and wellness decisions.

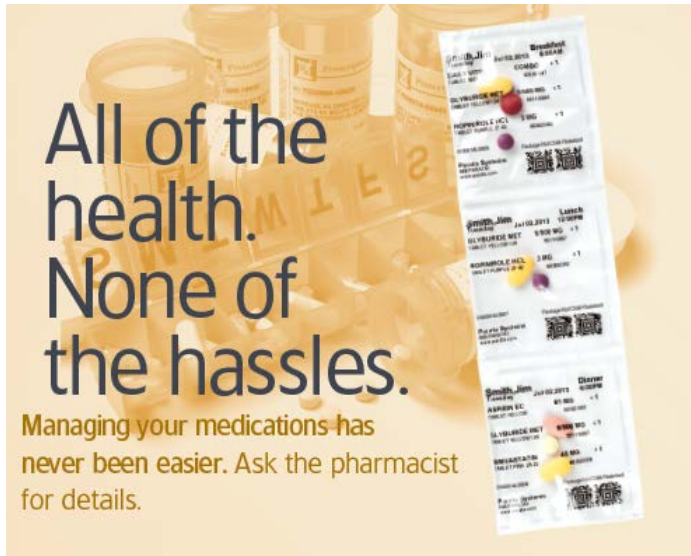
Sheefa Pharmacy and Wellness Center is well on its way to achieving its vision to be the preferred pharmacy for your everyday health needs. Our certified, well trained staff strives to meet your expectations with the highest level of professionalism and courtesy.



We were so honored to celebrate such a big accomplishment with the community that helped us get to this milestone. Thank you to every single one of our wonderful customers and friends who graciously let us serve them during these years. Also, thank you to those who referred us to their friends and neighbors. We hope that we can continue to serve you and your loved ones in the upcoming years and continue to empower you to make better health and wellness choices. Come on in and visit

## Interested in our SheefaPACK?

Ask our pharmacists for more details!





**All of the health.  
None of the hassles.**


Managing your medications has never been easier. Ask the pharmacist for details.


## CHECK OUT OUR NEW AND IMPROVED WEBSITE!

[www.sheefa.com](http://www.sheefa.com)

 transfer  
prescriptions

 drug information

 refill & manage  
your prescription

 loyalty program

## Turkey Meatballs with Tomato Balsamic-Glaze

**NUTRIENTS PER SERVING:** 1 serving (1/14 recipe) equals 105 calories, 6g fat (2 g saturated fat), 50 mg cholesterol, 180 mg sodium, 3g carb., 1.46g sugar, 9g protein

### INGREDIENTS

- 3 Tbsp. freshly chopped parsley
- 1 Tbsp. tomato paste
- 1 clove garlic, minced
- ¼ cup milk
- ½ Tsp. freshly ground black pepper
- 1 lb ground turkey
- ½ cup grated Romano cheese
- ¼ cup plus 2 Tbsp. Italian seasoned bread crumbs

### FOR GLAZE:

- 1 tablespoon tomato paste
- 1 tablespoon extra-virgin olive oil
- ½ tablespoon balsamic vinegar
- ½ teaspoon sugar



### PREPARATION

1. Preheat the oven to 325°F. In a large bowl, combine the egg, parsley, tomato paste, garlic, milk, salt and pepper. Mix well with a wire whisk, making sure the tomato paste is completely dissolved.
2. Add the ground turkey, grated cheese and breadcrumbs. Use your hand to mix the ingredients together; it will be somewhat wet. Form balls and place onto an ungreased baking sheet or very large baking dish.
3. Make the glaze by combining all of the ingredients in a small bowl. Brush evenly over the meatballs.
4. Bake for about 30 minutes, or until an instant read thermometer inserted into the center of a meatball registers 160 degrees. Remove from the oven and serve.



# MEET SHEEFA'S CERTIFIED CLINICAL PHARMACISTS!



## Why should you see a Clinical Pharmacist?

A Clinical Pharmacist is trained to assist you in the following:

- ✓ Assesses whether your prescribed medications are optimally meeting your health needs and goals.
- ✓ Advises you on how to take your medication to get the best results
- ✓ Follows your progress to determine the effectiveness of your medications in treating your health care needs.
- ✓ Consult with your physicians and health care providers, if needed, to select the best medication therapy to meet your health needs and overall therapy goals.
- ✓ Applies specialized knowledge of the scientific and clinical use of medications, including: medication action, dosing, adverse effects and drug interaction, in performing patient care activities in collaboration with other members of your health team.
- ✓ Supports your health care team's effort to educate you on other important steps to improve and maintain your health such as exercise, diet, and preventative steps like immunization.

Consult with our Clinical Pharmacists on Tuesday or Wednesday

Call (973) 673 - 6800



**Dr. Safia Latif, PharmD/R.Ph**



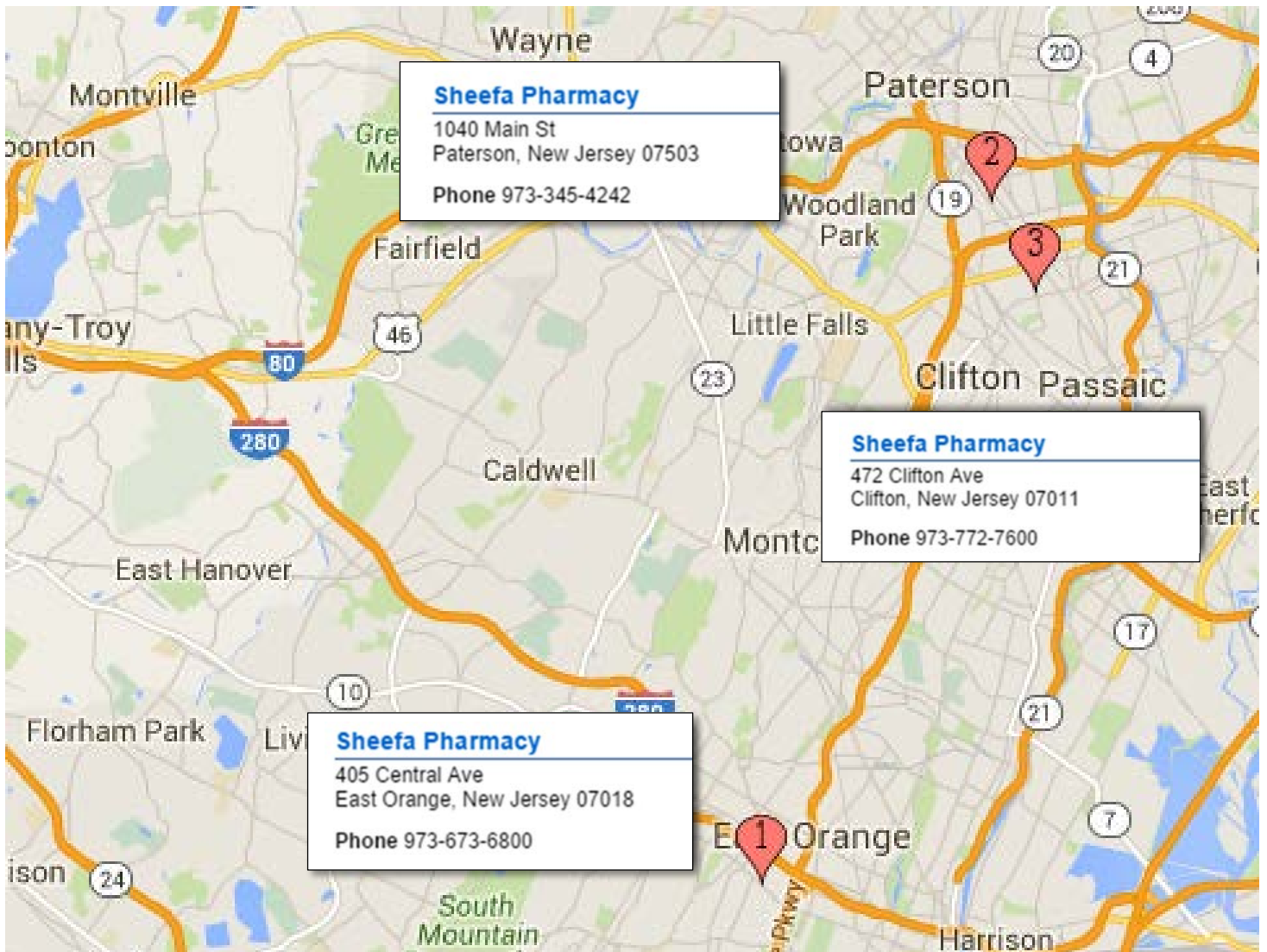
**Ashraf Latif, R.Ph/Owner**



# WE ARE HERE TO SERVE YOU.



# VISIT OUR DIFFERENT LOCATIONS



## Can't make it in? We offer FREE DELIVERY!

*Sheefa Pharmacy offers FREE prescription pickup and delivery. With our convenient delivery service, patients can easily receive their medications without the inconvenience of leaving their homes. We also offer FREE SHIPPING to customers out of the local area or residing out of state.*

Just give your local Sheefa Pharmacy a call and request a **Pick-up** and/or **Delivery** and a driver will be there to assist you.

Available from Monday to Saturday (AM & PM)

# Introducing the SheefaPack!

Sheefa Pharmacy & Wellness Center introduces Revolutionary Approach to Managing Multiple Medications



Sheefa Pharmacy & Wellness Center is pleased to announce it now offers a customized packaging solution to help its customers take the right medications, at the right time, every time.

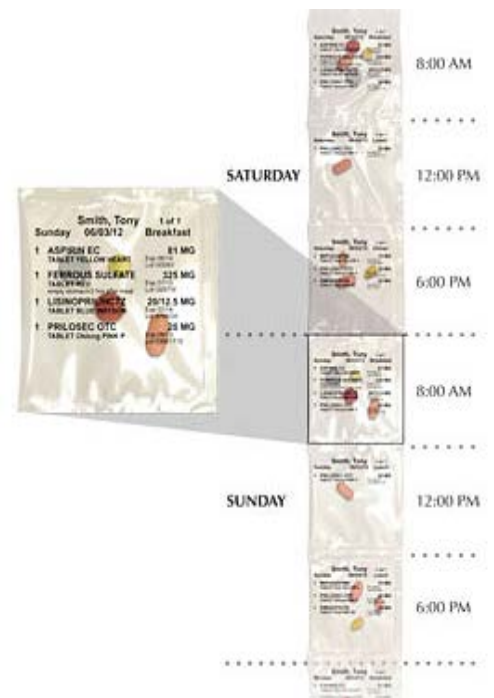
Sheefa Pharmacy prepares each customer's medications in a sealed, clear, plastic packet, called a PASS Pack™, which is arthritis-approved for easy opening. Each PASS Pack is custom-printed with the customer's name; day and time of dose; medication names,

strengths and descriptions; and other details. Sheefa Pharmacy supplies a monthly strip of SheefaPacks, which are rolled into a dispensing box, providing a quick and easy way for caregivers to verify that the last dose was taken, minimizing potential errors.

"Sheefa Pharmacy is proud to offer our customers the safest, most convenient prescription filling options available, promoting higher compliance and reducing medication waste," said Ashraf Latif, RPh.

"It's always a challenge for pharmacists to ensure patients adhere to their medication regimen, but it's reassuring to know that the SheefaPack is helping our customers make home medications more manageable."

"From seniors living independently at home, to caregivers and their family members, to parents whose children must take medications at school, to busy travelers — Packs helps people know when and how to take their medicines," said DJ Dougherty, CEO of Parata Systems.



"Pharmacies that offer Parata PASS are helping their customers reduce risk and increase convenience — ultimately helping them live healthier lives."

If you are interested in managing your, or a loved ones' prescriptions with PASS Pack, please contact us or visit us online at [www.sheefa.com](http://www.sheefa.com).

SHEEFA  
MAGAZINE  
2016

405 Central Ave.  
East Orange, NJ 07018

**Sheefa Pharmacy** is a New Jersey State certified Pharmacy and is one of the few designated Pharmacy Compound Accreditation Board (PCAB) Pharmacies in New Jersey. PCAB accreditation certifies that a pharmacy has independent, external validation that it meets nationally accepted quality assurance, quality control, and quality improvement standards. While all pharmacies must be licensed, PCAB accredited pharmacies have taken the prescribed step to assure quality.