

"BETTER LIVING"



# SHEEFA MAGAZINE

INSIDE THIS MAGAZINE

## 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."*



### 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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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,

J^| 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.*

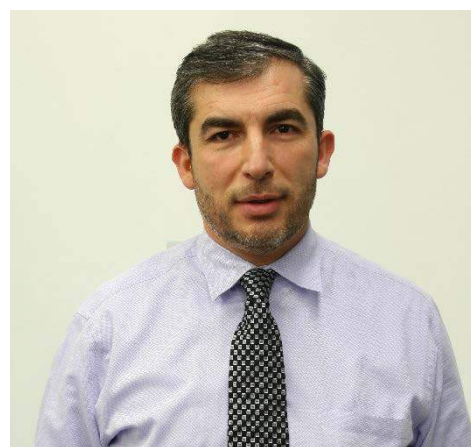
*I will maintain the highest principles of moral, ethical and legal conduct.*

*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! The *MyPharmacyConnect Program* on 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.

### **DIABETES COACHING**

At Sheefa, we understand that diabetes can affect a person's overall life. We hope to make the transition after the initial diagnosis, as easy as possible by offering free diabetes coaching to customers.

### **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.

### THE BEAT

#### (FORMERLY KNOWN AS THE HEALTHY HEART CLUB)

The Beat enables patients to stay on top of their health by checking in with the pharmacist weekly. You have the option to purchase a kit which assists in meal planning, exercising and checking in with the pharmacist. The Beat also offers FREE monthly classes open to all customers.

### COACHING AND CONSULTATION

We offer wellness coaching in the management of widespread diseases. If you have any questions relating to medications or a health-related issue, stop by and 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 prescriptions, over-the-counter (OTC) medications, 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.
4. Patient Education & Monitoring: An ongoing consultation between a pharmacist and a patient to provide education and monitoring when the patient has received a new medication or changes to an existing medication to identify, resolve, and/or prevent the occurrence of one or more medication-related problems.



# 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.

**Healthy  
Heart Club**

What is PPCN?

PPCN deeply engages participants through in-person mentoring with our expert coaches. It provides individualized, goal-driven guidance for participants and also provides proof of performance and value for customers through regular reporting & analysis. Our pharmacist makes it easy to implement and integrate with existing health plans and programming and works with your health care provider.



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.



Value Based Healthcare Solutions



# Essex County's 1<sup>st</sup> Accredited Compounding Pharmacy



Sheefa Pharmacy & Wellness Center  
East Orange, NJ  
has been Accredited by the



The Pharmacy Compounding Accreditation Board has surveyed this pharmacy and found it to meet PCAB's national quality standards for:

Non-Sterile Compounding

*B. Douglas Hoey*  
B. Douglas Hoey, R.Ph., M.B.A.  
Chief Executive Officer, NCPA

*Joe Cabaleiro*  
Joe Cabaleiro, R.Ph.  
Executive Director, PCAB

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:



**American Pharmacists Association®**  
Improving medication use. Advancing patient care.



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

**NIPCO**  
National Institute for Pharmacist Care Outcomes  
*Dedicated to optimal patient health through pharmacist-directed disease management and wellness programs*

NIPCO hereby certifies that  
**Ashraf Latif, R.Ph.**  
has successfully completed the NIPCO-accredited  
**Diabetes Care**  
post-graduate training program

**University of Pittsburgh**



**School of Pharmacy**

ON RECOMMENDATION OF THE PROGRAM FACULTY

CERTIFIES THAT

**Ashraf Latif**

**American Pharmacists Association**



FOUNDED 1852

**National Pharmacists Response Team  
Training Program**

**Certificate of Achievement**

**Ashraf Latif**

*Has attended the National Pharmacists Response Team Course held on  
April 4, 2005, in Orlando, FL, at the APhA Annual Meeting.  
This 8 hour program included training on incident management, the Strategic  
National Stockpile, medication management and smallpox vaccine administration.*



*John A. Gans, Pharm.D.*  
APhA, Executive Vice President



ACCREDITATION SHOWS THAT WE TAKE THE TIME TO  
PROVIDE QUALITY CARE SERVICES TO OUR CUSTOMERS.



# 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 A1C 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 A1C 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.

## 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.

## 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.



## 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



A great way to maintain a healthy cardiovascular is Flax oil, which is processed from flaxseed, contains the highest concentration of essential omega-3 fatty acids of any source on the planet. A deficiency of omega-3 has been positively correlated with more than 60 illnesses, including arthritis, atherosclerosis, cancer, diabetes, hypertension (high blood pressure), immune disorders, menopausal discomfort and stroke. Adding omega-3 to your daily diet may go a long way in helping prevent, improve or reverse those unhealthy conditions.

### Tips for Using Flax Seed

By Laura Dolson

Drink plenty of water. There is so much soluble fiber in flax that it is important to drink plenty of water when eating flax products, otherwise constipation may result.

Remember to start slowly if you aren't used to a high-fiber diet.

If you purchase the whole seeds, you need to grind them up to get the benefit.

Flax is often used as an egg substitute in baked goods for people who can't or choose not to eat eggs. This is because of the soluble fiber, which adds structure to the food.

## Health Talk

### 5 EASY AND HEALTHY SNACK IDEAS

Most people would agree that it is difficult to keep their weight steady during the holiday season. After all, how can you turn down a second slice of Grandma's famous "heaven on a plate"? You really don't have to if you remember that you can keep your weight in check by sneaking in a little extra exercise and by making healthy choices when you're away from the holiday table.

1. Popcorn done right. Popcorn is satisfying and packs a nice low calorie punch per cup. Pop it in a small amount of coconut oil and use the butter sparingly to keep it a healthy snack.
2. Waffles and peanut butter. Okay, that doesn't sound healthy at first, but it can be. There are many whole grain or gluten free already-made waffles available in the market. Smear with a tablespoon of organic PB and you have a very satisfying snack that comes in at less than 200 calories.
3. Grab a bar. With so many delicious whole food snack bars on the market, your choices are almost endless. Brands like Kind and Lara are minimally processed and pack a lot of flavor into them.
4. Hummus with a crunch. A few tablespoons of hummus with a plate of carrots, tomatoes and cucumbers along with a serving of your favorite healthy crackers will keep hunger at bay without the risk of added pounds.
5. Fruit and dip. Take a plate of your favorite fruit and dip it into a serving of a mixture of peanut butter and Greek yogurt and you'll have a snack that is a delightful treat that feeds the sweet tooth naturally.

Make it easy on yourself by stocking your fridge and pantry with some healthy snacking options that go beyond carrot sticks and celery.

*Disclaimer: These are just suggestions; these were not suggested by doctor or health specialist.*

## Feel Happier By Giving!



They say the happiest people are "givers" and you can even tackle two resolutions at one time by committing to volunteer with your family. Then you are helping others while you spend time with your loved ones. Everybody wins. There are lots of ways to volunteer; you can contact your local Habitat for Humanity branch, your local homeless shelters, and your local senior centers and hospitals. These are all worthy services that rely on the support of volunteers. If you can't volunteer your time then find ways to volunteer your resources, you can knit blankets for the homeless, the elderly or the sick, you can bring meals to those in need, or support online funding campaigns that help people pay for their medical and/or funeral expenses. Whatever you choose you can't go wrong when you help people!

**For more ideas check out these websites:**

[www.AllForGood.org](http://www.AllForGood.org) and [www.GoFundMe.com](http://www.GoFundMe.com)

# 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.





## Four Health Checks Every Woman Should Perform

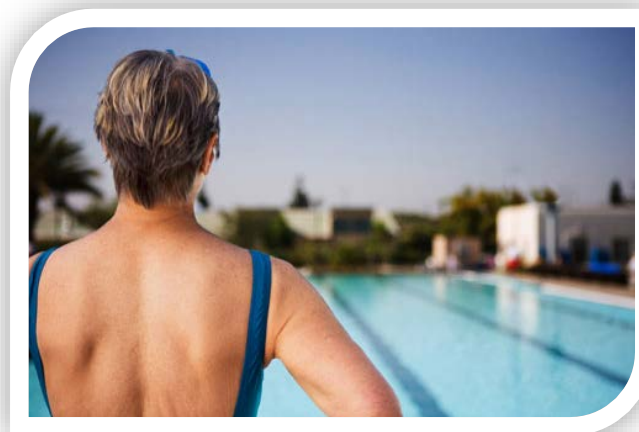
(BPT) - Women tend to spend more time taking care of their families, homes and jobs than themselves. With so much time invested in caring for others, women can overlook the importance of their own health.

National Women's Health Week was recognized on May 12 to May 18, but taking care of your own health should be a year-round pursuit. Here are four health checks every woman should have, and if it's been a while (or never) since you had one, schedule a doctor's visit right away.

- ✓ **Annual Physical:** No matter your age or relative level of health, it's important to see your family doctor at least once a year for a complete physical that includes blood pressure screening and a blood test that will check for diabetes, high cholesterol and other problems. This checkup can help your doctor spot any problems, provide you with guidance toward your weight and health goals, and give you peace of mind when everything checks out fine.
- ✓ **Skin Check:** Skin cancer rates have been rising for years - so much so that now, one in every five Americans will get skin cancer, according to the Journal of the American Medical Association. It's also one of the most preventable and treatable forms of cancer, if caught early. In addition to performing regular self-checks, it's important to have your skin thoroughly checked by a professional, too. Ask your physician to include a skin check as part of your annual physical, or schedule an appointment with a dermatologist.
- ✓ **Reproductive Health:** From fertility questions and cancer screenings, to heavy periods and uterine fibroids, women can face many reproductive health issues. It's important for women of every age to monitor the health of reproductive organs, so be sure to see your gynecologist once a year. He or she can also tell you what tests you should have to monitor your health.
- ✓ **Mental/Emotional Well-Being:** Just as you take care of your own physical health and the mental health of your family members, it's important to take care of your own emotional well-being. There's nothing wrong with finding some "me time" for yourself every day. In fact, it's vital.



## How to Prevent Lower Back Problems



Back pain affects about 8 out of 10 people. But there are many steps you can take to avoid it. One of the best things you can do to prevent back pain is to exercise regularly and keep your back and abdominal muscles strong.

Here are some quick pointers to prevent back problems:

- Always stretch before any strenuous physical activity
- Don't slouch when standing or sitting
- Sit in chairs or car seats with good lumbar support
- Switch sitting positions often and periodically walk around or gently stretch muscles to relieve tension
- Don't bend over without supporting your back
- Wear comfortable, low-heeled shoes
- Sleep on your side to reduce any curve in your spine, and always sleep on a firm surface
- Lift with your legs, keeping your back straight
- Try to control your weight
- If you smoke, quit; smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate

Also, to keep your spine strong, as with all bones, you need to get enough vitamin D every day.

“ One of the best things you can do to prevent back pain is to exercise regularly and keep your back and abdominal muscles strong. ”

## A Smile's Positive Effect



By Morgan Jones

A smile comes naturally when we are feeling good. But what is the science behind this automatic expression of joy? How is smiling received in another person? How does it effect our physical health? How can it effect the wellbeing of others who weren't even directly exposed to it?

Research is exploring the answers to questions like these, leaving us with a much wider understanding of the complexities behind the smile.

### HAPPY BABY, HAPPY MOM

Lane Strathearn, MD, from Texas Children's Hospital, examined how a smile can effect loved ones in a 2008 study published in *Pediatrics* exploring infants' smiles and their mothers' reactions.

In the study, 28 first-time mothers were placed in a functional magnetic resonance imaging scanner (MRI) to examine their brains' responses.

The mothers were shown images of both their own 5 to 10 month old infant, and an unknown child the same age. The images shown represented happy, sad and neutral facial expressions.

The MRI machine then measured the blood flow to different regions of the brain, showing where activity took place.

The results showed that when mothers saw the face of their own child, specifically if it was smiling, areas of the brain known to be associated with reward and the neurotransmitter dopamine were activated.

"These are areas that have been activated in other experiments associated with drug addiction. It may be that seeing your own baby's smiling face is like a 'natural high,'" said Dr. Strathern.

Areas involving emotional processing, cognition and motor and behavioral outputs were also activated, showing a complex response to their child's smile.

### HELPING HAND

So a smiling baby may help a mother feel a "natural high." But what actions could a smile potentially illicit in others?

A 2003 study led by Nicolas Guéguen, PhD, from the Université de Bretagne-Sud in France, attempted to explain this subject.

This study, published in the journal *Communication Reports*, involved eight "confederates" (or knowing assistants in the study) and 800 randomly chosen passerby. The confederates consisted of four men and four women, aged 19-21, and the passerby were adults aged approximately between 20 and 50 years-old, who were in a supermarket in the West of France.

Researchers had the confederates smile at a passerby half of the time, a few seconds before another confederate dropped their computer

disks, giving the passerby an opportunity to help.

Results showed that receiving a smile from a stranger increased participants' likelihood of helping another person later on.

After receiving a smile from the first confederate, 29.5 percent of the passerby helped the confederate with their dropped disks. Among those who did not receive a smile, 20.3 percent aided the second confederate.

The researchers found no significant differences based on the genders of either confederate, nor for the gender of the passerby alone.

However, some interaction in the relationship between the gender of the second confederate and the gender of the passerby was seen, in that males were more helpful to females and vice versa. (For example, male passerby helped female confederates 30 percent of the time and male confederates only 17 percent of the time, and female passerby helped male confederates 30 percent of the time and female confederates only 23 percent of the time.)

This study in particular shows a potential connection not only between a smiler and a receiver, but a father-reaching effect beyond these two direct participants.

According to the authors, this may be due to a positive effect that smiling has on mood, saying, "It is possible that the effect of smiling by the first confederate on the participant's helping behavior towards the second confederate is mediated by a positive mood activated by this nonverbal behavior."

*(Continues on the next page...)*



Though this concept needs to be explored further, it presents an interesting idea of just how far out the effect of a smile can potentially ripple.

## WHAT'S IN IT FOR ME?

In the previous studies discussed, one person's smile has helped others - be it through activating their reward center in the brain, or in making yet a further person more likely to receive help down the line. So what does a smile do internally for the smiler themselves?

A 2011 study published in Psychological Science, explored this subject. Lead author Tara Kraft, psychological scientist and MA candidate from the University of Kansas, examined the links between smiling and stress-recovery.

Kraft recruited 169 healthy college students for a study under the guise of "multitasking."

The participants were first divided into three groups and trained to hold chopsticks in their mouths in a way that created a particular facial expression: either neutral, a standard smile or a Duchenne smile.

A standard smile uses only the muscles around the mouth, while a Duchenne smile also employs muscles around the eyes. This is sometimes known as a "genuine" smile.

Only half of both smiling groups were specifically instructed to smile. The others were unaware that this was the final goal, and only instructed in the muscle manipulation required to hold the chopstick.

After this training, the participants worked on holding the chopsticks as instructed while completing stressful

multitasking activities that included putting their hands in ice water or tracing a reflection backwards in a mirror with their non-dominant hand.

Factors like heart rate, blood pressure and self-reported mood and stress levels were recorded at several points during testing.

Upon completion of testing, results showed that smiling participants in general, and Duchenne smilers in particular, had lower heart rates and stress levels after dealing with the stressor. Participants who were simply trained in the muscle movements and unaware that they were smiling also benefited compared to those with neutral expressions.

According to the authors, "Smiling showed widespread effects on cardiovascular recovery, with the smiling groups, regardless of awareness or type of smile, consistently returning closer to baseline levels of cardiovascular activity at the end of the recovery periods following both stress tasks."

Because of these findings, supervising PhD on the study, Sarah Pressman, suggested, "The next time you are stuck in traffic or are experiencing some other type of stress, you might try to hold your face in a smile for a moment. Not only will it help you 'grin and bear it' psychologically, but it might actually help your heart health as well."

More research needs to be done to fully understand the role that smiling plays, both in our own bodies, and in the bodies and minds of others. As research continues, the complicated and perhaps far-reaching effects of a smile are sure to be understood more and more.

**"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."**

*— Jimmy Dean*





## 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](https://www.facebook.com/SheefaPharmacy) for our free e-newsletter.

# Fool-Proof Ways to Get Happier

By Deborah Kitz

How can we truly feel happy when life gets tough? U.S. News posed this question to leading happiness researchers to find out what strategies we can employ to stay upbeat. "What truly provides satisfaction is having a meaning and purpose in life, which is doubly important in the midst of this current economic nightmare," says Todd Kashdan, a professor of positive psychology at George Mason University. Here are 13 other secrets:

**Spend \$20 on an experience rather than an item.**

A 2009 study from San Francisco State University found that money spent on theater tickets, ski trips, and fine dining brought more pleasure than dollars spent on designer jeans, diamonds, and the latest cellphone.

**Pursue meaningful life goals.**

Having life aspirations that you're working to achieve is a major factor in determining happiness. Doing things for the sole purpose of improving wealth, gaining fame, or improving your personal appearance probably won't do much to enhance life satisfaction because, like new possessions, they bring only temporary joy.

**Be open to what's happening right now, in the moment.**

Even if you're facing massive credit card debt or a mortgage payment you're not going to be able to make, try to examine your situation with a sense of neutral observation.

**Nurture meaningful relationships.**

They come in especially handy when you can't quiet those negative thoughts. Those who report leading meaningful (aka joyful) lives nearly always have meaningful relationships to go along with them.

**Recognize your strengths.**

In tough times, we get to test our mettle and see what we're made of, says Kashdan.

**Count your blessings.**

The key to conjuring those feelings may lie in spending time with others who are less fortunate. Visit a cancer ward at a local hospital, or volunteer at a soup kitchen for an afternoon.

**Keep an optimism journal.**

It may sound corny, but evidence suggests this can actually improve your outlook on life.

**Seek advice from your neighbor.**

It may be more informative than your own best predictions about what will make you happy.

**Get out and sweat.**

Studies indicate that burning off 350 calories three times a week in sustained, sweat-inducing activity can reduce symptoms of depression about as effectively as antidepressants.

**Do unto others.**

Practicing acts of kindness has been shown to enhance well-being. "These little acts give you a sense of purpose beyond money that you've earned," says Kashdan.

**Meditate.**

Research suggests that meditation promotes brain changes that may boost happiness, reduce stress, and make you nicer to others areas associated with stress shrunk.

**Have in-depth conversations.**

*Psychological Science* found that happy people have about twice as many substantive conversations and only about a third as many trivial ones.



## It's A Whole New World...Kids Today Are Growing up Online and Here Are Some Helpful Tips for Keeping Them Safe.

When we were kids, our parents had to worry about us watching too many episodes of *Gilligan's Island*. Today we have to worry about our kids being exposed to illicit material, online predators and ruthless cyber bullies, not to mention the narcissist values, social isolation and lack of privacy that can come with growing up online.

Now of course, the Internet is a very useful tool, (how did we ever get along without it?) and it will afford our kids and the generations to come possibilities we only ever dream about. Like any tool, it has to be respected and used properly for maximum benefit and minimum risk. In fact, I once heard the Internet likened to a "chain saw", a tool with many benefits, but a tool that can be very dangerous in inexperienced hands.

Case in point, check out this quote: *"One out of every five kids gets sexual solicitations online. Strangers, predators, and cyber-bullies all target children and their work is simplified when screen names reveal age, gender, or hometown. If posts aren't marked as private, personal information can be displayed to an unrestricted audience of readers."* – [www.scholastic.com](http://www.scholastic.com)

Thankfully, many schools today are teaching Internet safety, including how to guard privacy. But what are some simple things that we can do at home to make sure our kids are safe online?

**Don't be naive.** Many parents don't realize just how easy it is for their children to stumble upon inappropriate and dangerous material. Or how easily kids can converse with strangers via online video games and social media.

**Educate. Educate. Educate.** Thank goodness schools are helping with this, but parents are vital in educating their children on the dangers of using the Internet, keeping their information private while online, the value of a good reputation, and how one wrong post can wipe it out. Also, educate kids on the finality of posting pictures and their words online. Constantly remind kids that once something is posted, it is out of their control, and it's never coming back to them.

**Be in the know.** Knowledge is your power when it comes to your kids and the Internet. Know what your kids are up to, check the history, and ask them who they are conversing with. Set your security settings and establish a code of conduct you find acceptable for your kids.

Growing up online can be awesome! When parents and educators keep kids informed, they can avoid all the potential dangers and use the Internet to thrive.



## SHEEFA'S MyPharmacyConnect PROGRAM

*Stop waiting around for your prescriptions to be filled.*

Your *myPharmacyConnect* profile lets you request refills quickly and easily from a computer or mobile device. You'll know when your prescriptions have been filled and are ready to pick up. *myPharmacyConnect* can also remind you about prescriptions that you've forgotten to pick up. As a registered user, you choose how *myPharmacyConnect* contacts you, including text messages, emails, and phone calls. You can also link family members to your account and set up reminder messages when it's time to refill.



**REFILL RESCRIPTIONS**  
24/7



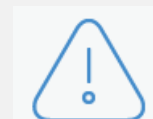
**TEXT, EMAIL, AND VOICE ALERTS**



**PRESCRIPTION PROFILE AND HISTORY**



**DEPENDENT LINKING AND PROFILE SHARING**



**IMPORTANT REMINDERS**



**FULLY SECURE AND ENCRYPTED**

To sign up for *myPharmacyConnect*, visit [Sheefa.com](http://Sheefa.com) and click on "Refill Prescriptions" (*myPharmacyConnect* is only available for the East Orange location at this time). You will then be redirected to the *myPharmacyConnect* page where you will be prompted to register your profile. Once registered, you will have access to your personal prescription portal directly from Sheefa Pharmacy. You can also download the *myPharmacyConnect* app on your mobile device for convenient access 24/7.

For more information on how to register for the *myPharmacyConnect Program*, please contact a Sheefa Pharmacy representative at the East Orange location by emailing [info@sheefa.com](mailto:info@sheefa.com) or calling (973) 673 – 6800.

*(Please note myPharmacyConnect is only available at our East Orange location)*



# Traveling WITH DIABETES

## My Diabetes Travel Checklist

*Time off from work and home responsibilities is something we all want. A vacation is hard to resist. Even though you can relax and take it easy, it's not time off for your diabetes management. You will need to be more vigilant and tuned in than ever. Here is a checklist that can help you travel safely while continuing to keep your blood sugar well controlled.*

- ☐ Letter from your Health Care Provider. (This should include your provider's name, address, and phone numbers. It should also clearly state that you have diabetes and list all required equipment and medications.)
- ☐ List of current medications.
- ☐ All medications in original package with original prescription label attached.
- ☐ Glucose meter, strips, and lancets.
- ☐ Insulin syringes with long-action and short-acting insulin vials.
- ☐ Insulin pump with all supplies and extra batteries.
- ☐ First Aid Kit with flashlight and extra batteries.
- ☐ One shelf-stable and easy to transport meal, such as cereal, soup, peanut butter, nuts, tuna, crackers, fruit bowls, etc.
- ☐ Emergency carbohydrates, such as glucose gel or tablets, juice, dried fruit, hard candy, or regular soda.
- ☐ When flying or traveling abroad, pack shelf-stable foods for 2-3 days. These extra items can be packed into your checked luggage.
- ☐ Glucagon (if prescribed).
- ☐ Extra well-fitting pair of shoes and socks.

## Slow-Cooker Salsa Chicken

*Leave out the sour cream to further lower sodium and fat content....It really doesn't need!*

### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup salsa
- 1 package reduced sodium taco seasoning
- 1 can reduced fat cream of mushroom soup (condensed)
- ½ cup reduced fat sour cream

### PREPARATION

1. Add chicken to slow cooker
2. Sprinkle taco season over chicken
3. Pour salsa and soup over chicken
4. Cook on low for 6 to 8 hours
5. Remove from heat and stir in sour cream

### NUTRITION FACTS

Servings per recipe: 6  
 Calories: 157.2  
 Total Fat: 3.3g  
 Cholesterol: 49mg  
 Sodium: 654.2mg  
 Carbohydrates: 6.7g  
 Dietary Fiber: 0.9g  
 Protein: 24.3g



# 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 at any of our locations.

Call (973) 673 - 6800



Dr. Safia Latif, PharmD/R.Ph

**405 Central Avenue    377 S. Harrison Street**  
**East Orange, NJ    East Orange, NJ**

**70 S. Burnett St. Apt 1A    105 Wilson Place**  
**East Orange, NJ    East Orange, NJ**



Ashraf Latif, R.Ph/Owner

# BE PART OF OUR ONLINE COMMUNITY

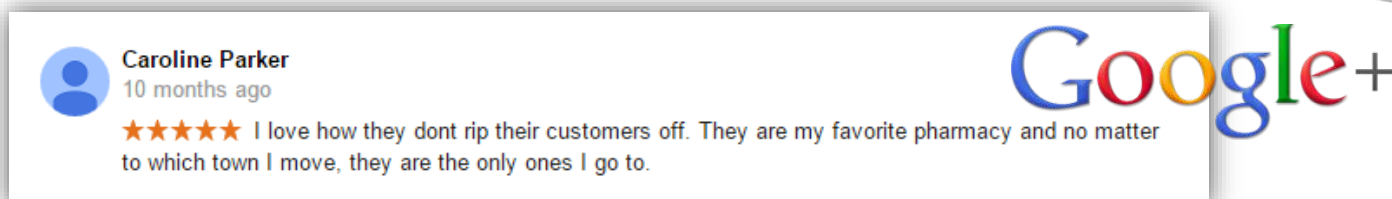
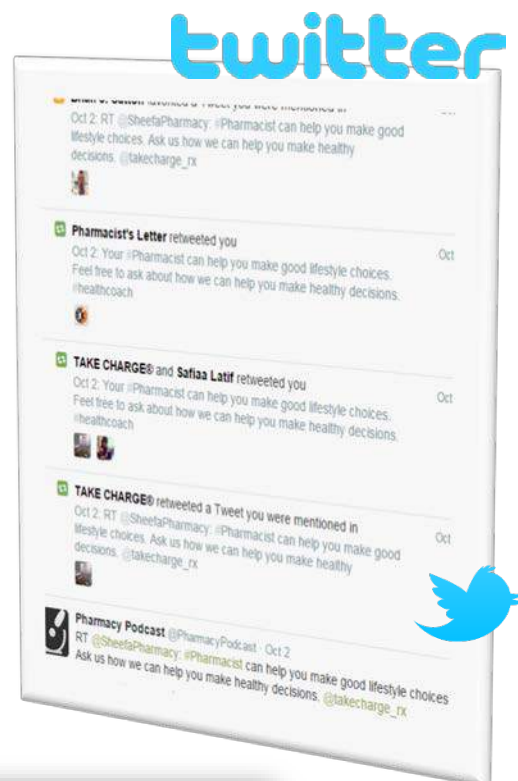
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We would love to hear from you!  
Simply follow us @sheefapharmacy  
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comments on our page!



Find a variety of videos  
on **Youtube**, from  
commercials to health  
tips to Doctors'  
testimonials. Be sure to  
subscribe to our channel  
for future uploads!



## Physical Fitness & Sports

Early in the 20th century, German fitness expert Joseph Pilates put his name on a physical fitness method which is a body conditioning routine that purports to help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It emphasizes on spinal and pelvic alignment, breathing, developing a strong core or center, and improving coordination and balance.

Pilates' system allows for different exercises to be modified in range of difficulty from beginning to advance. Intensity can be increased over time as the body conditions and adapts to the exercises.

Joe Pilates originally developed his method as mat exercises, but since then his methods have expanded to include the use of certain tools and aids. The original six principles in his system were concentration, control, center, flow, precision, and breathing.

**Concentration:** Pilates demands intense focus.

**Control:** Muscle control is key. All exercises are done with control with the muscles working to lift against gravity.

**Centering:** This is the starting place: the group of muscles in the center of the body -- the abdomen, lower and upper back, hips, buttocks, and inner thighs.

**Flow:** Efficiency of movement, the exercises are intended to flow within and into each other in order to build strength and stamina.

**Precision:** The focus is on doing on precise and perfect movement, rather than many halfhearted ones.

**Breathing:** Proper full inhalation and complete exhalation, increasing the intake of oxygen and the circulation of this oxygenated blood to every part of the body. Cleansing and invigorating.



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

## 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!

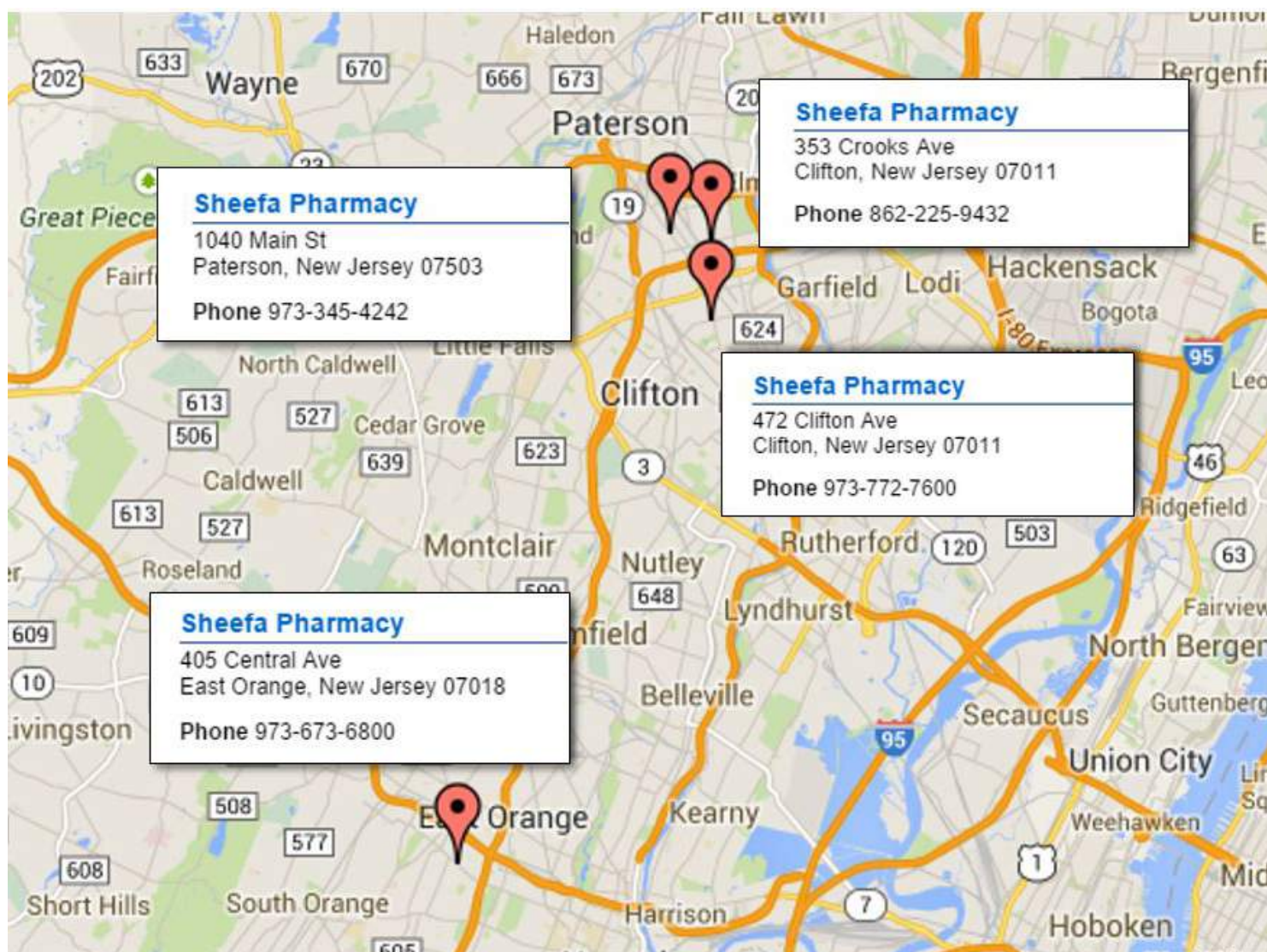


# WE ARE HERE TO SERVE YOU.





# 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)



## COMPOUNDING WITH RESULTS.

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 TO COMPOUND YOUR PRESCRIPTIONS?

SHEEFA  
MAGAZINE  
2015

405 Central Ave.  
East Orange, NJ 07018

**Sheefa Pharmacy** 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.