



March 2010

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The Monthly Dose

The Neighborhood Pharmacy—proudly serving Del Ray and surrounding neighborhoods

MEDICATION THERAPY MANAGEMENT—BY KRISTI VANDERSLICE

Medication therapy management (MTM) is a professional service offered by pharmacists to help patients review their medication regimens. Your pharmacist is a great resource when it comes to understanding your medications, how they work, what time of day is best to take them, and a whole lot more! When you bring in your medication list, we can check for potential drug interactions between prescription medications as well as over-the-counter (OTC) products, and we will verify that your therapy is accurate and appropriate. Additionally, we can answer any further questions you may have about your medications, provide OTC recommendations, and offer advice pertaining to general health issues. Almost everyone can benefit from our MTM service!

To give you an example of how MTM works, let's use the fictional case of Mrs. Smith. When Mrs. Smith brought her medication list into the pharmacy, her pharmacist noticed that she was taking the thyroid medication levothyroxine in addition to Metamucil (an OTC fiber supplement used to prevent

constipation) at the same time every morning. The pharmacist informed Mrs. Smith that Metamucil can significantly interfere with the absorption of levothyroxine. So, she instructed her to space out the consumption of the Metamucil by four hours from her thyroid medication. By attending this MTM session, Mrs. Smith learned important information about how to take her medication in a way that will allow it to work more effectively.

This month, we will be offering MTM appointments to the community. These sessions will be conducted by a final year pharmacy student who joins us this month from the Ohio State University. Kristi is currently spending four weeks at our pharmacy in order to fulfill requirements for graduation and licensure in June. Before attending the Doctor of Pharmacy program at Ohio State, Kristi earned two Bachelor's degrees from the University of Arizona. When she is not hard at work in the pharmacy, Kristi enjoys hiking and backpacking with her fiance, Jeff, and her dog, Naia.

FREE MEDICATION AND BLOOD PRESSURE SCREENING—MARCH 25TH!

Come in on Thursday March 25 from 11am-7pm for a free medication review and blood pressure screening! Simply bring your medicines and we'll help you understand how they work together. Don't forget your vitamins, OTCs and natural supplements because they matter too! Walk-ins are welcome, but appointments are preferred.



2204 Mt Vernon Ave
Alexandria, VA 22301

Tel: 703 836 1700
Fax: 703 836 1701
E-mail: stacey@delraypharmacy.com
E-mail: barbara@delraypharmacy.com
E-mail: allyson@delraypharmacy.com
Web: www.delraypharmacy.com

Caring for Our Community



STACEY'S IRISH RECIPE REQUEST: 30 MINUTE SHEPHERD'S PIE

- 2 lbs potatoes, peeled and cubed
- 2 tbsp sour cream
- 1 large egg yolk
- 1/2 cup cream (for a lighter version, use veggie broth)
- 1 3/4 lbs ground beef
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 tbsp each, butter and flour
- 1 cup beef broth
- 2 tsp Worcestershire sauce
- 1/2 cup frozen peas
- 1 tsp paprika
- 2 tbsp fresh chopped parsley

Boil potatoes in salted water until tender; about 12 minutes. Drain and place in a bowl. Combine sour cream, egg yolk, and

cream. Add cream mixture to potatoes and mash until potatoes are almost smooth.

While potatoes boil, heat a skillet over medium high heat. Oil skillet and add beef. Season with salt and pepper. Brown and crumble meat for 3 to 4 minutes. Add chopped carrot and onion. Cook veggies with meat, stirring frequently, for 5 minutes. In a second small skillet over medium heat, cook butter and flour together for 2 minutes. Whisk in beef broth and Worcestershire sauce. Thicken gravy 1 minute. Add gravy to meat and vegetables. Stir in peas.

Preheat broiler to high. Fill a casserole dish with meat and vegetables. Spoon potatoes evenly over meat. Top with paprika and broil 6 to 8 inches from heat until potatoes are evenly browned. Top casserole with parsley and serve.

MARCH IS NATIONAL CAFFEINE AWARENESS MONTH

When your batteries start to run down, nothing perks you up quite like a cup of St. Elmo's coffee or a piece of Artfully Chocolate's decadent offerings. March is National Caffeine Awareness Month, and we encourage you to use these next few weeks to take stock of how much caffeine you're consuming.

Here's a list of common consumptions containing caffeine—check it out and see how you measure up! (amounts are in 1mg caffeine per 100mls—which equals 3.3oz) In most people, 25 to 50 mg of caffeine is sufficient to stave off sleepiness or increase alertness. However, a tolerance to caffeine would require additional caffeine consumption to achieve desired results.

Espresso:	51.3 mg
Drip coffee:	61.3 mg
Coca-cola:	9.7 mg
Diet coke:	12.7 mg
Pepsi-cola:	10.7 mg
Black tea:	18.6 mg
Green tea:	10.6 mg
White tea:	6.3 mg
Dark chocolate (1oz):	20 mg
Milk chocolate (1oz):	6 mg