

# Bellevue Drug Co. News

Volume X, Issue II

October, 2006

(609) 561-0825

October is Breast Cancer Awareness Month

## The Importance of Exercise for Long-Term Recovery

### Take Note -

- **We accept AmeriChoice of NJ Prescriptions.**
- **We accept Future Scripts Prescription Cards for Amerihealth members.**
- **Fast and Easy Rx Refills by Phone: (609) 561-0825, Press "6".**
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**Bellevue Drug  
Celebrates  
American  
Pharmacists**



Just as regular exercise has significant health benefits for all of us, it can provide important benefits for breast cancer survivors. A long-standing belief has been that cancer patients experiencing fatigue after chemotherapy and radiation treatment should rest, sleep and remain inactive. However, a growing number of researchers, including Dr. Kerry Courneya from the University of Alberta in Canada, have found that exercise after breast cancer treatment is not only safe for most patients but it may also improve chances for long-term survival. Writing in the *Journal of Clinical Oncology*, Courneya reported that

exercise results in improved overall quality of life, including cardiopulmonary benefits and even increased happiness and emotional well-being. "Happiness was a great outcome," he wrote. "Many people would argue that a good sense of well-being will positively affect the chances of survival." He noted that a separate study found that an increase in exercise capacity after treatment was associated with a 12% improvement in survival. Similarly, a study by researchers at the University of Buffalo found that ongoing physical activity after breast cancer treatment had a protective effect against breast cancer risk

that could be measured *decades* after the initial diagnosis.

Writing in the *Journal Medicine & Science in Sports & Exercise*, Joan M. Dorn, Ph.D. and colleagues reported that long-term physical activity has a favorable effect on hormone levels, body weight, weight gain with age, and immune function—all of which contribute to lower breast cancer risk. While the protective effect was apparent in all ages of women, it was most pronounced in women who reported high levels of physical activity at least 20 years prior to menopause. (Continued, Page 2) . . . ➡

## Over The Counter May Now Be Behind the Counter

Don't be surprised the next time you stop in to pick up a package of cold or allergy medicine you will be required to sign for it.

This is due to a new law which went into effect earlier this year. The *Combat Methamphetamine Epidemic Act of 2005* imposes certain requirements for the sale of over the counter (non-prescription) remedies of common cold and

allergy products which contain a base chemical ingredient of ephedrine, pseudoephedrine or phenylpropanolamine (PSE, EPH, or PPA). In addition to signing for the product at time of purchase, consumers will be required to show a State or Federal issued photo ID. The law also sets specific limits to the quantities an individual may purchase on a daily and monthly basis. As required by law, our staff has been

trained and Bellevue Drug is certified to continue the sale of products containing PSE, EPH and PPA. But, relax, most manufacturers have reformulated their products in response to the new law. Some products, however, have not been reformulated and can still be purchased. Just ask our staff, if you cannot find the product you need—it may be *behind* the counter.

## Exercise for Long-Term Recovery (continued)

Another study by researchers at the Fred Hutchinson Cancer Research Center in Seattle, Washington, came to a similar conclusion. Dr. Anne McTiernan and colleagues found that a regular, moderate-intensity exercise program lowers levels of blood estrogens in postmenopausal women. “We know that women still make estrogen after menopause, although they make it in their fat cells instead of their ovaries. Women who have high blood-estrogen levels after menopause have a high risk of developing breast cancer. Therefore, it is important to find ways to lower estrogen levels for women who want to lower their risk of breast can-

cer,” wrote McTiernan. “This study gives us direct evidence that exercise can affect biology related to breast cancer in older women.”

She added that the beauty of exercise as a method to prevent breast cancer is that it can be done by most women at low cost and with low risk of side effects. In addition, exercise has many other health benefits. “The good news is that it is never too late to enjoy the health benefits of exercise,” she noted.

Finally, a study by researchers at the Yale School of Medicine found that women diagnosed with breast cancer are often less physically active in the

weeks and months following their diagnosis—a factor which can have a negative impact on the long-term success of their treatment. Writing in the journal *Cancer*, Melinda Irwin, Ph.D. and colleagues found that most women diagnosed with breast cancer exercised or engaged in physical activity an average of two hours a week less than before their diagnosis. “Decreases in physical activity with a diagnosis of breast cancer may lead to increases in body weight and body fat,” they wrote. They speculate that because fat cells produce estrogens after a woman goes through menopause, weight gain after diagnosis may be

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associated with greater risk since estrogens stimulate breast cancer cells. They recommend that physicians design treatment programs for breast cancer patients that include exercise and physical activity in addition to their medical treatment.

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## Monitor Your Health by Calculating BMI

BMI or Body Mass Index is a calculation that evaluates the ratio of your weight to height to determine if you are at a healthy body weight. BMI is often used by health care providers to predict a person’s risk of diseases such as diabetes, high blood pressure, and heart disease.

Here are the steps to calculate your BMI, courtesy of Cleveland Clinic:

- ◆ Take your weight in pounds and divide by 2.2.
- ◆ Multiply your height in inches by 2.54, then multiply that by 10,000.

- ◆ Divide the first number by the second number to calculate your BMI.
- ◆ Compare your scores to recommendations for a healthy BMI.

A BMI of 18.5 to 24.9 is considered normal, 25 to 29.9 is overweight, 30 to 34.9 is considered obese. Any score higher than 35 is considered morbidly obese. Source: NCPA

## Safety Tips From Your Pharmacist

The American Pharmacists Association, representing the nation’s pharmacists, suggests the following guidelines to prevent medicine mix ups:

- ⇒ Be sure that your name is on every container of medication. If the medicine is for a child, be sure that the child’s name is on the label.
- ⇒ Never take a medication out of its original container to store it.
- ⇒ Highlight the patient’s name, the medication name, and expiration date (if any) with a marker so they can be easily seen. Use a different color marker for each person.
- ⇒ Read the entire label every time you take medication yourself or give to a family member.
- ⇒ If you have stopped taking a particular medicine but have some left, check with your pharmacist or doctor. Many medications should be taken until they are all gone, and having left-overs could indicate that the medication was not taken properly.
- ⇒ Properly dispose of any medicine that has not been used in six (6) months.
- ⇒ Do not share medicines. Medication should be taken only by the patient for whom prescribed.
- ⇒ Keep a permanent, updated list of all medications taken by each family member, as part of your family’s history. Include both prescription and OTC medicines.