VOLUNTEER PHARMACY®

October Newsletter

Welcome!

This month we are highlighting breast health, a new compounded nasal ointment, common skin concerns, and a pet health topic we see often in the pharmacy.



Breast Cancer Awareness Month

Dense Breasts: What a Mammogram Report Is Telling You

What breast density means, why it matters, and when to talk with your provider.

Read more on page 2



Compound Spotlight

Dexpanthenol Nasal Compounds

A compounded option for dryness, irritation, and nasal mucosal comfort.

Read more on page 2



Quick Health Feature

Dry Skin or Eczema?

How to tell the difference and what simple steps may help.

Read more on page 3



Pet Health

Recognizing Cushing's Disease in Dogs

Why do some dogs seem extra thirsty, hungry, or tired and where trilostane fits in.

Read more on page 3



October is American Pharmacists Month!

Thank you to our pharmacists and pharmacy team for your dedication to better health and a stronger community.



Breast Cancer Awareness Month

Dense Breasts:

What Your Mammogram Report Is Telling You

Breast density is one piece of the puzzle when it comes to your breast health. Understanding your mammogram report can help you have more informed conversations with your healthcare provider.

What does it mean?

Breast density describes the amount of fibrous and glandular tissue seen on a mammogram. Dense breast tissue is common and not abnormal.

Why it matters

- Dense tissue can make cancer harder to see on a mammogram.
- Dense breast tissue is also associated with a higher risk of breast cancer.

Screening reminder

- For women at average risk, the USPSTF recommends mammography every 2 years from ages 40–74.
- Women at higher risk may need a different screening plan.

Compound Spotlight

Dexpanthenol Nasal Compounds

Volunteer Pharmacy compounds prescription dexpanthenol nasal ointments, creams, and sprays for patients whose providers determine a customized nasal preparation is appropriate.

WHAT IS DEXPANTHENOL?

Dexpanthenol is a vitamin B5 derivative used in topical preparations to support moisture and nasal mucosal comfort.

WHEN MIGHT IT BE USED?

- Dryness
- Crusting
- Irritation
- Sensitive nasal tissue
- Post-procedure nasal care

WHY COMPOUNDING?

A compounded preparation allows the medication to be customized for the individual patient.

Ask your ENT or allergy specialist

whether a compounded nasal preparation may be appropriate for you.

Quick Health Feature

Dry Skin or Eczema?



It may be more than ordinary dry skin if you notice itching, red or irritated patches, frequent flare-ups, or very sensitive skin.

Tips:

- Moisturize often - especially after washing hands, showering, etc.
- For very dry areas, consider a thick ointment such as petrolatum, especially at night. If possible, cover the area with a layer of cotton after applying the ointment and keep it covered overnight.
- Use fragrance-free products.
- Seek care if symptoms persist.

Pet Health

Recognizing Cushing's Disease in Dogs

Why some dogs seem extra thirsty, hungry, or tired

Cushing's disease is caused by excess cortisol and is most often diagnosed in middle-aged and older dogs.

Common signs

- **Increased thirst and urination**
- **Bigger appetite**
- **Pot-bellied appearance**
- **Lethargy**
- **Hair thinning**
- **Panting**

Where trilostane fits in

Trilostane is commonly used to help manage Cushing's disease. Treatment requires veterinary monitoring, and dose adjustments may be needed over time.

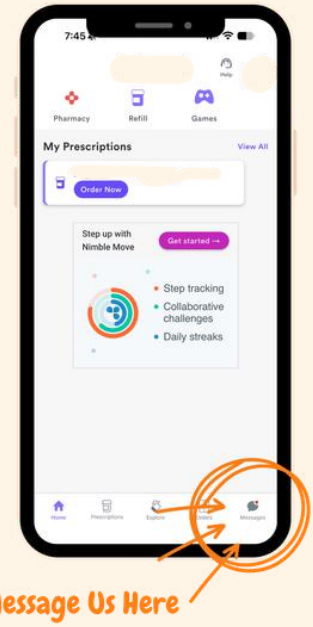
Compounding for pets

Volunteer Pharmacy has been compounding many trilostane compounds for pets when veterinarians prescribe a customized dosage form. Customized preparations may help with individualized dosing and administration.

- **Popular flavors include beef, chicken, bacon, cheese, salmon, fruit flavors and more—with mix-and-match options available.**



NimbleRx - User Tips



A common mistake our staff has noticed is that some patients reply to a text message from Nimble through their phone's messaging app. We've seen this happen a few times and would just like to remind everyone that the **only** way our staff can see a message from you is if you **reply within the NimbleRx app**.

September Gift certificate winner:

Congratulations to SM, our September winner!

Thank you!

Thank you for trusting your local pharmacy team and for reading our October Newsletter. Have a fun and safe rest of the month.