

Breathe Easy At North Shores Pharmacy

Quitting smoking is the single biggest thing you can do for your health. It is also extremely difficult. On average it takes a smoker 7 to 10 attempts before they successfully quit. All this said, don't be discouraged each attempt is a learning experience.

Outlined below are options to help you quit for good. Each lasts ~12 weeks and is usually combined with counseling for even better results. The first two weeks are generally spent weaning off of cigarettes. This culminates in your quit day. Over the remaining 10 weeks both the therapy and counseling help you manage cravings, symptoms of withdrawal and keep you quit. Coverage exists for Champix and Zyban (Wellbutrin) for most on private plans or on ODSP/OW, over 65 years old and soon for those under 25 years old (Jan 2018)

1. Champix.

This drug looks like nicotine to your brain. It makes the smell and taste of cigarettes unappetizing.

Things to look out for are 1. Nausea (can be avoided with a big glass and taking it with a meal). 2. Vivid dreams: although they can be unsettling ultimately they are not life threatening – unlike smoking. 3. Mood changes & thoughts of self harm : a rare but serious side effect; this side effect was initially overstated on both the drug monographs of Champix and another medication Zyban and the black box warning was removed last year.

2. Zyban

This medication works by increasing neurotransmitters in the brain like serotonin,

this in turn helps kill some cravings. Things to look out for with respect to side effects are 1. It can suppress your appetite 2. Can give you energy. 3. Mood changes.

3. Nicotine Replacement Therapy (patches, inhalers, gum)

This therapy replaces nicotine that you smoke in a cigarette. Patches provide a long acting form of nicotine to control cravings. The milligram strength needs to be tailored to how many cigarettes you use. Fast acting nicotine like inhalers, gum and lozenges can be used on top of patches as needed.

4. Cravv (pronounced Crave)

This is a natural health product new to Canada. It has been compared to nicotine replacement therapy in which it was found to be more effective in a recent article published in the New England Journal of Medicine. Its side effects include vivid dreams and nausea. A full course is cheaper than nicotine replacement therapy and is now available at Northern Shores.

Northern Shores provides personalized counseling from certified pharmacists to help you quit. Please call 705 474 9999 to book an appointment today!



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Natural Products And Treatments In Veterinary Medicine

As people are moving to natural health products and treatments for themselves, they are also considering natural options for their pets. Not all human products are safe for dog and cats and your veterinarian is your best resource to advise you what products are appropriate to use for specific health issues. Many natural products can interact with prescription products and cause harmful side effects. Also, Dogs and cats metabolize chemicals differently than humans. As a result many products that can be used safely in humans are toxic for pets. Not all human products are suitable for animals. It is always best to use a natural product that has been tested and produced for animals use. Here are some common products and treatments we use frequently:

1. Milk Thistle - to protect and detoxify the liver
2. L-lysine - a naturally occurring amino acid that can play a role in preventing the long-term symptoms of some upper respiratory disease in cats
3. Valerian and colostrum - herbs and mild proteins can be beneficial in reducing anxiety in some pets
4. Probiotics - friendly bacteria that promote normal bowel function and digestion
5. Omega 3 and 6 fatty acids - helpful in the treatment of skin disease, osteoarthritis and other inflammatory conditions
6. Glucosamine and chondroitin - both are essential molecules needed for healthy joint function
7. Non-invasive modalities such as laser, ultrasound, acupuncture and NEMS

therapy - many veterinarians are now being trained in rehabilitation medicine and have been trained in the use of some of the same equipment your physiotherapist might use for you. Laser therapy is a light treatment with very specific wavelengths of light that penetrate deep into tissue and promote healing and reduce pain by increasing the metabolism of the cells. It can be used to treat the discomfort of osteoarthritis, some bladder conditions, improve wound healing and speed healing of surgical sites and dental extractions. Therapeutic ultra sound produces a thermal effect that promotes healing. Acupuncture is an ancient healing art that reduces pain and promotes healing. NEMS therapy is a neuromuscular stimulation system that can be used to reduce pain or stimulate muscles to improve strength. All of these treatments are painless and have no negative side effects if used correctly but can only be administered by veterinarians.

These are just a few examples of the natural products available on the shelves and in the treatment rooms of most veterinary hospitals. Some of the oral products have actually been included in innovative veterinary diets to make daily administration easy.



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