

Nutrient-depleting Medications

Many medications remove or deplete nutrients or even change the way our bodies absorb vitamins and other supplements.

Lots of us count on medications for improving and maintaining good health and quality of life. However, these same medications can also decrease absorption and/or increase excretion of the vitamins and minerals we ingest. This can result in changes to your body ranging from the deficiency of a particular vitamin or mineral to an overt depletion. We know that specific medications affect the body's nutrient levels in particular ways. Here are some common examples...

Hydrochlorothiazide: Decreases potassium, magnesium and thiamin. Caution as there is also a decrease in the excretion of calcium.

Furosemide: Decreases potassium, magnesium, thiamin and calcium.

Anti-convulsants: Decrease calcium and vitamin D.

Stomach acid suppressors: Decrease absorption of iron, calcium and B12.

Prednisone: Decreases calcium and vitamin D.

Metformin: Decreases absorption of B12.

Apart from the specific vitamin and mineral deficiencies associated with these medications, certain groups of the general population have vitamin issues as well. For instance, women of reproductive age may need folic acid, iron and calcium supplements. Women and men over fifty can have B12, calcium, vitamin D and magnesium deficiencies. Vegans often need extra B12, iron and zinc. People who continuously do not eat a healthy, balanced diet suffer nutrient deficiencies as well.

CHOOSING THE RIGHT NUTRIENT SUPPLEMENTS AND TAKING THEM CORRECTLY MAKES A DIFFERENCE

There's more to choosing a multi-vitamin than just grabbing the cheapest (or the more expensive, highly-promoted) brand off the shelf. Even if you don't take any medicines, there are several considerations to look at when selecting vitamins and supplements. So do your health and your budget a favor. Always ask with your licensed professional pharmacist about choosing the best vitamins and supplements for you. They are trained to take in to account your age, gender, health condition, lifestyle, and very importantly, risk factors such as the other medicines (whether prescription, herbal, homeopathic) you are taking.



Healthy Living – Smoke Free Housing in BC

Smoke-free living is increasingly in demand in BC rental houses, apartments and condos. If you're a landlord or tenant and would like more information, see Smoke-free Housing BC's new website www.smokefreehousingbc.ca – one of the first websites in Canada dedicated to increasing options for those seeking and offering healthy smoke-free living.



HOURS

Monday to Friday

9AM – 5:30PM

Saturday 9AM – 12:00PM

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Healthy Living

Vitamin / Mineral Supplements



There's no doubt, multivitamin/mineral supplements can help fill nutritional gaps in your diet. But some supplements promise too much. You're best to choose well-manufactured products based on sound science rather than hyped marketing claims about stress relief or weight loss. If it sounds too good to be true, it probably is, and in fact, may be harmful to your health not to mention the extra cash you're laying out for something you might not even need.

Professional, reliable healthcare information

Howe Sound Pharmacy's licensed professional pharmacists are highly-trained and experienced medication experts with in-depth knowledge about medicines and supplements (including prescription, over-the-counter non-



prescription, herbal and homeopathic products) and how those products work in the human body. They are trained to assist you - the patient - in managing all your medications, vitamins and

supplements safely and effectively, including storage, dosing, interactions, adverse effects, allergies, ingredients, manufacturing sources, and more.

Healthy Eating – Make-ahead Breakfast Eggs

INGREDIENTS

3 strips of bacon, cooked and cut in half or 3 breakfast sausages, cooked and cut in to "coins". (Meat is optional. You can try turkey products or even tofu available in the produce department.)

6 cherry tomatoes, cut in half (or one tomato cut in six small pieces)

6 free-range eggs

1/4 cup milk or cream

pepper to taste (add fresh herbs, like basil, for a flavor variation)

1/4 cup diced onion

1 cup sliced raw mushrooms

1/2 cup diced red pepper

1/2 cup grated cheddar or other cheese (optional)



Line an 8" x 8" cake pan with parchment paper. Coat lightly with non-stick cooking spray. Preheat oven to 350°F. Gently saute the onion, mushrooms and red pepper until soft and set aside. Now cook the bacon / sausage, drain and set aside. In a large bowl, beat the six eggs together. Add the milk or cream and the pepper. Sprinkle half of the cheese, plus the cooked vegetables and the cooked meat in the bottom of the pan. (If using bacon, arrange the 6 pieces equally in the bottom of the pan so that each piece of casserole contains one piece of bacon.) Gently pour the egg mixture over top. Sprinkle remaining cheese on top then arrange the tomato pieces equally on the egg mixture. Bake for 20 - 25 minutes until set but not too firm. Cool the casserole and cut in to 6 equal pieces. Wrap and store in the fridge until breakfast time. When ready to eat, simply remove wrapping and reheat gently in microwave on medium power for about 30 seconds or more — it depends on your microwave.

If you're rushing to the drive-thru for your first meal of the day, make a breakfast sandwich by putting one piece of egg casserole and one slice each of cheese and tomato between a toasted bun. Just heat in a medium power microwave for about 30 seconds (or more, depends on your appliance.) Then pat yourself on the back, because by preparing your meal at home (depending on what ingredients you've chosen; organic is preferred), you've likely saved unnecessary sodium and fat, plus a few inches from your waistline and some pennies in your pocket, too!

Did you know? You don't even need to leave home to have your prescriptions refilled*. **Call us with your order, and we'll deliver right to your door, for free! 604-886-3365**

*Delivery available Monday to Friday, Port Mellon to Redroofs. Certain prescription refills may require a doctor visit. Please call us for further details.

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