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**HEALTHY HOME TIMES**

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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## *February*



**Websites to visit this month:**

### **Openculture.com**

This website provides the best free cultural and educational media the web has to offer. While browsing the site you'll find free university courses, audio books, movies, e-books, language lessons, and much more.

<https://www.openculture.com/>

### **Goodreads.com**

A great site for those who love to read. Goodreads allows you to connect with fellow book lovers to figure out what book you should read next. You can also read reviews, add friends, discuss your favorite books, and basically discover great literature. I think they solve a great problem. The reality is that you cannot read every single book in the world before you die, so why try? Instead you should focus on reading books that are worth your time.

<https://www.goodreads.com/>



## **History of Valentine's Day**



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on February 14. It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Valentines connected to February 14. Including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution; another tradition posits that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry.

The 8th century Gelasian Sacramentary recorded the celebration of the Feast of Saint Valentine on February 14. The day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring. In 18th-century England, it grew into an occasion in which couples expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines").

Saint Valentine's Day is not a public holiday in any country, although it is an official feast day in the Anglican Communion and the Lutheran Church. Many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day on July 6 in honor of Roman presbyter Saint Valentine.

**Visit us on Facebook for more tips and interesting articles throughout the month. Give us a Like!**

<http://www.facebook.com/YourGordonsvillePharmacy>

**Also, check out our interesting posts and health tips!**

## Your Pharmacist Tip of the Month!



Brooks Tune, PharmD

### Shingles and Hepatitis Vaccines

While a lot of attention is paid to Flu and COVID vaccines, there are others that you should consider as well. We'll talk about 2 here.

**Who Should Get Shingrix?** Adults 50 years and older should get two doses of Shingrix, separated by 2 to 6 months. Adults 19 years and older who have or will have weakened immune systems because of disease or therapy should also get two doses of Shingrix. If needed, people with weakened immune systems can get the second dose 1 to 2 months after the first. You should get Shingrix even if in the past you had shingles, received Zostavax (the first shingles vaccine), or received Varicella (chickenpox) vaccine. There is no maximum age for getting Shingrix.

**New information about the cost.** There may be a cost to you depending on your insurance plan, but starting in 2023 Medicare Part D plans cover the shingles vaccine Shingrix and there is no longer a copay. Medicare Part B does not cover the shingles vaccine.

**Certain people with diabetes should be vaccinated against hepatitis B.**

People with diabetes are at risk for hepatitis B because of frequent injections. Therefore, CDC and the Advisory Committee for Immunization Practices (ACIP) recommends hepatitis B vaccination for all unvaccinated adults with diabetes who are younger than 60 years of age. For unvaccinated people with diabetes who are  $\geq 60$  years of age, ACIP recommends hepatitis B vaccinations occur at the discretion of the health-care provider. These vaccinations should occur as soon as possible after diagnosis of diabetes. They should also be given to adults diagnosed with diabetes in the past, who have not been previously vaccinated. CDC also recommends one-time hepatitis C testing of all adults (18 years and older) and regular testing for people with risk factors for hepatitis C.

There may be other vaccines that you need such as Tetanus. If you have any questions contact us at the pharmacy or consult your healthcare provider.

## It Is a Common Cold, Not COVID-19

Similar symptoms often make it difficult for you to tell these contagious respiratory conditions apart.

Like the common cold, COVID-19 is a contagious respiratory disease caused by infection with a virus.



These viruses spread through respiratory droplets released as individuals breathe, cough, sneeze, or speak. They can then land in the mouth or nose or be inhaled by someone in proximity. These viruses may also spread by individuals touching an infected surface and then touching their eyes, mouth, or nose.

The common cold is most often caused by the rhinovirus, whereas COVID-19 is caused by SARS-CoV-2. Because these viruses commonly affect the same areas, the illnesses can result in many of the same symptoms. However, patients should be aware of key differences.

**Symptom Onset** - Infection from a virus is followed by an incubation period. During this time, the patient does not show any signs or symptoms of infection. This is a key difference between the common cold and COVID-19. Symptoms of the common cold usually appear 1 to 3 days after exposure to a cold-causing virus, whereas COVID-19 symptoms usually appear in 2 to 14 days following exposure to SARS-CoV-2.

The common cold and COVID-19 have many symptoms that overlap. These symptoms primarily include body aches, cough, runny nose, and sore throat. But some symptoms apply only to COVID-19.

Loss of smell and/or taste is a common warning sign of COVID-19 infection. This is especially true if a patient has this symptom without a runny or stuffy nose. Another symptom more common to COVID-19 infection than the common cold is diarrhea and stomach issues.

**Testing** - A crucial tool to use this year is the COVID-19 test. If patients are feeling unwell and suspect they have COVID-19, they can perform a test at home in minutes. By doing so, they can have a definitive answer without leaving home and risking infecting others. If a patient attains a negative test result for COVID-19 and symptoms persist, they should be referred to a health care provider. There may be underlying issues that have yet to be diagnosed.

**Staying Healthy** - The best way to prevent infection from COVID-19 is to be vaccinated against it, although individuals who are fully vaccinated can still become infected. Unfortunately, there is no vaccine for the common cold.

**Beware the Winter Mix** - Winter is the prime cold, COVID-19, and flu season, because these viruses survive better and are more transmissible in cool, dry air. Additionally, individuals are more likely to be indoors and closer to others.

**SEE THE SYMPTOM COMPARISON CHART  
ON THE NEXT PAGE**

## February Quotes

"February is the border between winter and spring." ~ Terri Guille

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." ~ Martin Luther King, Jr.

"You may never know what results come of your actions, but if you do nothing, there will be no results." ~ Mahatma Gandhi

"The income tax has made more liars out of the American people than golf has." ~ Mark Twain

TABLE: Symptoms of Common Cold and COVID-19 <sup>1,2</sup>		
Symptom	Common cold	COVID-19
Chills	Rare	Common
Confusion	Rare	Sometimes (in older patients)
Cough	Common	Common (dry)
Diarrhea	Rare	Sometimes
Dizziness	Rare	Common
Fever	Sometimes	Common
Headache	Rare	Common
Muscle aches	Sometimes	Common
Nausea/vomiting	Rare	Sometimes
New loss of smell/taste	Sometimes (with stuffy nose)	Common
Runny/stuffy nose	Common	Common
Shortness of breath	Sometimes	Common
Sore throat	Common	Common
Sneezing	Common	Rare
Tiredness	Sometimes	Common

## The Idea Corner: What To Do This Winter Besides Watch TV



Short winter days can get kind of depressing if the kids are just playing video games or watching TV. Here are some activities everyone can enjoy.

### Go Sledding

Sledding is a fun way to reconnect as a family and feel like a kid no matter what your age. Even if you don't live where there is snow, you can often find some snow capped sledding hills nearby. Sledding has some risks so be safe and wear head protection.

### Get Toasty

Plan a day of old school board games. Turn on a fire, make some hot cocoa, bake some cookies and turn off the devices. Get the family involved in a fun game such as Monopoly or Yahtzee. You will have a blast just like generations did before we had digital access 24/7.



*February is  
American Heart Month*

[www.newsroom.heart.org/events/february-american-heart-month-go-red-for-women](http://www.newsroom.heart.org/events/february-american-heart-month-go-red-for-women)

**LOOK FOR THE HOT PRICE TAGS ON DEEPLY DISCOUNTED ITEMS THROUGHOUT OUR STORE!**

**COME IN AND CHECK OUT OUR SALE ITEMS THIS MONTH**

**HERE ARE A FEW – MORE AVAILABLE IN OUR STORE**

**\$4<sup>49</sup>**



**GNP**  
Motion Sickness Relief  
50 mg  
Tablets, 12 ct  
*Compare to Dramamine Original Formula*

**\$31<sup>49</sup>**



**GNP**  
Instant Read  
Digital Temple Thermometer  
1 ct

**\$6<sup>14</sup>**



**GNP**  
Cold Max  
Cold & Flu  
Day & Night  
Cool Taste Caplets, 20 ct

**\$20<sup>69</sup>**



**Bausch + Lomb**  
Lumify  
Redness Reliever Eye Drops  
0.25 oz

**\$10<sup>87</sup>**



**GNP**  
Sinus Wash Saline Packets  
Soothing Sinus Relief  
100 ct

**\$8<sup>29</sup>**



**GNP**  
Clotrimazole 3  
Vaginal Antifungal Cream 2%  
3 Day Treatment  
*Compare to Gyne-Lotrimin 3*

Offers valid from February 1-28, 2023

Offers may not be available in all locations

MyGNP.com





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**HEALTHY**

February 2023 Vol 18 Issue 2



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Mon. thru Fri. 9 to 6 & Saturday 9 to 1

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## Buy-one-get-one-Free

Come check out our winter **Vitamin Sale** on select Windmill Products. Many are 2 for the price of one or Buy-one-get-one-Free.



## The pharmacy staff says my prescription needs "prior authorization" -- what's that all about?

A prior authorization (PA) requires your physician or prescriber to justify and obtain approval for a medication from your prescription plan or Pharmacy Benefits Manager (PBM). This is required so that your drug plan will pay for or "cover" the medication prescribed. A PA is a technique utilized by PBMs to minimize drug costs and is often a financial matter and not necessarily a therapeutic issue.

Additionally, it is a matter between the prescriber and your drug plan. Your pharmacy is just a messenger, in this case, that notifies your prescriber once the claim is rejected. In order for your drug plan to pay for your medication the prescriber has to explain or justify why the patient needs that particular drug. The PBM usually wants the doctor to write for a cheaper drug before approving a more expensive drug. Without the approval of the Prior Authorization, your plan may not pay for your medication. Even then, the PBM - not the doctor - has the final say in the matter; and they can still refuse to pay for the medication prescribed. We wish this process was different, but for now this is how it works.



## Aching Joints?

### Try These Supplement Suggestions

Throughout life, both men and women experience normal wear and tear on the joints. To help support optimum joint health, follow an anti-inflammatory diet and consider these dietary supplements:

- Evening primrose oil. A source of gamma-linolenic acid (GLA) which may help maintain healthy joints.
- Anti-inflammatory herbs. Ginger, holy basil, turmeric, green tea, and rosemary all have naturally occurring compounds that help maintain joint health.
- Omega-3 fatty acids. Use varieties that are molecularly distilled from the oil of fish or krill and contain both EPA and DHA, essential fatty acids which have been shown in studies to help maintain bone health and joint flexibility.



## Who Wants To Win?

*Take our Trivia Challenge and you could win too!*

This is one of our favorite parts of the newsletter!

Each month we will give you a new trivia question.

**Each month we randomly select 3 people who e-mail or call us with the correct answer by the 20<sup>th</sup>**

**of the month. You can win two FREE**

**movie tickets with a Regal Cinema Ultimate Movie Pack or a gift certificate to local restaurant – Champion Ice House.**

Enjoy a night out us with someone special in your life!

Take your best guess, and then call the store

**(540) 832-0000** or better yet e-mail us at:

[gvillepharmacy@yahoo.com](mailto:gvillepharmacy@yahoo.com)

**Remember, your chances of winning are better than you think!**

This month's Mega Trivia Question:

**Shingrix, the shingle vaccine, requires 2 shots, is recommended for people 50 and older, and Medicare D plans have reduce the copay to \$0.00 in 2023!**

**A) False**

**B) True**

**Hint: You will find the answer in the newsletter.**

Make sure to get your newsletter each month.

Register here for the color e-mail version.

Send your name and e-mail address to

[gvillepharmacy@yahoo.com](mailto:gvillepharmacy@yahoo.com)

**Last Month's Winners and Answer**

*Which of these are good ways to start your new year?*

**E) All of the above**

**Debra B. – Sue S. – June H.**

You could be the next winner, take your best shot at February Trivia Contest