

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

October 2016

Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Dan, Monica and John



October is National Breast Cancer Awareness Month

Early detection of breast cancer often improves the outcome of treatment. Therefore, make sure you and the women you know do self-exams each month, report any unusual bumps or changes in size of the breast, and are regularly screened for breast cancer. Ask our pharmacist how various types of hormones may affect your risk of breast cancer. We know that survival is the goal but often not the end of a woman's journey with breast cancer. Quality of life is so important, and treatment may cause ongoing unpleasant side effects, plus cancer survivors often live in fear of recurrence. Women who have had breast cancer may be suffering but don't want to complain because they are grateful to be alive. If you or someone you love has ongoing problems after chemotherapy or radiation (such as discomfort, weight gain, fatigue, mental cloudiness, mood swings or gastrointestinal upset), talk to our pharmacist. We recommend reading "The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health" by Lise Alschuler, ND, which emphasizes a comprehensive approach needed for optimal health and recurrence prevention.



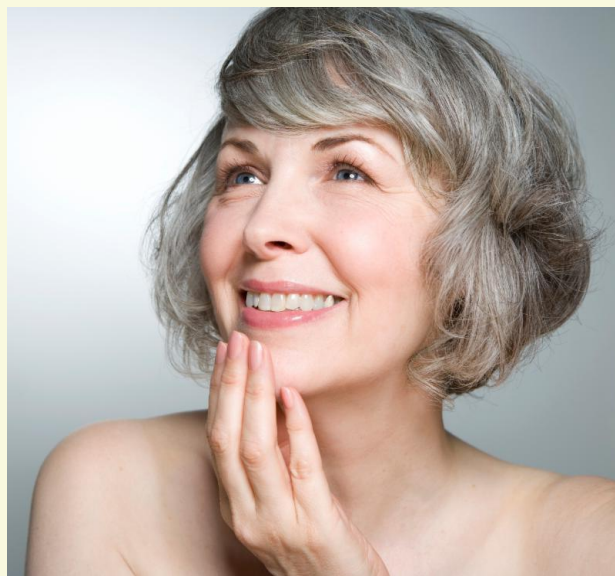
Female Hormones 101: Perimenopause, Menopause and Beyond

With Dr. Joi Davis, D.O.

Wednesday
October 19th
6:30pm - 8:00pm

At MD Custom Rx
In the Sendiks Towne Center
19035 W. Capitol Drive. Ste. 105
Brookfield, WI 53045

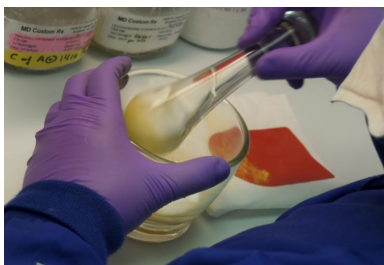
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