



Rx Refills
Compounding
HRT Consultations
Ideal Protein/Weight Loss

REMINDER: Summer Hours: Monday - Friday 8:30am -5:30pm and Saturday 8:30am - 1pm.

News from Good Life

At Good Life Pharmacies, 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,
Jim Andreesen, R.Ph.
Angie Svoboda, Pharm.D. FIACP
Ray Scott, R.Ph.



Dry Mouth

Everyone has a dry mouth occasionally, often when nervous, upset or under stress, but chronic dry mouth can be a sign of disease or can lead to health problems. Dry mouth can cause difficulties in tasting, chewing, swallowing, and speaking, and can increase your chance of developing dental decay and infections in the mouth. Technically known as xerostomia, dry mouth can be caused by diseases such as Sjogren's syndrome, HIV/AIDS, and diabetes; or treatments such as radiation or chemotherapy. Some medicines - including those used to treat high blood pressure and depression - decrease saliva flow. Here are some helpful tips to relieve dry mouth: sip water or sugarless drinks often, avoid drinks with caffeine, chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow, don't use tobacco or alcohol, avoid spicy or salty foods that may cause pain, and use a humidifier at night. If you regularly have a dry mouth, talk to our pharmacist to see if it could be a side effect of a drug you are taking. Our compounding professionals can help by working with your doctor to customize medications in lozenges, oral sprays or drops to increase saliva flow.



References available upon request.

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UPCOMING EVENTS



Come join
Dr. Tyler Adam &
Angie Svoboda, Pharm.D.
for a fun night at
Prairie Pride Brewing Co.
in Grand Island, NE -
July 31st 6-8pm



BeerBrasBHRT.com



Good Life Pharmacy is participating in "Girls & Pearls" fundraising event. Join us for a "girls night out" while also helping local cancer-stricken families.

Girls and Pearls will be from 5 to 9 p.m. Thursday, July 19, at Riverside Golf Club. Tickets will be \$7 in advance and \$8 at the door. [READ MORE](#)

GOOD LIFE PHARMACY NEWS

Good Life Pharmacist Honored for Outstanding Community Service

Angela K. Svoboda, PharmD, RP, is the recipient of the 2018 Bowl of Hygeia Award for outstanding community service. Svoboda was presented with the award at the NPA Annual Convention on June 8, 2018.

[READ MORE ON OUR BLOG](#)



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