

## 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. and Angie Svoboda, Pharm.D. FIACP

## Topical Pain Gels are the Forerunners in Arthritis Pain Relief

Osteoarthritis (OA) is a leading cause of pain and disability. In the next decade, OA of the hands, knees and lower back is expected to be one of the major challenges of maintaining physical function and quality of life as the elderly population grows.



Oral Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as ibuprofen are a common therapy for OA, but because oral doses result in high drug levels throughout the body, drug interactions and side effects like gastrointestinal irritation can result. Oral NSAIDs are also a concern in patients who have declining kidney function. Therefore, topical NSAIDs like ketoprofen gel are preferred because topical NSAIDs provide pain relief at the site of application while avoiding high drug levels elsewhere in the body, and side effects are reduced.

In general, gel-based formulations diffuse more quickly across the skin and are better absorbed into local tissues than ointments and creams. Gels also have better cosmetic acceptability since they spread and vanish more readily and don't leave a greasy residue.

***Ask our compounding pharmacist about the benefits of topical pain relievers, and which preparation might be best for your unique needs.***

## Two-Way Text Communication

At Good Life Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your pharmacist for details.

**GOOD LIFE** HEALTH SERVICES INCORPORATED

**NEW PRODUCT ALERT!**

**truronia**

Find us at:  
125 So. 16th St.  
Ord, NE 68862

Find Truronia located near the front or ask a friendly Good Life representative

100% All-Natural Aronia Juice  
Made with Organic Berries  
NO Additives... EVER!

Drink 2-4 oz daily try mixing it in with smoothies or oatmeal!

Do You Have....

- Achy Joints?
- Digestion Issues?
- Need Antioxidants?

truronia.com

### Share your experience with Good Life Pharmacy

If you have received excellent care or service from the pharmacists and staff at Good Life Pharmacy, we would appreciate an online review.

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REVIEW US ON GOOGLE

125 So. 16th St.  
Ord, NE 68862  
308-728-3295

124 So. 4th St.  
Albion, NE 68620  
402-395-3353

727 "O" St.  
Loup City, NE 68853  
308-745-1614

308-728-3296 Fax

402-395-3354 Fax

308-745-1614 Fax

[www.GoodlifeRx.com](http://www.GoodlifeRx.com)

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