



June 15th, 2015

Lifestyles and Risk for Stroke

You've read it here before and you're going to see it again – making healthy lifestyle choices is key to reducing the risk of most chronic illnesses – often with better effectiveness than the medications we have available! Swedish researchers looked at the combined effects of diet, alcohol intake, smoking, exercise and weight and found, for women anyways, successfully combining all these lifestyle habits can lead to a 50% reduction in risk of stroke.

Act Fast is You Suspect a Stroke

Many have heard of the “golden hour” when it comes to treating stroke victims and new findings from a review in England have confirmed that every minute counts. In fact, the maximum amount of time, from stroke through transport, diagnosis and treatment is 4.5 hours to minimize disability. That said, the sooner clot-busting drugs are administered, the better the outcome – so if stroke is suspected, act FAST!

Understand the Potential Risks with NSAIDs

The newer class of NSAIDs (non-steroidal anti-inflammatory drugs), the COX-2 inhibitors (such as celecoxib), has already been associated with cardiovascular risk, but a new study is adding to the body of evidence. Danish scientists found that current use of COX-2 inhibitors, including older ones such as diclofenac, resulted in a 20-50% increase in the incidence of strokes – and the strokes tended to be larger. One more reason to be conservative in the use of these drugs.

Pharmacists Manage Clients' Blood Pressure Effectively

A Canadian program has found that involving pharmacists in the management of blood pressure and cholesterol for recent stroke sufferers results in better outcomes. In Edmonton, participating pharmacists did more than measure levels – they were able to initiate and titrate drug therapy and achieved significantly lower blood pressure and lipid readings at six months than the usual interventions.

Pharmacists are often overlooked as primary health care providers, but more and more evidence is showing that they can play a particularly effective role in achieving good health outcomes. Why not talk to yours today?