

CLINICAL TIP

Clozapine (Clozaril®) is an atypical antipsychotic medication used to treat conditions such as schizophrenia. Clozapine is generally used after other antipsychotic medications have not been effective and is usually not a first line medication due to its potential adverse affect known as agranulocytosis. Agranulocytosis is a condition where there are not enough of a particular type of white blood cell available, which can lead to life-threatening infections due to a compromised immune system. This adverse affect is managed by the agreement between the drug manufacturer, patient, prescriber, and dispensing pharmacy, who all monitor the patient's white blood cell counts on a regular basis. The system works by having the patient agree to take the medication as prescribed and get labs done as indicated. The prescriber orders the labs and monitors them to make sure they are within the appropriate parameter. The pharmacy evaluates the labs and enters the lab values into the drug manufacturer's online registry and can only dispense the medication if the labs are done on schedule and are within the accepted parameter. The manufacturer's online registry keeps tabs on the patient's lab value trends and alerts the pharmacy and prescriber if there are huge fluctuations. This risk mitigation strategy helps keep the patient as safe as possible while being treated with clozapine.

EXERCISES TO IMPROVE BALANCE

Maintaining balance as we age is essential to prevent injury and maintain vitality. Below are a few examples of different exercises you can do to meet this goal!

STAND ON ONE LEG: Stand close to a wall, chair or railing that you can hold on to and will support you if needed. Stand with your feet shoulder width apart and practice bringing up one leg at a time either bending at the knee or hip. Count to 20 and repeat with the other leg. Do this 5 times on each leg.

SQUAT AND HOLD: Stand next to a wall, chair or railing that will support you. Use the wall, chair or railing to hold on to and squat down as far as you can with comfort. Your feet should be shoulder width apart and your toes slightly lifted in order for

your heels to dig into the floor. Hold this position and count to twenty. Take a 30 second break and repeat 5 times.

KNEE MARCHING: Stand next to a wall, chair or railing that will support you if needed. Stand with feet shoulder width apart. Bend the elbow to 90 degrees with the palms of your hands facing down. Bring your knees up to your palms in a manner similar to marching. If you cannot touch your knees to your palms, get as close as possible. Do 3 sets of 20 marches with counting each time you lift a knee up.

Do these three exercises every day and you will see an improvement in your balance! As always, **STAY CONSISTENT AND HAPPY EXERCISING!!**

WATER...IT'S A WONDERFUL THING. DRINK IT!

Now that summer and warm days are approaching, it's important to remember to hydrate our bodies. Dehydration can be devastating to our health and by simply drinking enough water, we can avoid this. Illness, stress, or certain medications can also increase our need for fluids. **Symptoms of dehydration include, but are not limited to:**

- Fatigue
- Headache
- Thirst
- Dark, concentrated urine
- Going 4 hours without urinating
- Confusion
- Blurry Vision

Tips to increase your water intake:

- Flavor it with lemons or add ice
- Keep a water-bottle handy at all times
- Drink a glass before and after brushing your teeth
- Drink one cup of water with each meal

Most people require about 1 oz. of water per kg of body weight. Example: 220 pound person (220 divided by 2.2 = 100 kg) = 100 oz. /water per day = 12 ½ cups of water!

REMINDER:

We will be closed on Monday, May 30th in observance of Memorial Day. Please be sure to order any medications you may need in advance. Thank you!

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