



## Women's Health at The Apothecary Shops

Since our formation in 1996, The Apothecary Shops has been the leader in preparing customized medications to meet the specific needs of patients and practitioners. Our compounding centers are staffed by pharmacists and certified pharmacy technicians who are specially trained in the art and science of compounding, which is the method of preparing medications from scratch to meet each physician's and patient's unique needs.

The Apothecary Shops is the only compounding pharmacy in the Southwest, and only second in the nation, to earn the Pharmacy Compounding Accreditation Board's (PCAB) Seal of Accreditation – a new system of standards created by some of the leading organizations in pharmacy.

Menopause grabs headlines for its ill effects on a woman's well being, from hot flashes and moodiness to more serious risks such as heart disease and osteoporosis. Hormone therapy has gained popularity because of its successful reduction of those conditions.

### **What is a Women's Health Consultation?**

A Woman's Health Consultation is an educational service on perimenopause and menopause. It is designed to help patients make the best decisions regarding choices for their change of life. The information provided in the Medical History Questionnaire is reviewed to identify each patient's individual risks and the degree of their symptoms. Current medical study results and different approaches to treatment are explained. The advantages, disadvantages, dosing and effectiveness of various therapies are identified and assessed. Patient lifestyle and personal preferences are considered to develop the best program for each patient's needs. Recommendations are made to physicians on the patient's behalf, allowing the pharmacist, physician, and patient to work together to provide optimal patient satisfaction and care.

### **Who does the Women's Health Consultations?**

Linda Cappellini, R.Ph., FACA, FIACP, is the Woman's Health Specialist. Linda has certifications both as a Menopause Educator and a Menopause Practitioner. She is the only pharmacist in Arizona to hold both certifications. She practices from her office at The Apothecary Shop of Scottsdale. Telephone consultations are scheduled between 8:30am and 2:30pm, Monday through Friday. Appointments starting as early as 7:30am may be arranged by special request. To schedule an appointment call (480) 451-1266.

### **How do I prepare for my consultation?**

Call (480) 451-1266 to schedule an appointment. A Medical History Questionnaire will be provided by The Apothecary Shops prior to your consultation. The Medical History Questionnaire should be filled out and returned to The Apothecary Shops prior to the consultation. Request a copy of any blood or saliva test results from your physician and fax them prior to the consultation, as well. Any records of menstrual cycles or symptoms can also provide useful information during the consultation.

### **How much does a consultation cost?**

A basic consultation, which is approximately 30 to 45 minutes in length, is \$45.00. Follow-up consultations to check up on symptoms, adjust medication, or answer additional questions are offered at the levels below.

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Level 1: Basic consultation plus one 15 minute follow-up call - \$55.00.

Level 2: Basic consultation plus two 15 minute follow-up calls - \$65.00.

Level 3: Basic consultation plus three 15 minute follow-up calls - \$75.00

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**Additional follow-up consultation services are available at \$15.00 per 15 minutes for patients who have completed a basic consultation.**

