

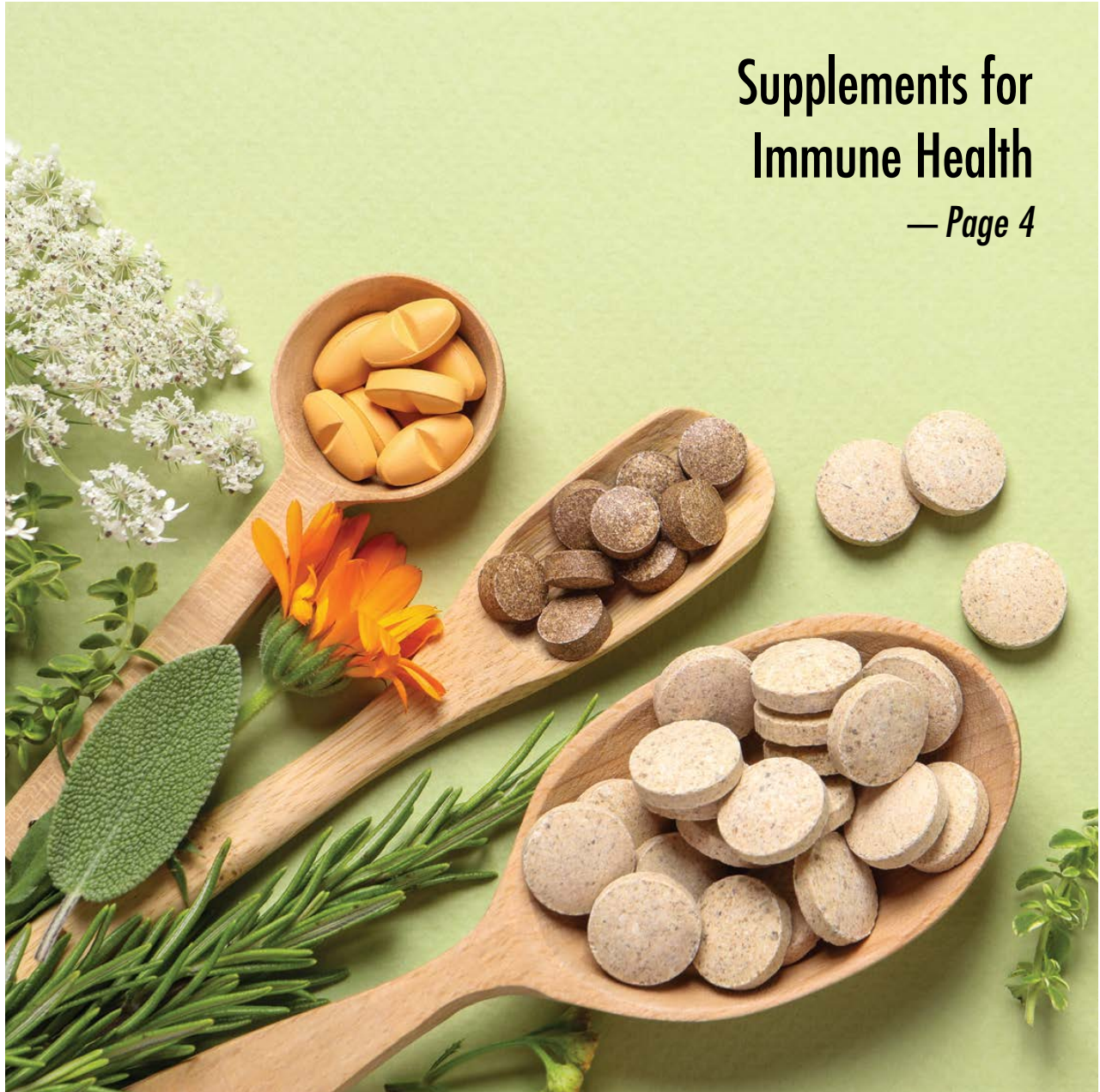
INFUSING

BONDED BY BLOOD | FALL 2024



Supplements for Immune Health

— Page 4



Supplements
for Immune Health

Planning for Travel & Events
with Chronic Conditions



WE'RE IN THIS TOGETHER.

Friday 6:26 pm

Sharing stories by the campfire with friends

Isaac, living with hemophilia B

Not an actual patient

Let's make today brilliant.

Takeda is here to support you throughout your journey and help you embrace life's possibilities. Our focus on factor treatments and educational programs, and our dedication to the bleeding disorders community, remain unchanged. And our commitment to patients, inspired by our vision for a bleed-free world is stronger than ever.

 bleedingdisorders.com | 

Copyright © 2020 Takeda Pharmaceutical Company Limited. All rights reserved. TAKEDA and the TAKEDA logo are trademarks or registered trademarks of Takeda Pharmaceutical Company Limited. US-NON-1140v1.0 6/20

FROM THE EDITOR

As we enter the final quarter of 2024, the focus on health and wellness becomes more crucial than ever. With the winter season and the holidays fast approaching, it's important to equip yourself with the right tools and knowledge to stay healthy and enjoy all the festive moments ahead. In this edition, we're bringing you two essential guides that address the unique challenges this season presents.



Stay healthy and take care,,
—Kelle Carthey, RN
Editor, Brothers Healthcare
Newsletter

Our *Immunity Boosters Winter Guide* explores the vital vitamins and supplements that can help you strengthen your immune system during the colder months, offering actionable advice to keep illness at bay. Meanwhile, our *Holiday Prep: Planning for Travel and Events with Chronic Conditions* article provides practical strategies for managing health during the busy holiday season, especially for those with chronic condi-

tions. From navigating travel logistics to staying well during social gatherings, this guide is designed to help you enjoy the holidays to the fullest, without compromising your health. As always, our goal is to support you in living your healthiest life. We hope you find these articles helpful as you prepare for the months ahead. Wishing you a season filled with wellness, joy, and memorable moments. 🌿



INFUSING LIFE
Fall 2024

CONTENTS

- 3 From the Editor
- 4 Supplements for Immune Health
- 6 Planning for Travel & Events with Chronic Conditions



ASK US!

Call or email us with any questions you have about sports, life, relationships or your managing your medical condition and we will lend our expertise to help you in any possible way.

(800) 291-1089
info@brothershealthcare.com



Brothers
HEALTHCARE

Brothershealthcare.com

For Advertising Inquiries:
media@brothershealthcare.com

© 2024 Brothers Healthcare

CONNECT WITH US

ON SOCIAL MEDIA

LIKE, LOVE, COMMENT, SHARE & FOLLOW US ON SOCIAL MEDIA

TO KEEP UP WITH THE LATEST UPDATES ON OUR EVENTS, PROGRAMS AND ACTIVITIES.

 /BROTHERS.HEALTHCARE

 /BROTHERSHEALTHCARE

SUPPLEMENTS FOR IMMUNE HEALTH

As the winter chill sets in and the days grow shorter, it's crucial to fortify our bodies against the seasonal challenges that come with it. We'll explore the vital role of key vitamins and supplements in boosting your immune defenses, providing actionable tips on selecting and incorporating these nutrients into your daily routine.

Beyond these recommendations, we'll share holistic strategies to help you stay at your best throughout the colder months. Whether you're aiming to fend off winter illnesses or maintain peak wellness, this guide has you covered.

THE ROLE OF VITAMINS AND SUPPLEMENTS IN IMMUNE HEALTH

Understanding the connection between nutrients and immune function is essential before diving into specific vitamins and supplements:

IMMUNE SYSTEM BASICS

The immune system, a complex network of cells, tissues, and organs, plays a vital role in defending the body against harmful pathogens like bacteria, viruses, and fungi. For optimal health, the immune system must function effectively, which is where vitamins and supplements can make a significant difference. These nutrients support the immune system by enhancing immune cell production, strengthening the body's response to infections, reducing inflammation and oxidative stress, and supporting overall cellular health.



WHY WINTER MATTERS

Winter poses unique challenges to immune health. Reduced sunlight can lead to lower Vitamin D levels, the cold and flu season heightens infection risks, and extended time indoors may result in sedentary behavior and limited fresh air. Supplementation with specific vitamins and nutrients becomes crucial to bridging these gaps and maintaining a strong immune response.

ESSENTIAL VITAMINS AND SUPPLEMENTS FOR WINTER

Let's explore the most effective vitamins and supplements to bolster immune health during winter:

VITAMIN C

Vitamin C is celebrated for its immune-boosting properties. It enhances the production and function of white blood cells, which are essential for combating infections. Additionally, Vitamin C acts as an antioxidant,

protecting cells from damage caused by free radicals. While this vitamin is abundant in fruits and vegetables like oranges, strawberries, and bell peppers, supplementation can be advantageous, especially when dietary intake falls short. The recommended daily allowance (RDA) for Vitamin C is 90 mg for men and 75 mg for women, though some experts advocate for higher doses to support immune health.

VITAMIN D

Vitamin D is essential for a healthy immune system, playing a role in regulating immune responses and potentially reducing infection risks. Winter months often lead to diminished Vitamin D levels due to reduced sunlight exposure, making supplementation particularly important. While Vitamin D can be obtained from sunlight, fatty fish, and fortified foods, many people require supplements to reach adequate levels, particularly in winter. The RDA for Vitamin D is 600 IU for adults up to age 70 and 800 IU for those over 70, though higher doses might be recommended based on individual needs and blood levels.

ZINC

Zinc is a trace mineral critical to immune function, as it supports the development and activity of immune cells and possesses antioxidant properties. Zinc deficiency can impair immune function and increase susceptibility to infections. Sourced from meat, shellfish, and legumes, zinc's RDA is 11 mg for men and 8 mg for women. Zinc supplements are available in various forms, such as zinc gluconate and zinc picolinate, with zinc lozenges being a popular option for potentially reducing cold symptoms.

ECHINACEA

Echinacea, an herbal supplement, is frequently used to prevent and treat colds. It is believed to stimulate the immune system and lessen the severity and duration of upper respiratory infections. Available in capsules, tinctures, and teas, a typical dosage ranges from 300-500 mg of Echinacea extract, taken two to three times daily.

ELDERBERRY

Traditionally used to combat colds and flu, elderberry is thought to have antiviral properties that may reduce the duration and severity of respiratory infections. Elderberry supplements come in various forms, including syrups, capsules, and gummies, with a common dosage being 1-2 teaspoons of elderberry syrup daily during cold and flu season.

PROBIOTICS

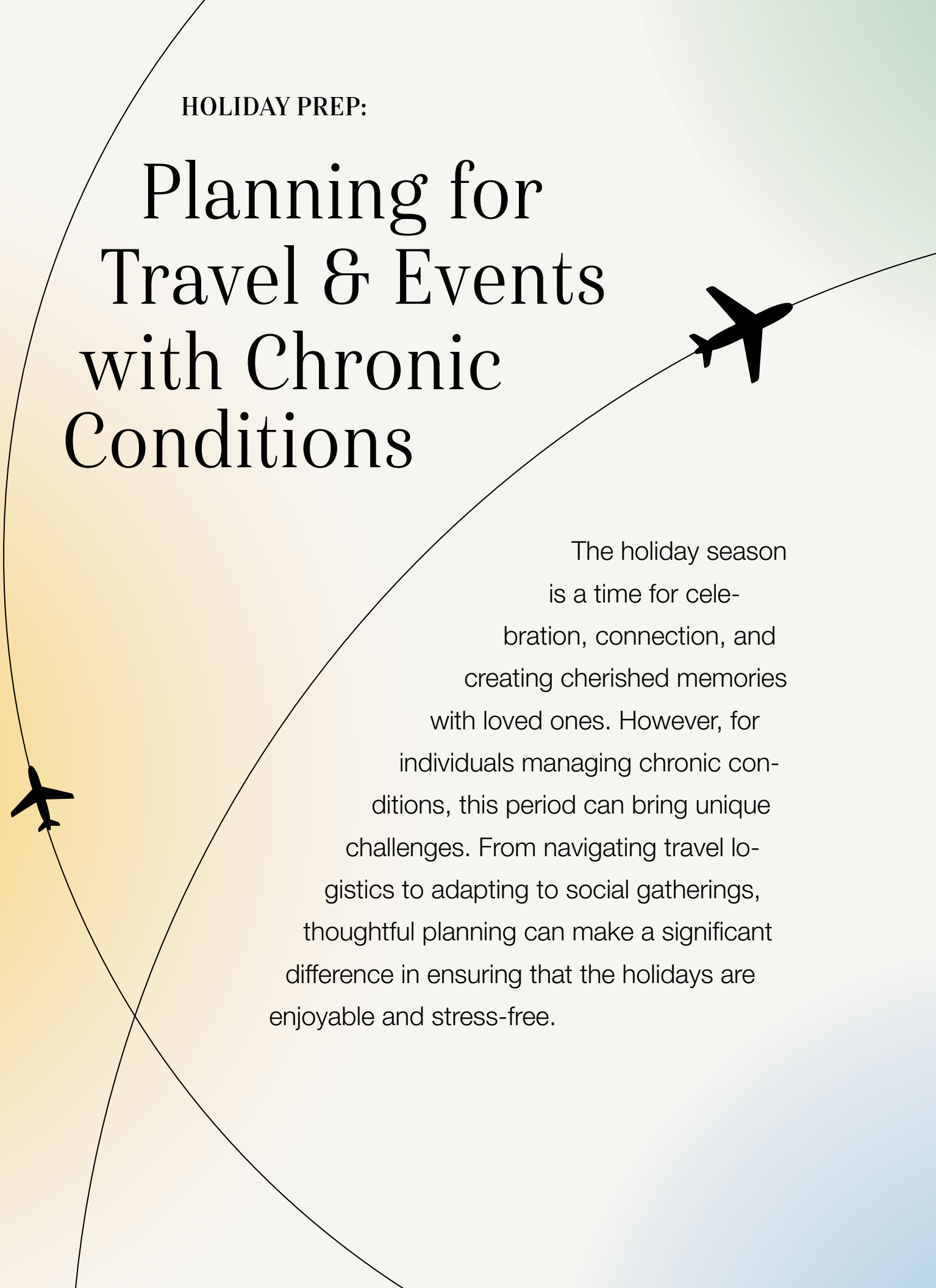
Probiotics, beneficial bacteria that support gut health, are closely linked to immune function. A healthy gut microbiome can enhance immune responses and lower the risk of infections. Found in fermented foods like yogurt, kefir, and sauerkraut, probiotic supplements vary in strains and formulations, with a typical dosage being 1-10 billion CFUs (colony-forming units) daily.

Continued on page 8



HOLIDAY PREP:

Planning for Travel & Events with Chronic Conditions



The holiday season is a time for celebration, connection, and creating cherished memories with loved ones. However, for individuals managing chronic conditions, this period can bring unique challenges. From navigating travel logistics to adapting to social gatherings, thoughtful planning can make a significant difference in ensuring that the holidays are enjoyable and stress-free.



In this comprehensive guide, we'll explore effective strategies for preparing for holiday travel and events, with a focus on patients with bleeding disorders and immune deficiencies. We'll discuss practical tips, essential considerations, and how to manage your health while still making the most of the season's festivities.

Planning Ahead: Travel Logistics and Health Preparation

Traveling during the holidays often involves additional complexity. Here's how to prepare for a smooth and healthy journey:

Medical Supplies and Medication Management

1 Organize and Pack Smartly: Start by creating a checklist of all necessary medications, medical supplies, and equipment. This includes any special prescriptions, over-the-counter medications, first-aid supplies, and devices you might need. For those with bleeding disorders, ensure that you have your clotting factor concen-

trates or other prescribed treatments in sufficient quantity for the duration of your trip.

2 Travel-Friendly Containers: Use travel-sized containers for your medications and medical supplies. Ensure that all medications are clearly labeled and in their original packaging to avoid confusion and comply with travel regulations.

3 Keep Medications Accessible: Pack your medications and essential supplies in your carry-on bag or easily accessible part of your luggage. This way, you'll have immediate access if needed, especially during security checks.

4 Travel Documentation: Carry a copy of your prescriptions, a letter from your healthcare provider detailing your condition and treatment plan, and any necessary medical certificates. This documentation can be crucial in case of emergencies or if you need to explain your condition to airport security or healthcare providers in another location.

Understanding Travel Requirements

1 Know the Regulations: Research travel regulations specific to your destination, including any restrictions or requirements for carrying medications or medical equipment. Check with airlines and international travel advisory sources to understand their policies.

2 Plan for Time Zones: When traveling across time zones, adjust your medication schedule accordingly. Plan how you will manage your treatments, especially if you need to adhere to specific dosing times.

3 Plan for Emergencies: Identify medical facilities near your destination in case you need urgent care. Have a list of local pharmacies and hospitals, and ensure you have access to emergency contact information.

Preparing for Social Gatherings and Events

The holiday season often involves numerous social events and gatherings. Here's how to navigate these occasions while managing your health:

Communicating Your Needs

1 Inform Hosts: Let your event hosts know about your condition in advance. This allows them to accommodate any specific needs you might have, whether it's dietary restrictions or access to medical supplies.

2 Discuss Dietary Needs: If you have special dietary requirements, such as a specific diet for managing a bleeding disorder or immune deficiency, communicate these needs clearly. Many hosts are happy to prepare dishes that align with your dietary needs if given notice.

3 Designate a Support Person: If possible, bring a trusted friend or family member who understands your condition and can assist you if needed during events.

Managing Your Health During Events

1 Plan for Breaks: Social gatherings can be overwhelming, especially for those managing chronic conditions. Schedule regular breaks to rest and manage your health. This can help you avoid fatigue and stress.

2 Stay Hydrated and Nourished: Ensure you stay hydrated and consume balanced meals. Avoid excessive alcohol consumption, which can interfere with medications and overall health.

Continued on page 9

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids, particularly those found in fish oil, possess anti-inflammatory properties that support immune function by modulating immune responses and potentially reducing chronic disease incidence. Found in fatty fish like salmon and mackerel, omega-3 supplements are available in fish oil or algae oil forms, with a typical dosage of 1,000-3,000 mg of combined EPA and DHA daily.

CHOOSING THE RIGHT SUPPLEMENTS

The abundance of supplement options can make selection challenging. Here are some strategies to guide informed decisions:

QUALITY AND PURITY

Seek out supplements tested by independent organizations for purity and potency. Look for labels from NSF International, USP, or ConsumerLab as indicators of high-quality products. Additionally, avoid supplements with unnecessary fillers, artificial colors, or preservatives, opting for products with minimal ingredients.

PERSONALIZED NEEDS

Consulting a healthcare provider before beginning any new supplement regimen is essential, particularly if you have chronic conditions or are taking other medications. They can help determine the appropriate supplements and dosages for your specific needs. Blood testing, especially for vitamins like Vitamin D, can also be beneficial to assess if supplementation is necessary and at what dosage.

LIFESTYLE AND DIET

Supplements should enhance a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins, not replace healthy eating. Monitor your body's response to supplements and adjust as needed. If adverse effects occur, discontinue use and consult your healthcare provider.

ADDITIONAL STRATEGIES FOR WINTER WELLNESS

While supplements are crucial, incorporating other wellness strategies can further enhance well-being during winter:

MAINTAIN A HEALTHY DIET

Focus on consuming a variety of nutrient-rich foods that support immune function, such as citrus fruits, leafy greens, nuts, and seeds. Staying hydrated is equally important, as proper hydration is essential for optimal immune function.

EXERCISE REGULARLY

Engage in moderate exercise to boost your immune system and improve overall health. Aim for at least 150 minutes of moderate exercise per week, such as brisk walking, cycling, or swimming. If outdoor exercise is limited, incorporate movement into your daily routine with activities like indoor stretching, yoga, or home workouts.

GET ADEQUATE SLEEP

Quality sleep is paramount for immune health. Strive for 7-9 hours of restful sleep each night to support your body's ability to fight infections and recover. Establishing a regular sleep schedule and creating a restful environment, such as minimizing exposure to screens before bedtime, can enhance sleep quality.


PRACTICE STRESS MANAGEMENT

Chronic stress can weaken the immune system. Integrating stress-reducing techniques like mindfulness, meditation, deep breathing exercises, or engaging in enjoyable hobbies can help manage stress levels. If stress becomes overwhelming, consider seeking support from a mental health professional for additional coping strategies.

CONCLUSION

As winter draws near, proactively supporting your immune health through vitamins and supplements is vital for maintaining overall wellness. By selecting high-quality supplements, integrating them with a balanced diet, and adopting additional health strategies, you can strengthen your immune system and better navigate the season's challenges.

Remember, supplements are most effective when used alongside healthy lifestyle choices. Prioritize a nutritious diet, regular exercise, adequate sleep, and stress management to achieve the best results. If you have specific health conditions or concerns, consulting with a healthcare provider ensures that your supplement regimen is tailored to your individual needs.

Stay proactive about your health, embrace the season's festivities with confidence, and make the most of the winter months with a strong and supported immune system. 



Continued from page 7

3 Know Your Limits: Be mindful of your physical limits and avoid overexerting yourself. It's okay to take a step back if you need to rest or address any health concerns.

Adapting to Changes & Staying Flexible

The holiday season can bring unexpected changes or challenges. Here's how to stay adaptable and resilient:

Dealing with Unplanned Situations

1 Have a Contingency Plan: Prepare for possible disruptions, such as flight delays or changes in event plans. Have a backup plan for managing your health needs if your initial arrangements fall through.

2 Stay Calm and Composed: If you encounter unforeseen challenges, stay calm and focus on solutions. Reach out to your support network for assistance if needed.

Self-Care and Stress Management

1 Practice Self-Care: Make time for self-care activities that help you relax and unwind. This could include mindfulness practices, light exercise, or simply taking quiet moments for yourself.

2 Manage Stress: The holiday season can be stressful. Employ stress management techniques such as deep breathing, meditation, or engaging in hobbies you enjoy.

Post-Event Recovery and Follow-Up

After the festivities, it's essential to focus on recovery and follow-up to ensure your health remains on track.

Monitoring Your Health

1 Track Your Symptoms: Monitor any changes in your health following travel or social events. This will help you identify any issues early and seek appropriate care if necessary.

2 Maintain a Routine: Return to your regular health routine as soon as possible after the events. This includes resuming your medication schedule and any prescribed treatments.

Reflect and Adjust

1 Evaluate Your Experience: Reflect on how the holiday season went in terms of managing your condition. Identify what worked well and what could be improved for future events.

2 Adjust Plans for Next Year: Use your reflections to make any necessary adjustments for future holidays. This could involve changing your approach to travel, social gatherings, or self-care practices.

Resources and Support

Lastly, leverage available resources and support networks to help you navigate the holiday season:

Connect with Support Groups

1 Join Online Communities: Many support groups and online communities offer valuable advice and shared experiences for managing chronic conditions. Connecting with others who understand your situation can provide both practical tips and emotional support.

2 Seek Professional Advice: Don't hesitate to consult with your healthcare provider for personalized advice and strategies for managing your condition during the holidays.

Utilize Specialty Pharmacy Services


1 Coordinate with Your Specialty Pharmacy: Ensure your specialty pharmacy is aware of your travel plans and any upcoming needs. They can assist with refilling prescriptions, providing necessary supplies, and addressing any concerns you might have.

2 Access Educational Resources: Specialty pharmacies often provide educational materials and resources that can help you manage your condition more effectively. Take advantage of these resources to stay informed and prepared.

Conclusion

Preparing for holiday travel and events with chronic conditions requires thoughtful planning and consideration. By organizing your medications and medical supplies, communicating your needs, and staying adaptable, you can navigate the holiday season with confidence and enjoy the celebrations.

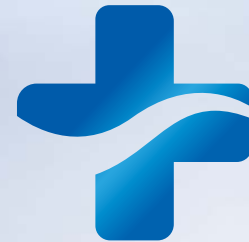
Remember, the holidays are a time for joy and connection, and with the right preparation, you can focus on making the most of these special moments. Prioritize your health, seek support when needed, and embrace the festivities with the knowledge that you have a solid plan in place.

Wishing you a healthy, happy, and memorable holiday season! 

A Pharmacy Specializing in You.

IVIG / SCIG Infusion Therapies & Patient Management

At the heart of **Brothers Pharmacy** is patient-centered, compassionate care delivered by our infusion pharmacy team. We are committed to transitioning patients home with extraordinary care, fully supported by our knowledgeable clinical staff, and commitment to patient safety.



BROTHERS PHARMACY

Monday - Friday, 9am - 5pm | 24/7/365 for After-Hours or Emergency Services

6200 Leslie Ln., Lake Charles, LA 70615 | (877) 264-8060 | (877) 797-4929 Fax | brotherspharmacy.com

Our Story

BONDED BY BLOOD At an early age, our founders Kevin and Scott, met at hemophilia summer camp. As blood brothers, their friendship has spanned three decades of experiences in the bleeding disorders community and healthcare challenges. Over time, they shared each other's struggles and victories of living with a bleeding disorder. As they became professionals, they resolved to create the healthcare experience they wished they had. In mindful pursuit of this dream, they created **BROTHERS HEALTHCARE**, a unique specialty pharmacy, built around exceptional care, personal experience, and integrity. Kevin and Scott are committed to providing pharmacy care experience that is second to none.

BROTHERSHEALTHCARE.COM | 800.291.1089 | *Se habla Español* 866.591.3955



Brothers
HEALTHCARE



Brothers
HEALTHCARE



BONDED BY BLOOD

