

SAND RUN PHARMACY

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Flu Prevention and Symptom Management

New Products:

We now carry a local brand of cards called Sunthing Special. The artist who designs this brand is a local artist, Cari Miller. Several of her products are Akron-themed. Make sure to check them out the next time you come into Sand Run Pharmacy. You can also find Sunthing Special on Facebook!

With Flu Season being upon us, several cases have occurred in recent weeks, and it's important to know effective and needed medications to have on hand for management of symptoms of the flu. The most important step you can take is prevention. Ideally, you should get your flu shot in September or October, but it's never too late! Your body mounts a full response to the virus within 2 weeks, and with flu season expected to last into May this year, it's still a worthy health investment.

The most important thing when you have the flu is to stay home to allow yourself to mount an immune response and to prevent other people from getting sick as well. Non-medication related treatment includes getting plenty of rest, covering up with a blanket to calm chills, drinking plenty of clear fluids (broth, water, sports drinks) to prevent dehydration, gargling salt water for a sore throat, using a humidifier (cold water) to make breathing easier, and using a cool, damp washcloth on your skin for fever relief.

To prevent the flu, your first step should be

getting your flu shot, which we can administer to anyone who is 14 years old or greater. During flu season, avoid touching your eyes/nose/mouth, wash your hands frequently, don't share eating utensils or drinks with other people, and avoid close contact with those who are sick. If you are sick, stay home as much as possible to prevent others from getting sick and cough or sneeze into your elbow or a tissue.

Symptoms of the flu include: fever, chills, cough, runny/stuffy nose, sore throat, body aches, tiredness, and vomiting or diarrhea. If you experience any of these symptoms for an extended time period, you should contact your doctor for proper treatment guidelines. The flu can have serious complications, which is why it is so important to try to prevent the flu by getting your flu shot as well as proper symptom management. These complications can include dehydration, worsening of chronic disease states, sinus

sinus and ear infections, and bacterial pneumonia. It is very important not to take antibiotics unless you have a complication that is caused by bacteria because the flu is a disease from a virus, and the antibiotics will not be effective and may make you vulnerable to resistant forms of bacteria.

To manage symptoms, you can use pain relievers such as acetaminophen or ibuprofen for aches and fever relief. Tamiflu (prescription) can be taken to shorten the duration of sickness by 24-48 hours. This requires a prescription from your doctor and must be taken within the first 48 hours of symptoms starting. Ask the pharmacist what is best for you and your symptoms. Sudafed can help with congestion, dextromethorphan or guaifenesin can be used for cough depending on if it's productive.



February is American Heart Month!

Cardiovascular disease is the leading cause of death in the United States, with 1 of every 3 deaths resulting from heart disease and stroke. This is 2200 deaths each day!! In September 2011, the Department of Health and Human Services (HHS) launched Million Hearts™, an initiative dedicated to preventing the nation's leading killers and empowering the public to make heart-healthy choices. The aim of this program is to prevent 1 million heart attacks and strokes in the United States by 2017. Prevention can start with every person!! Many women view this as a disease that affects mostly men, but women are at just as high of a risk. The only difference is the lack of knowledge in women

and the disease occurring later in life due to the protective effects of the hormone estrogen, as women have higher levels of this hormone than men. Another incorrect view is that this is a disease of the elderly. Current statistics show that up to 40% of men and women ages 40-59 are affected by cardiovascular disease. To protect yourself and your loved ones, understand the risks of heart disease and take the following steps:

1. Get up and do some physical activity for at least 30 minutes most days of the week (3-5 days.) This could be something as simple as a light stroll throughout your neighborhood.
2. Make your calories count and eat a "heart-healthy" diet with high amounts of fruits, vegetables, chicken and fish. Eat low amounts of trans fat

and sodium.

3. Take control of the health of your heart by following your doctor's prescription instructions. The key is to take your medication every day! You may be able to take your medications with meals to help you remember or use a pill box to simplify your medications and to make sure you take them when instructed.
4. Know your ABCS:
 - Ask your doctor if you should take an Aspirin every day
 - Find out if you have high Blood pressure or Cholesterol and get effective medical treatment if you do.
 - If you Smoke, get help to quit. No matter how long you have been smoking, your risk significantly drops as soon as you quit smoking!



Did You Know We Provide Poison Prevention Presentations?

National Poison Prevention Week is March 17th– March 23rd! Pharmacists at Sand Run Pharmacy can provide educational presentations to preschool or young school-age children at your location. Please contact us at flamb@sandrunpharmacy.com if you would be interested in us coming to your location to provide this service at no charge to you. Help to educate young children about preventing accidental poisonings!



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