



Sand Run Pharmacy

Extreme Pharmacy Makeover

April, 2013

Since 1958 and now into 2103! Exciting things are happening at the pharmacy. Sand Run Pharmacy is undergoing a total face lift. The majority of work was completed in March with a few remaining details set for completion in the next couple of weeks. Stop in and check out our new carpet, paint and store fixtures. We also have a new floor layout...so, if you can't find something just ask! We have updated many departments with new items throughout the store. Also check out the expanded section of greeting cards by Recycled Paper Products and Marian Heath. New to us recently is a line of cards by

local artist Cari Miller, of Akron themed note cards

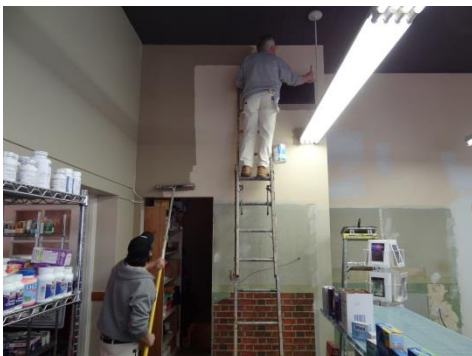
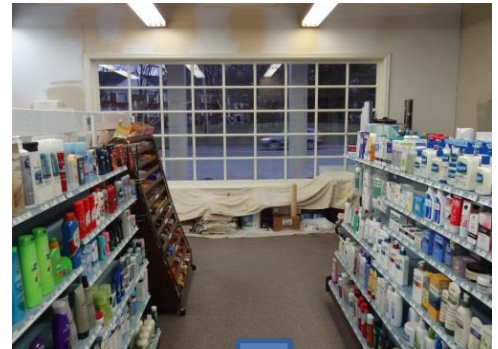
We want to thank the many workers that made the whole transition happen in a very short turn around time with minimal disturbance to our everyday business. Our changes started with complete plaster repair (yes, the walls are old time plaster walls) by Don Kirbawy and continued with a painting crew from Indian Trail Painting here in Akron. Our carpet arrived from Spanky's carpet also of Akron. All of the store fixtures were installed by Ideal Store Fixtures from Youngstown. New lighting was completed by Tim's Custom Electric out of Richfield. Thanks to all the

workers! If you are wondering if the antique pharmacy bottles will be coming back, the answer is YES, after all the renovations and shelving set ups are complete. While the walls and floors have changed...our staff has stayed the same. We appreciate everyone's patience during this time and look forward to being able to better serve you at the new and updated Sand Run Pharmacy.

Come in to see the amazing new look to Sand Run Pharmacy.



Left: Some of the renovation in process



Right: What a transformation!



Celiac Disease: The Truth Behind Gluten-Free Foods



“Celiac disease cannot be cured however the symptoms normally go away and the intestines heal once the person goes on a gluten-free diet”

Ever notice when shopping foods advertised as gluten-free? Just what is gluten and why are some foods being made without it? Gluten is the name for the proteins in all forms of wheat and the related grains, barley and rye. It is used to add texture or as a thickener, flavor enhancer or protein supplement.

For most people, gluten free foods provide no benefit over gluten containing products. However for individuals with a condition called Celiac Disease, that is not the case. Gluten products cause a reaction that may damage the lining of the small intestine and prevent proper absorption of foods that are important for staying healthy. The cause of Celiac Disease is currently unknown but it is

known that the reaction is mediated through the immune system.

The reaction can result in symptoms such as:

- Abdominal pain
- Indigestion
- Constipation
- Diarrhea
- Unexplained weight loss
- Nausea and vomiting
- Fatigue

Celiac Disease cannot be cured. Symptoms normally go away and the intestines heal when maintaining a gluten-free diet.

All fresh fruits, vegetables, meats and dairy products are naturally gluten free. Gluten free grains/flours include corn, rice, potato and soy.

Did you know some medications may contain gluten? For those with Celiac disease, we can compound or custom make medications that are gluten free. Let us know if you have a need for medication that is gluten free.

More information on Celiac Disease or gluten free foods can be found at the Celiac Disease Foundation’s website:

Interesting Health Fact of the Month:
Eating chocolate three times a month helps people live longer as opposed to people who over eat chocolate or do not eat chocolate at all.

**April 2013
schedule of events**

- April 25 – Copley Senior Fair at Copley Community Center



#Sand Run Pharmacy