



April 2014

# SAND RUN PHARMACY

## Stress Awareness Month

April is Stress Awareness Month. Stress can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is a normal feeling, and reaction from your body. The stress response is a survival mechanism that is hard wired into our nervous system. When you feel threatened, or anxious, stress hormones rush into your blood stream which increases heart rate, blood pressure, and blood sugar levels. It is your body's way of reacting to stressful situations and is meant to help you react.

Stress can be a good thing, but preventing and managing chronic (ongoing) stress can help lower your risk for health problems like heart disease, obesity, high blood pressure, hormone imbalance or depression. That's why stress awareness is important. We need to identify and confront our stress, in order to improve our health and quality of life.

### Triggers for Stress

- ◆ Pain/Injuries
- ◆ Changes In Life
- ◆ Illness
- ◆ Traumatic Event



Some medications can cause increased stress. These may include thyroid medications, diet pills, inhalers, or some cold remedies. If you feel like you may be having stress due to one of your medications, talk to your pharmacist and they may be able to help.

### Physical Symptoms Of Stress

- ◆ Headaches
- ◆ Back Pain
- ◆ Sleeping Problems
- ◆ Upset Stomach
- ◆ Weight changes
- ◆ Tense muscles
- ◆ Faster Heart Rate
- ◆ Rapid Breathing
- ◆ Sweating/Shaking



### How to Cope with Stress

Coping with stress can be as simple as planning ahead or taking more time to relax. Diet and exercise, or talking with your friends and family about your stress can also be extremely helpful. Relieving of stress doesn't happen the same way for everyone. But diet, exercise, getting enough sleep, and limiting caffeine, alcohol, and nicotine intake is a great way to start.

Trying different coping strategies can also be helpful to lower stress. Things like not getting anxious about situations that you cannot change, or focusing on what makes you feel calm and in control may help. Setting emotional goals, and making time for fun and relaxation are also important.

It is impossible to eliminate stress, but changing your lifestyle and reacting to stress can help you minimize it. This will increase your quality of life, and improve your emotional and physical health.



## Pneumonia Vaccine Awareness

Getting vaccinated is an easy step to help prevent pneumonia. Pneumonia is an infection of the lung that can lead to severe symptoms, hospital admission, and sometimes death. Luckily, we have a pneumonia vaccine that can reduce the risk of developing pneumonia, and avoid the possible problems that come along with it.

Stop in for a vaccination today!  
Many insurances cover vaccines.  
No prescription needed.

Pneumonia vaccines are very important for people at high risk for pneumonia. High risk groups include the very young, the very old, people with chronic disease and those who have poor immune function. Anyone 65 or older should consider getting a pneumonia shot. People younger than 65 should also be immunized if they smoke, have diabetes, cancer, HIV, sickle cell disease, organ transplant, or heart, lung, kidney, or liver disease patients.

The pneumonia vaccine also will decrease risk of other infections caused by the *Streptococcus pneumonia* bacteria, such as blood infections, or infections of the brain like meningitis.



For upcoming events, health tips, news updates from the Center for Disease Control (including vaccination requirements), and seasonal items, visit our Facebook page: Sand Run Pharmacy and Veterinary Compounding



Find us on:  
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## Upcoming Events

Women's Health Expo- April 5th, 6th

-Sat 10AM-5PM, Sun 11AM-4PM

-At Signature of Solon 39000 Signature Dr. Solon

Pet Expo- April 6th in the Summit Mall

7:30AM:Wag and Walk- walk your pet in Mall  
11AM-6PM:Vendor tables, and doggy bags giveaway

Chambrel Health Fair- April 17th

-10AM-2 PM

Sand Run Pharmacy will be represented at the events above. See You There!!!!

## Get Ready For Easter!

Sand Run Pharmacy now has Akron's own

Temo's Chocolates available!



We have our first communion, confirmation, Passover and Easter cards available!