



May 2014



# SAND RUN PHARMACY

## Arthritis Awareness Month

May is arthritis awareness month. Throughout May, the Arthritis Foundation urges taking action to change the course of arthritis. From participating in a nearby Arthritis Walk, to improving your health through fitness and nutrition, to speaking out about the seriousness of arthritis, there's a lot you can do to raise awareness and reduce the impact of the nation's leading cause of disability.

An estimated 52.5 million, or 1 in 5 adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Amongst people 65 or older, about 50% report arthritis diagnosis, so this is a very common problem. It is important that people know about their arthritis, and what they can do to make the best of it. Addressing arthritis, and knowing what may aggravate arthritis pain can benefit quality of life, and improve exercise tolerance. This will not only help a patient with their arthritis, but may also improve other disease states as well.

### Things That may Aggravate Arthritis

Infections	Stressful situations
Inflammation	Injury
Certain Foods	Sedentary Lifestyle
High Impact Activity	Weather Changes

Coping with arthritis can be hard, but there are certain lifestyle changes and treatment options that can be very helpful in easing the pain and decreasing the impact arthritis has on a person's life.



Having a more active lifestyle is definitely beneficial, and can help decrease arthritis pain. Despite the known benefits of physical activity to help manage arthritis, adults with arthritis are less active than adults without arthritis.



Walking has been shown to improve arthritis pain, fatigue, function, and quality of life. Walking is low impact on your joints, can be done almost anywhere and doesn't require special equipment or a gym membership. Not only does activity help decrease pain, but it can also help people lose weight and become more healthy. Sometimes its hard to start exercising, but trying to start small and work up at your own pace may help. Organized Arthritis Walks are commonly scheduled throughout May during Arthritis Awareness Month, so sign up to participate in an Arthritis Walk near you today.





# LEUKEMIA & LYMPHOMA SOCIETY®

**fighting blood cancers**

Sand Run Pharmacy is helping raise  
support for the

***Leukemia & Lymphoma Society.***

To donate please return this form with your  
donation or stop into the pharmacy to fill  
one out.

- ♦ Include your Name or the Name of a  
friend or loved one you want to honor.
- ♦ You can also put your contribution on  
your house account.

For further information call or visit  
Leukemia & Lymphoma Society website at:

WWW.LLS.ORG or (800) 955-4572

**100% of the Proceeds stay in  
Northeast Ohio**

***Donation Amount:***

\$ \_\_\_\_\_

## **Sand Run Pharmacy Holiday**

### **Hours:**

Saturday, May 24th: 9am to 2pm

Sunday, May 25th: **Closed**

Monday, May 26th : **Closed**

Tuesday, May 27th: 9am to 7pm



**Memorial Day, May 26th**

*Feel free to call us if you have any questions!*

**I'm  
Helping  
Beat  
Cancer!**

\_\_\_\_\_  
Name

## **Upcoming Events**

**May 7th: Senior Luncheon Series**

**Todaro's Party Center**

*1820 Akron Peninsula Road*

*Akron, OH 44313*

Doors open at 11am

Lunch at 12:15pm,

Entertainment to follow till 1:30

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

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