



# SAND RUN PHARMACY

June

## Poison Ivy Prevention and Treatment

With the arrival of summer comes the increased risk of skin exposure to poison ivy. At least 50 percent of people who come in contact with poison ivy develop an itchy rash. Poison ivy is a woody perennial. The common saying is "Leaflets three- Let it Be!". Below is a picture of a poison ivy leaf.



If you see a plant that looks like the picture above, try to avoid contact with the plant because skin exposure to poison ivy can cause redness, itching, swelling, and even blisters. If you think that your skin came into contact with poison ivy, you should first remove the plant's oil from your skin by washing the affected area with soap and water or with *Good Neighbor Pharmacy* Poison Ivy Wash. Be sure to wash under your nails as well. You should also wash any clothes, gloves, boots, or outdoor equipment that may have also touched the poison ivy. Once the oil is washed off, the poison ivy will no longer be contagious.



Although the affected area may itch, try to avoid scratching because you could scratch open your skin, letting bacteria in. To help with the itching, you can apply a small amount of hydrocortisone cream Or apply cool a wet compress to your skin. If itching is preventing you from sleeping, you can take Benadryl. Be aware that Benadryl might cause some drowsiness the next morning.



If you see no improvement after 2 to 3 days, or if the irritation spreads, you should contact your doctor. You should also contact your doctor if the poison ivy covers a large area of your face or if it causes your eyelids to swell.



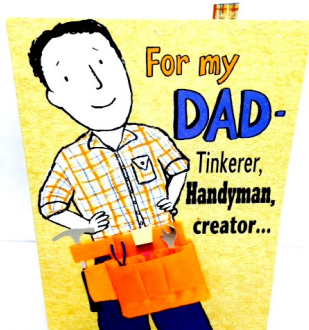
Poison ivy can be prevented by learning to recognize the poison ivy plant and avoid it, by staying on marked trails while hiking, and by wearing long pants and long-sleeved shirts if you believe that you may come into contact with poison ivy.

## Prostate Screening

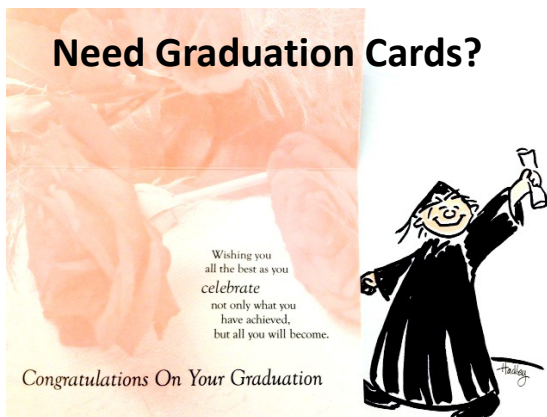
Father's Day is also a good time to discuss men's health. Prostate screening can help detect prostate cancer early and is recommended for men between the ages of 40 and 75 and especially for men with a family history of prostate cancer. Types of screening include the Prostate-specific antigen test (PSA) and the digital rectal exam (DRE). PSA screening is a simple, widely available blood test, and a DRE can be performed by your primary care physician. Before taking any action, you may want to discuss the risks and benefits of prostate screening in order to determine if you should be screened and what kind of screening you should have done.

### **Don't Forget Father's Day!**

**June 15th**



### **Need Graduation Cards?**



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## **13th Annual Pet Expo**

**Saturday, June 7th, 2014**

**10am to 4pm**

**Hardesty Park in Akron**

**(W.Market at Hawkins)**

**This Year's Goal: 200 Adoptions!!**



Akron Police K-9 All Day sponsored by:

*Valley Animal Hospital*



Cutest Pet Contest at 2pm presented by



Fox 8 TV Personality:

Dick Goddard

11am to 3pm



Over 60 Vendors



Over 50 Shelters



Sand Run Pharmacy will be at the Pet Expo. Stop by our stand to enter a chance to win 4 tickets to the Akron Rubber Ducks Game! The baseball game is on June 11th, Bark in the Park Night.

Bring your furry friend out for a good time!

We will also have complimentary treats available at our table!