

SAND RUN PHARMACY

OCTOBER 2015

Staying Healthy This Season

Are you ready for what this season has to bring? Allergies, the flu, and getting up to date on vaccinations... Here at Sand Run Pharmacy we make it easy for our customers get everything they need to stay healthy this season.



Sinatrol: relieves nasal drainage and sinus pressure to promote healthy sinus function

If you have any questions about these Ortho Molecular Products® and your allergy symptoms, don't hesitate to ask us.



Flu shots are available during business hours:

Monday—Friday: 9 am to 7pm

Saturday: 9 am to 2 pm

Stop in any time we are open! No Appointment Needed

Allergies Hitting You Hard This Season?

Developing the right strategy to avoid your allergy triggers is the first step to treat your seasonal allergies. If you are interested in a more natural solution for your allergy symptoms, we offer Ortho Molecular Products® available at Sand Run Pharmacy.

Natural D-Hist™: is a formulation that contains: vitaminC, quercetin dihydrate, stinging nettles leaf, bromelain, and N-acetyl cysteine

⇒ It is designed to support the nasal and sinus passageways during seasonal changes.

D-Hist Jr: This product works just like the D-Hist but is half the dose and comes in a chewable tablet

Don't Forget About Your Flu Shot

Each year thousands of people in the United States die from the flu, and many more are hospitalized.

Flu Vaccine Can:

- ⇒ Keep you from getting the flu
- ⇒ Make symptoms less severe if you do come down with a flu
- ⇒ Help from spreading the flu to your family and other people

Stop in and get your flu shot now! It takes about two weeks for protection to develop after the vaccination, and lasts through the flu season. Pharmacist are now permitted to administer the flu shot to children age 7 and older. No prescription is required, just a parent or guardian's consent and signature.

Up To Date On Your Vaccinations?

Not only is it important to get your flu shot this season, but it's equally as important to make sure that you are up to date on all your vaccinations. Do you know that the flu can lead to pneumonia? Have you had the new pneumonia vaccination, Pevnar 13?

Insurance Coverage: All Medicare Part B plans are covered 100%.



While you get your flu shot, we can also administer a pneumonia vaccine.

Breast Cancer Awareness Month

October is breast cancer awareness month, which is an annual campaign to increase awareness of the disease.



292, 130 Women will be diagnosed with breast cancer in 2015

2,350 Men will be diagnosed with breast cancer this year also

Early Detection:

- ⇒ Women should perform a self breast-exam each month and any changes or abnormalities should be discussed with a doctor or physician
- ⇒ Clinical breast examinations are preformed during your annual check-ups
- ⇒ Recommendations for all women: Women 40 and older should have mammograms every 1 or 2 years



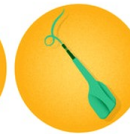
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CLINICAL EXAM



MAMMOGRAM



ULTRASOUND



The Circle of Life: "Time for the Conversation"

October Series— Community Welcome

⇒ **October 3rd: 8 am to 10 am, Bath UCC Fellowship Hall**

Starting the Conversation: *How do I begin talking about this with my family and loved ones?*

Speaker for this event:

⇒ Mike Gilbride

⇒ **October 17th: 9 am to Noon, Bath UCC Fellowship Hall**

Conversation Before a Crisis: *What do I need to know and have in place before a crisis?*

Speakers for this event:

⇒ Rev. Dr. Sandy Selby

⇒ Jon A. Oldham

⇒ **October 31st: 9 am to Noon, Bath UCC Fellowship Hall**

Conversation Following a Crisis: *What do I need to know when something happens to me or a loved one?*

Speakers for this event:

⇒ Steven "Skip" Radwany, MD

⇒ Karen L. Mullen, MBA, BSN, RN

⇒ Jodi Wagner, BSN, RN, CHPN



TO REGISTER:

Call or email and include the date(s) and number of attendees. You may attend events of your choosing.

The Bath Church - United Church of Christ

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