

Ways to Stay Healthy this Winter

During the winter months, we need to be more aware of colds, flu, and other winter germs that we may come in contact with. Infections put millions of people out of commission, cost employers more than 20 billion dollars in paid sick days, and send more than 200,000 sufferers to the hospital. When temperatures start to drop, our doors and windows stay closed. This can lead to viral and bacterial germ accumulation in our homes. So how do we stay healthy during these winter months? At Sand Run Pharmacy, we are here to help! Follow these simple steps to promote health and wellness during the cold winter months.



⇒ **Get a Flu Shot**

An influenza vaccination offers 70 to 90% protection against infection and can decrease the severity and side effects of influenza if you do happen to get sick. The first week of December is also *National Influenza Vaccination Week*, so if you haven't received a flu shot yet, stop by the pharmacy and see us today!

⇒ **Pneumonia Vaccine**

Have you heard about the new pneumonia vaccine, Prevnar 13? Talk to your doctor about when you had your last pneumonia vaccination and if so which one. Prevnar 13 is recommended for everyone ages 65+. Also if you have Medicare, the vaccine is covered 100%, with no cost to you at all. Prevnar 13 is a single dose vaccine that can protect you from getting pneumonia. One shot now could save you thousands in hospital charges later! Ask one of our pharmacists about Prevnar 13 today!

⇒ **Use a Vitamin D Supplement**

During the winter months, it's very important to take a vitamin D supplement. Typically, we get our daily vitamin D from the sun, and our skin absorbs the nutrients. Since we are not in the sun as much during the winter, taking a vitamin D supplement will help your body be the best it can be. Vitamin D helps your body absorb calcium, which is essential for bone health. Ask your physician or one of our pharmacists which strength of vitamin D is right for you!



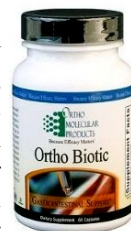
⇒ **Take a Multivitamin**

Multivitamins contain several vitamins, such as B-complex vitamins and vitamin C, that may help improve your body's energy. Taking a multivitamin can also prevent you from catching a cold and help fight against viruses. Next time you stop in, check out the selection of vitamins we have to offer.



⇒ **Enjoy the Benefits of Yogurt or Probiotics**

A carton of yogurt can help prevent osteoporosis, reduce your risk of high blood pressure, and aid in symptom management of gastrointestinal conditions like inflammatory bowel disease and constipation. When buying yogurt, choose low-fat products, and make sure the yogurt contains active cultures as well as vitamin D. Looking for a good probiotic to take? Try Ortho Biotic, an Ortho Molecular product. The nice thing about this product is that you can open the capsule and pour the contents over applesauce or yogurt if you have a hard time swallowing pills. You can find these products by our vitamin section.



⇒ **Start a Winter Tradition: Family Workouts**

Why not get everyone involved with a simple workout?

- ◇ Walk laps around the mall while you're shopping
- ◇ Build your biceps: Grab a bottle of water and do curls
- ◇ Trim those triceps by doing dips off the couch
- ◇ Take part in a holiday fundraiser: Jingle Bell Run/Walk

⇒ **Get More Omega-3s**

Eating foods or taking supplements that contain omega-3s can reduce inflammation, increase airflow, and protect your lungs from colds and respiratory infections. Now available at Sand Run Pharmacy, OrthoMega, can provide you with all the omega 3's your body needs. This product does not have that fishy taste most fish oil products have. These can be found by the vitamins section also.



⇒ **Wash Your Hands**

Touching door knobs, using a communal pen, and even using your own cell phone can carry so many germs, especially this time of the year. Make sure you wash your hands with soap and hot water or carry a bottle of hand sanitizer to keep you and your loved ones safe this season!

⇒ **Turn in**

Receiving adequate amounts of sleep is crucial all year long. If your body is too tired, any other precautions you take against the cold or flu will essentially be wasted efforts. Make sure you're getting 7.5 to 8.5 hours of sleep a night, so your body has enough rest to fight off cold and flu this season.



Happy Holidays From **SAND RUN PHARMACY**

Holiday Hours

Date	Holiday	Hours
December 24th	Christmas Eve	9 am to 2 pm
December 25th	 Christmas Day	CLOSED
December 26th	Regular Saturday	9 am to 2 pm
December 31st	 New Years Eve	9 am to 2 pm
January 1st	New Years Day	CLOSED
January 2nd	Regular Saturday	9 am to 2 pm

Temo's Chocolates



**Christmas Temo's are Here!
Waggoner's Assorted Chocolates and
The Peanut Shoppe's boxed nuts are
also available!**

CALENDARS AVAILABLE



14.95 + tax



**Christmas cards are in! 50% Off
Stop by the pharmacy to check out
the different designs!**