

SAND RUN PHARMACY

March 2017 Newsletter

Happy Mouth, Healthy Teeth



Two Minutes Two Times a Day

Put the time in each day to keep your smile at its best! Four minutes a day goes a long way for your dental health.

Toothbrush Lifespan

- 3 - 4 months
- After recovering from an illness
- Sooner if the bristles are frayed

A worn toothbrush won't be as beneficial when it comes to brushing your teeth.



Which Toothbrush & Toothpaste Should I Use?



- Look for the ADA Seal, it is the gold standard for toothbrush quality and toothpaste
- Go soft: choose a soft-bristled brush
- Firm or even medium-strength bristles may cause damage to your gums and enamel
- ADA Seal toothpaste contains fluoride

Fun Fact: The toothbrush is 5,000 years old.

Advice from a Local Expert...

"I just want to give a shout out about how important a clean, healthy mouth is to your overall health. Make sure you get cleanings and checkups every 6 months!"

**-Dr. Robert Lowery, DDS
Dentist, Akron Ohio**

Let's Talk About Flossing

- Studies have shown that regular flossing promotes healthy teeth and helps to build strong gums.
- Before you brush or after, your teeth don't care when, just do it!



Are You Experiencing Dry Mouth?

- Lack of saliva makes the tissue in and around your mouth dry and tight



Medications That Can Cause Dry Mouth:

- Allergy medications
- Anxiety and depression medications
- Dilantin (phenytoin)
- Medications used for nausea
- Antidiarrheal agents
- Some overactive bladder medications
- Some blood pressure medications

Dry Mouth Relief Products:



*** Available at Sand Run Pharmacy

Denture Care

- Remove and rinse dentures after eating
- Clean your mouth after removing dentures
- Brush your dentures daily
- Soak dentures overnight
- Rinse dentures before putting them back in





Compounding Corner

Dry mouth can be very uncomfortable and troublesome for many people. While medications that you take may control your blood pressure or other health condition, they could be causing your dry mouth which can lead to:

- Bad Breath
- Cavities
- Mouth Sores
- Pain



Other conditions of the mouth can be bothersome too such as:

- Cold Sores
- Canker Sores
- Dental Procedures
- Orthodontic Needs
- Cavities
- Infection
- Chemotherapy/Radiation Complications



Here at Sand Run Pharmacy, we are here to help! As compounding specialists, we are able to work directly with your doctor to make many mouth-washes, rinses, gels, pastes, and creams to help you and your family cope with any ailment(s) you may incur.



Pet Corner



Did you know we can make medications for furry family members? We specialize in compounding medications that your beloved pet will actually enjoy! We are dedicated to simplifying medication regimens for the sake of both pets and their owners.

Flavoring available!

Beef, Chicken, Tuna, Bacon, Peanut Butter, Fish Chowder... the possibilities are endless!*

*Ask one of our friendly pharmacists for more details.



Stop By and See Us! The Summit Mall Home & Pet Expo

Saturday, April 1, 2017
3265 West Market Street
Fairlawn, Ohio 44333
10 am to 4 pm



Show Details

Free admission to the show
Giveaways
Pet adoptions
Obedience Demonstrations