

Sand Run Pharmacy

40 Sand Run Rd
Akron, OH 44313
(330) 864-2138



April 2012



Allergy Season Has Begun!

The unseasonably warm weather the past few weeks has brought us all smiles as we get out of our winter blues, but it has also brought out tree pollen and begun an early allergy season.

Most allergies are caused by spores and pollen made by plants and trees as they begin to bloom. Although harmless, your body sees these as an invader and tries to get rid of them. The result?

- Sneezing
- Itchy, watery, red eyes
- Runny, congested nose

There are a few steps you can take to relieve your allergy symptoms. First, if you are unsure

what you are allergic to, talk to your primary care physician about a possible allergy skin test that can be performed to narrow down what is causing your symptoms.

After you are aware what the cause is, it is best try and avoid that allergen to reduce your symptoms. Easier said than done right?

If you can't avoid the allergen quickly, there are some possible medications you can take to alleviate your symptoms. Antihistamines reduce your body's ability to attack the pollens and can reduce symptoms. Over-the-counter products such as Claritin, Zyrtec, or Allegra are great options as they are taken once a day and do not cause drowsiness. Benadryl is an older, stronger anti-histamine, but it is associated with drowsiness, confusion, and should not be taken in some populations of patients. We are proud to carry Good Neighbor Pharmacy brand generic medications for all of these medications to provide the

same relief at a fraction of the price.

If nasal congestion continues with an antihistamine, other medications can be added to help open the nasal cavity. Pseudoephedrine is a good option for some people, however it does increase blood pressure and should not be taken by those with high blood pressure. Over the counter nasal sprays are available that may also help temporarily, however some prescription nasal sprays may be better options. It is always a good idea to talk to your physician and pharmacist before you begin any of these medications so they may look at your other conditions and medications to ensure you are on the safest, most effective medication. Feel free to stop in anytime if you have any questions.



What Are Compression Stockings?



Compression stockings are specially designed products designed to assist with leg circulation. The veins in your leg are responsible for transporting blood back to your heart, and this is done by a teamwork of muscle contractions to push the blood forward and gates in your veins to prevent back flow. As we age or if we are on our feet

for long periods of time, our muscles still work well at pushing the blood, but the gates become less able to keep it all moving forward. If you sit for long periods of time, you may not have enough muscle contractions to push the blood forward. This results in some blood not moving as well as it should. Most people will notice swollen, sore ankles and feet as a result. In more severe cases, blood clots may form or skin may appear bluish as a result of unoxidized blood.

Compression stockings provide additional pressure to your leg to maintain proper circulation. Worn daily, people will experience less swelling and soreness at the end of the day. Great during the day, these products should be removed prior to bed.

We are proud to carry Juzo brand compression stockings. The Juzo brand is a well established name in the business and is known for their durable, easy to maintain products. They come in a variety of colors and fabrics to accommodate any fashion. These products require proper fitting to ensure a good fit to get the most out of your stocking. Stop in today to learn more!



Interesting Health Fact of the Month

Eating snack foods with your non-dominant hand can significantly reduce how much you eat. Give it a try!

April 2012 List of Events

April 17th
Prescription Drug Abuse Awareness for
Parents Presentation
6:30pm
Revere High School

April 18th
Copley Senior Fair
10am-2pm
Copley Community Center

April 23rd
Poison Prevention in Your Home
7pm
Fairlawn Lutheran Church



featuring **Diabetes Shoppe**



@SandRunPharmacy