

SAND RUN PHARMACY



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Managing Your Cholesterol

High blood cholesterol increases a person's risk of getting heart disease or having a heart attack. Heart disease is the number one killer of men and women in the U.S. More than one million Americans have a heart attack every year, while almost a half million Americans die of heart disease.

Eating too much cholesterol can lead to high blood cholesterol levels. The higher your "LDL" (bad) cholesterol, the greater your risk for heart attack and stroke.

Of the risk factors affecting cholesterol levels, there are many you can control. These include: a diet low in saturated fat and cholesterol, maintaining a healthy weight, and getting regular physical exercise.

Everyone over the age of 20 should have their cholesterol measured at least once every 5 years. A

"fasting lipid profile" can be measured to tell you the levels of cholesterol in your blood after a 12-hour period of not eating. This profile will tell you:

- **Total Cholesterol**
- **LDL Cholesterol:** "bad cholesterol" that can build up and block arteries
- **HDL Cholesterol:** "good cholesterol" that takes cholesterol from the arteries to be eliminated
- **Triglycerides:** another fat type found in the blood resulting from excess calories; these can also lead to heart disease!

Sand Run Pharmacy offers a quick, convenient way to check your cholesterol! High cholesterol can be managed. Conventional cholesterol profiles can be costly and require a blood draw and laboratory work, but we offer a quick, convenient way to check your cholesterol. We use a

device that requires only a finger stick to get a few drops of blood to tell your total cholesterol, LDL, HDL, and triglyceride levels.

Results are found in about five minutes and without having to go to a clinic or wait for laboratory results. There is a \$35 fee for this service, and an appointment needs to be made in advance. In order to get a fasting lipid profile, appointments are scheduled for first thing in the morning. At Sand Run Pharmacy we will provide you with information about your results.

The information gained from this test is a valuable tool in managing drug therapy, evaluating diet changes, and guiding lifestyle choices in order to reduce the risk of heart disease. You can set a cholesterol goal and achieve it!



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**FOR YOUR LOCAL POISON
CENTER CALL: 1-800-222-1222**

Page 2



National Poison Prevention Week is March 17-23, 2013

Products and medicines can hurt you if used the wrong way, in the wrong amount, or by the wrong person.



Poison centers take more than 4 million calls every year. The American Association of Poison Control Centers (www.aapcc.org)

reports that half of the calls to poison centers are regarding children under the age of 6. However, not all poisonings are children getting into household chemicals. 92% of poison-related deaths reported in 2010 were in adults.




Common household products that account for accidental poisonings every year include:

-medicines, alcohol, beauty products, cleaning products, paints, glues, automotive products, insect repellants, pest poisons, weed killers, pet medicine, swimming pool chemicals, and more...

During winter months, it is also very important to be aware of

carbon monoxide poisoning wherever fuel-burning appliances and equipment are used. This includes cars, space heaters, fireplaces, and certain furnaces, water heaters, generators, and ovens!

In order to keep you and your family safe from accidental poisonings, consider the following steps:

- Lock medicines, household products, lawn chemicals, and other poisons out of sight and reach of children.
- Only use medicines as directed 
- Store products in their original containers.
- Always read product labels carefully for directions and warnings
- Use tamper-proof bait stations for rodent poisons
- Discard old/outdated products
- Never mix chemicals together; this could cause poisonous gas
- Ventilate areas well when using household chemicals
- Wear protective clothing when using poisonous materials
- Never let children eat yard mushrooms or plants

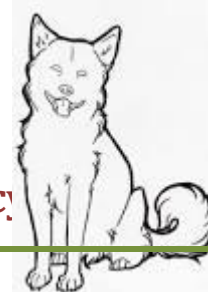
- Carbon monoxide detectors can be installed with smoke/fire alarms in the home.

For a possible poisoning, call your local poison center immediately. From anywhere in the country, call **1-800-222-1222** to be automatically connected to the experts at your local center.

TELL CHILDREN: "ASK A GROWN-UP FIRST!" You can get poisoned by eating, drinking, touching, or even smelling something that can make you sick or hurt you. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe!"

Even though Poison Prevention Month's focus is on humans, pet owners can apply the same principles to protecting their pets. If a pet has been poisoned, call the **ASPCA 24-Hour Emergency Center at 888-426-4435**. Fees apply. The top 10 most frequent pet poisonings are from: human medicines, pet medicines, household items, and foods.

The best way to protect your pet from poisoning is to keep all harmful items out of reach. Remember that many dogs and cats are able to open cabinets!



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www.sandrunpharmacy.com