



July, 2013

## SUMMER SUN PREVENTION

During the past decades doctors have become increasingly aware of the increase in skin cancer in the United States and that all people need to protect themselves from ultraviolet radiation (UV). The harm caused by UV to your skin includes premature aging and skin cancer. Some medications, such as antibiotics, antidepressants, diuretics and retinoids, can make you extremely sun sensitive as well. The following simple precautions can make all the difference. Shade, clothing and hats provide the best protection. Application of

sunscreen is necessary on those parts of the body that remain exposed like face and hands. Apply a broad-spectrum sunscreen of SPF 15+ liberally and reapply every two hours, or after working, swimming, playing or exercising outdoors.

Sand Run has a full line of sunscreen products available to protect your skin and meet your needs. We carry Coppertone broad spectrum sunscreen available in a water resistant formulas and Neutrogena Beach Defense available in SPF's from 30 to 70. We have

Aveeno sun block spray in an SPF of 30 and the Bullfrog full line of sun care products including waterproof/sweat proof applications. We also carry a full line of skin moisturizers such as Lubriderm, Eucerin, Gold Bond, as well as Alo Sun after tan and many more. We have Good Neighbor lip balm to protect your lips and remember sun care products have a shelf life and may not be effective after the expiration date. Let Sand Run Pharmacy help you protect your body today!



Sand Run Pharmacy  
will be closed on  
July 4<sup>th</sup>.



## Expired Medications and Their Disposal

With food in your refrigerator it may be easy to tell when it has gone bad, but how do you tell when your medicine is no longer safe to take? According to the Food and Drug Administration (FDA), using expired medicines is risky and possibly harmful to your health. Expiration dates have been used on over the counter and prescription medicines since the 1970's and are important in determining if the product is safe or if it will work as intended. Expired products can be less effective or risky due to a change in chemical composition or a decrease in potency that can occur over time. Improper storage, such as a humid bathroom cabinet, can speed this decomposition. This is why medicines should be stored in a non-humid and controlled temperature area. Expired medications should not be used. Expired, unwanted or unused medicines should be disposed of properly. The preferred method of disposal is to drop the

medicine off at a Drug Take Back Program. A list of locations in Summit County is available at: [http://www.takebacknetwork.com/ohio\\_4.html](http://www.takebacknetwork.com/ohio_4.html) or call the Summit County Health Department at 330-926-5659. If a facility is not available to you, the FDA recommends flushing **some** medications down the toilet or sink because they can be harmful to children and pets. A list of these medicines is available online at: <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#MEDICINES> Medicines not on this list can be thrown away in household trash by placing them in a bag or container and mixing with coffee grounds or kitty litter. Remember, once a medicine has reached the expiration date, there is no guarantee that it will be safe and effective.

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### **Summit County Health Dispose of Unused Medications Properly (D.U.M.P.) Program**

Summit County Public health, in collaboration with local community partners has established a pharmaceutical disposal program for residents to safely dispose of their unused medications. Simply take the unwanted medicine to one of the several D.U.M.P. box locations in the county and the medication will be safely destroyed, no questions asked.

#### **Collection Sites:**

Akron City Police Department  
217 S. High St., Akron, OH  
44308

Bath Township  
3864 W. Bath Rd., Akron, OH  
44333

Copley Police Department  
1280 Sunset Dr., Copley, OH  
44321

Fairlawn  
3487 S. Smith Rd., Fairlawn,  
OH 44333

