

# SAND RUN PHARMACY

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## What is the big deal about flu shots?

It's September, folks. That means we are entering flu season. And unfortunately, that means more than 200,000 Americans will be hospitalized in the coming months because of the flu. This awful statistic proves true again and again, year after year. Which begs the question, "Why doesn't everyone get a flu shot?" Well, there are a few myths about flu shots that deter people away from the vaccine. Is one of them holding you back?



Myth #1: Healthy people do not get the flu.

- ✗ This is false. Anyone can get the flu.

Myth #2: Most people who get a flu shot still get the flu.

- ✗ Again, false. Your risk will be lower. If you do get the flu, it will be less severe.

Myth #3: The vaccine contains a virus, and it causes the flu.

- ✗ FALSE! The vaccine cannot give you the flu!

The flu is a virus that infects the lungs, and it is more dangerous in certain groups of people. That is, they are more likely to go to the hospital if they get the flu, and they are the ones who need a flu shot the most. This includes people who:

- Are older than 50 or younger than 18
- Are pregnant or plan to become pregnant
- Have diabetes, asthma, or high blood pressure
- Have kidney or liver disease
- Have HIV or AIDS

If you live with someone in one of these high risk groups, it is especially important that you get a flu shot as well. If you get the flu, you could spread it to them.

We are offering flu shots in the pharmacy today! We are able to vaccinate patients age 14 and older. We accept most major insurance plans, and we offer the vaccine at an affordable price for those without insurance. No appointment is necessary. Walk-ins are welcome! And yes, we do provide the intranasal spray flu vaccine for those who are wary of needles! [Available for patients age 14-49 only].

Still have questions?

GET YOUR  
FLU SHOT!



Please stop in or call us at 330-864-2138 with any questions you might have. In rare circumstances, flu vaccines are not appropriate for some people. Our pharmacists will make sure the vaccine is safe and appropriate for you. Plenty of additional information can be found at [www.flu.gov](http://www.flu.gov)

# Three Tips on Improving Your Dental Health

## We can work with your dentist!

Ever hear of magic mouthwashes? They are special rinses that are commonly prescribed to treat oral ulcers. They are also used to treat inflammation in the mouth caused by radiation or chemotherapy. However, there is no single recipe for a magic mouthwash. Your dentist or another physician needs to select the ingredients that will work best for you, and then the mouthwash is compounded. We will do everything we can to help your doctor get you the very best formulation.

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## Suffering from dry mouth?

Dry mouth is very uncomfortable. Many prescription medications that treat overactive bladder, low mood, and pain cause dry mouth. Over-the-counter allergy medicines and cold medicines may also cause dry mouth. If the medication can't be discontinued, try treating dry mouth with one of Biotene's products. They are specially formulated to restore the saliva in your mouth. An oral gel, toothpaste, chewing gum, and oral rinse are available. Let our pharmacists help you select a product!

## Why are there so many toothpastes?

There is a sea of options when it comes to choosing toothpaste, but make sure that the toothpaste you're using contains fluoride. Fluoride protects your teeth from bacteria that cause cavities, and it is very effective. Simplify your selection by looking for fluoride. Also, if your teeth are easily irritated by hot or cold temperatures, purchase a toothpaste for sensitive teeth. Be aware that it can take 4 weeks of daily use before your teeth become less sensitive. It won't work right away!

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