



SAND RUN PHARMACY

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Be Prepared! Make a Cold and Flu Emergency Kit

There is no denying it, cold and flu season has hit Northeast Ohio. In combination with the tricky weather that we have experienced this season, leaving your house to pick up cough medicine may be the last thing on your mind. Odds are either you or someone in your family is bound to get sick at some point this season, so be prepared ahead of time by preparing a Cold and Flu Emergency Kit. Consider including some of the items to the right.

If you have these items on hand at the start of a cold, you're certain to have a leg up to feeling better. If you have any questions while preparing your emergency kit, never hesitate to ask your pharmacist! Look on the backside of this sheet for great GNP product that are sure to help you put your kit together.

- Tissues
- Thermometer
- Hand sanitizer
- Aches and pains – Acetaminophen (Tylenol®), ibuprofen (Motrin®, Advil®), or naproxen (Aleve®)
- Cough syrup – dextromethorphan, which helps to control coughing, or guaifenesin, which helps to loosen mucus
- Decongestant – pseudoephedrine or phenylephrine
- Cough drops/sore throat lozenges
- Nasal spray – saline nasal spray or oxymetazoline (Afrin®)
- Plenty of fluids – water, soup, ginger ale, sports drink, etc

You and the Flu - Managing Your Illness with Chronic Conditions

Some of the most common conditions can throw a wrench into your health when it comes to managing your cold and flu. Picking up a bug is never ideal, and it can be even more of a hassle if you have certain chronic conditions such as diabetes or high blood pressure. Also, as you begin to put together your emergency kit, there are some important things to consider about many common over the counter medications.

Diabetes

When you are sick your body is under more stress than usual, which you often feel as being tired and ill. Under times of stress, blood sugar tends to rise more than normal, which you may see as you check your blood sugar throughout the day. For this reason, you may need to monitor your blood sugar more closely until you feel better, and be sure to talk to your physician if you need to make any changes with your medications during these times. To also help maintain a steady blood sugar, continue eating on a normal schedule. Oftentimes, your appetite is the first thing to go, but try to continue eating small healthy snacks throughout the day to avoid large changes in your blood sugar readings.

When considering products for your cough and cold, you also may need to pay closer attention to what you grab off of the shelf. Many products contain sugars and sweeteners that is unnecessary and can be avoided by looking for sugar-free products, sometimes labeled as “diabetic tussins.”

High Blood Pressure

Chicken noodle soup, the classic remedy for feeling under the weather, can be loaded with salt and can be detrimental to maintaining a healthy blood pressure. Just as you would do any other time, pay attention to the nutrition labels and keep track of your daily sodium intake.

High blood pressure can also pose a challenge when it comes to medications. Many of the over-the-counter products contain the decongestants that can increase your blood pressure. When looking for a product, avoid ingredients such as pseudoephedrine, phenylephrine, and oxymetazoline; instead look for cough and cold medications that contain guaifenesin or dextromethorphan.

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Good Neighbor Pharmacy Products for Your Kit

Digital Thermometer	\$11.69
Cough Drops (30 lozenges)	\$1.19
Nasal Moisturizing Spray (1.5 fl oz)	\$2.49
Nasal Decongestant 120mg (10 tablets)	\$9.39
Tussin (4 fl oz)	\$4.69
Tussin DM (4 fl oz)	\$3.89
Acetaminophen 325mg (100 tablets)	\$6.79
Naproxen 220mg (50 tablets)	\$5.49
Ibuprofen 200mg (50 tablets)	\$4.99

February is American Heart Month

Check Your Blood Pressure

With hypertension, or high blood pressure, taking your own blood pressure daily is an important component of managing your health. Next time you stop to pick up your medications, be sure to take a look at the variety of blood pressure monitors available. Also, while you are picking up your medications, be sure to ask about our in house blood pressure cuff. It takes only seconds to get a reading with a printout of your blood pressure at that moment.



Get Your Valentines Cards and Chocolate

Next time you stop in at Sand Run Pharmacy, be sure to check out our wide selection of Valentines Day cards and chocolate made locally at Temo's in Akron, Ohio!



Don't forget
your flu shot!
Sand Run
Pharmacy
offers
pneumonia and
shingles shots
daily!

Local Events

2014 Senior Luncheon Series
February 12th - Doors open at 11am
St. George Fellowship Hall
3204 Ridgewood Road
Fairlawn, Ohio 44333

Witan's 37th Annual French Market
February 21st - 10am to 4pm
February 22nd - 10am to 3pm
Todaro's Party Center
1820 Akron-Peninsula Road
Akron, Ohio 44313

