



May 2014



SAND RUN PHARMACY

Arthritis Awareness Month

May is arthritis awareness month. Throughout May, the Arthritis Foundation urges taking action to change the course of arthritis. From participating in a nearby Arthritis Walk, to improving your health through fitness and nutrition, to speaking out about the seriousness of arthritis, there's a lot you can do to raise awareness and reduce the impact of the nation's leading cause of disability.

An estimated 52.5 million, or 1 in 5 adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Amongst people 65 or older, about 50% report arthritis diagnosis, so this is a very common problem. It is important that people know about their arthritis, and what they can do to make the best of it. Addressing arthritis, and knowing what may aggravate arthritis pain can benefit quality of life, and improve exercise tolerance. This will not only help a patient with their arthritis, but may also improve other disease states as well.

Coping with arthritis can be hard, but there are certain lifestyle changes and treatment options that can be very helpful in easing the pain and decreasing the impact arthritis has on a person's life.



Having a more active lifestyle is definitely beneficial, and can help decrease arthritis pain. Despite the known benefits of physical activity to help manage arthritis, adults with arthritis are less active than adults without arthritis.



Walking has been shown to improve arthritis pain, fatigue, function, and quality of life. Walking is low impact on your joints, can be done almost anywhere and doesn't require special equipment or a gym membership. Not only does activity help decrease pain, but it can also help people lose weight and become more healthy. Sometimes its hard to start exercising, but trying to start small and work up at your own pace may help. Organized Arthritis Walks are commonly scheduled throughout May during Arthritis Awareness Month, so sign up to participate in an Arthritis Walk near you today.

Things That may Aggravate Arthritis

Infections	Stressful situations
Inflammation	Injury
Certain Foods	Sedentary Lifestyle
High Impact Activity	Weather Changes





LEUKEMIA & LYMPHOMA SOCIETY®

fighting blood cancers

Sand Run Pharmacy is helping raise support for the

Leukemia & Lymphoma Society.

To donate please return this form with your donation or stop into the pharmacy to fill one out.

- ◆ Include your Name or the Name of a friend or loved one you want to honor.
- ◆ You can also put your contribution on your house account.

For further information call or visit Leukemia & Lymphoma Society website at:

WWW.LLS.ORG or (800) 955-4572

100% of the Proceeds stay in Northeast Ohio

Donation Amount:

\$ _____

Sand Run Pharmacy Holiday

Hours:

Saturday, May 24th: 9am to 2pm

Sunday, May 25th: **Closed**

Monday, May 26th : **Closed**

Tuesday, May 27th: 9am to 7pm



Memorial Day, May 26th

Feel free to call us if you have any questions!

I'm
Helping
Beat
Cancer!

Name

Upcoming Events

May 7th: Senior Luncheon Series

Todaro's Party Center

1820 Akron Peninsula Road

Akron, OH 44313

Doors open at 11am

Lunch at 12:15pm,

Entertainment to follow till 1:30

Sand Run Pharmacy will be represented at the events above. See You There!!!!

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