

# SAND RUN PHARMACY

## HOW TO STAY ON TRACK THIS 4TH OF JULY

You've been working hard the past couple of months... going to the gym, eating healthier and staying hydrated. Fourth of July parties are right around the corner, not only do we celebrate our country's independence but we also load up the barbeque and pile our plates. Here are some tips on how you can keep your healthy living on track with a little bit of advanced planning!

### Navigating Party Food

1. *Eat before you go* — You can still nibble later on, but this way you are not going wild at the buffet
2. *Offer to make and bring your own dish* — This should be something healthy that other people would actually want to eat.



### Grill Away the Calories

1. *Ditch the bun* — You can easily save 150 - 200 calories! Try wrapping your burger in lettuce leaves or only use half of a bun and eat your burger open face.



### Have Your Brews and Drink Them Too

Another danger zone at fourth of July parties are the boozy brews. If you're watching what you eat, then you know what you drink can also add up quickly.

1. *Try alternating drinks...* For every alcoholic beverage you have, alternate with on full bottle of water next
2. *Try using sparkling water and lemon for taste instead of using a sugary mixer for beverages*



### Soak up a Sweat

If you absolutely can't resist the usual calorie-packed suspects and decided you're eating whatever you want.. Bring some fun activities or games

1. *Frisbee, horse shoes, cornhole, wiffle ball, volleyball, etc.*



Hopefully some of these tips are helpful as you prepare for a fun, festive and safe 4th of July celebrating our great country.

## July 2016 Newsletter

### Red, White & Blue Potato Salad



#### Ingredients:

- 2 pounds baby potatoes, a mix of white and blue (or purple)
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 3/4 chopped roasted red peppers, rinsed
- 4 scallions, thinly sliced
- 1/4 chopped fresh mint
- Fresh ground pepper to taste

#### Preparation:

1. Place potatoes in a large saucepan or Dutch oven and cover with lightly salted water. Bring to boil until tender, about 15 minutes. Drain and rinse with cold water.
2. Whisk lemon juice, oil, salt and pepper in a large bowl. Cut the potatoes in half, add to the bowl and toss to coat.
3. Just before serving add peppers, scallions, and mint.

ENJOY 

## DON'T TRY TO BEAT THE HEAT

Getting through summer will involve sunscreen — lots and lots of it. Here are some easy options for sun protection the CDC recommends:

- **Sunscreen:** Use SPF 15 or higher with both UVA and UVB protection

• **Clothing:** wear clothing to protect exposed skin

• **Hats:** Wear a hat with a wide brim to shade the face, head, ears and neck.

• **Sunglasses:** Protect your eyes from UV rays to reduce the risk of cataracts



**HAPPY  
FOURTH OF JULY**

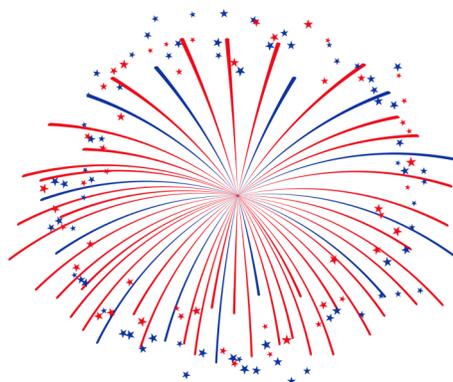
**Holiday Hours:**

Saturday, July 2nd: 9 am to 2 pm

Sunday, July 3rd: Closed

**Monday, July 4th: Closed**

Tuesday, July 5th: 9 am to 7 pm



**Welcome Caitlin Orchosky  
Our New Pharmacist at Sand Run**



Sand Run Pharmacy wishes to welcome Caitlin Orchosky, our newest staff pharmacist. Caitlin comes to us from Cuyahoga Falls, Ohio. She completed her undergraduate studies at the University of Akron, and is a recent graduate of Northeast Ohio Medical University. For the past 5 years, Caitlin has trained in our compounding lab and also assisted with immunization paperwork. Please greet Caitlin on the phone or in person as she helps meet your pharmacy needs.

**SAFETY AND CALMING TIPS FOR DOGS DURING FIREWORKS**

In the United States, July 4th is around the corner, along with the fireworks that inevitably come with this holiday. Almost all humans with canines in the U.S. declare this day the worst day of the year for their pets. Veterinarians say that July 3rd is usually the most trafficked day in their office, with clients coming in to get drugs for their dogs. Here are some tips to keep your pet safe and calm during the fireworks:

1. Make sure your dog gets plenty of exercise earlier in the day
2. Keep your dog inside during fireworks, preferably with a human companion

3. Provide a safe place inside for your dog to retreat



4. If possible keep the windows and curtains closed
5. Make sure all your dogs are wearing ID tags with properly fitting collars



6. Leave your dog something fun to do—like a frozen kong
7. Sound therapy: leave the radio or tv on for background noise
8. Tactile: The *thundershirt* is a wrap for your dog that provides gentle, constant pressure



Have fun and be safe this Fourth of July!



**Veterinary Compounding**

**What is compounding?**

We work hand in hand with the patient's owner and the veterinarian to customize a medication to meet the pet's specific needs.

For more information ask one of our staff members!

