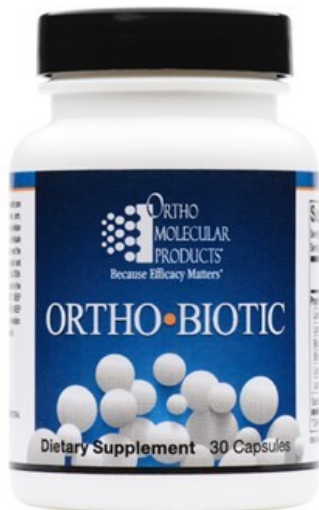


SAND RUN PHARMACY



Unused Medications?

For years, we've been told to flush unused/unwanted medications down the toilet. Studies have shown that this can contaminate the water supply and therefore may not be the best method for drug disposal.

Summit County Community Partnership has received a grant to fund their program **D.U.M.P.** (Dispose of Unwanted Medications Properly) and will be donating destruction bags to Sand Run Pharmacy for the public to use. Stop in today and pick one up.

Another option for disposal are the 14 drop off sites listed on their web-site. Just visit for more information.

<http://www.scphoh.org/ENVIRONMENTAL/ENV-DUMP.html>



Probiotics and Your Healthy Gut

Probiotics are capsules or tablets filled with billions of tiny bacteria that we take to keep our guts healthy.

How do they keep us healthy?

Believe it or not, we cannot survive without bacteria. Our guts are full of them! They help us digest our food, absorb nutrients, and keep us safe from infection and disease. You may be asking how bacteria can do all of those things. The answer is simple. We actually have more bacterial cells in our bodies than human cells and they are constantly working to do their jobs.

Good Bacteria and Bad bacteria

There are many kinds of bacteria, but in our guts we can break them into two categories. Good bacteria and bad bacteria.

The bad bacteria are those that can make us sick, cause upset stomach, produce uncomfortable gas, and a host of other problems. These bad bacteria grow when we don't have a healthy diet. Foods high in sugar can contribute to the growth of bad bacteria.

Good bacteria functions to digest food, release vitamins and minerals, fight off bad bacteria and disease. By feeding good bacteria, probiotics strengthen our immune systems.

Medications that Interfere with Gut Bacteria

- Antibiotics
- Antidepressants (Zoloft, Prozac, Effexor, etc.)
- Heartburn Medications
- Birth Control Pills
- Diabetes Medications
- Steroids (Prednisone, Medrol, etc.)
- NSAIDs (Advil, ibuprofen, Mobic, etc.)

If you take any of these medications and think that probiotics may be good for you, stop in and see us today. We would be happy to talk to you about your gut.

Huntington Towpath Century Ride Fundraiser

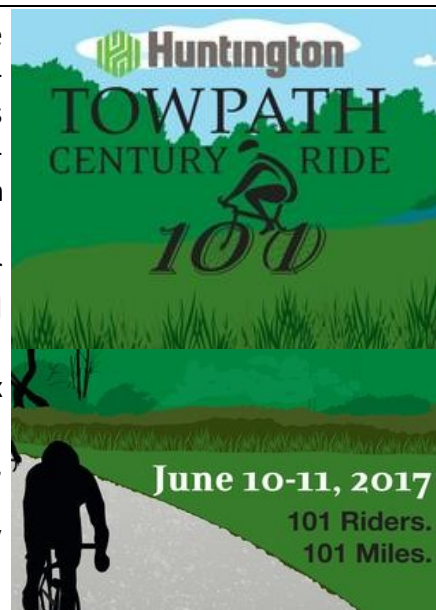
On June 10th and 11th, 101 riders will be riding 101 miles along the Ohio and Erie Canal Heritage Canalway. Tom and his son Andy will be participating in the event along with a team of riders from Wells Fargo. This fundraising event is designed with a goal to raise enough money to complete the Ohio and Erie Canalway Coalition Towpath Trail by 2020 and **Tom and Andy would like your help!**

By sponsoring them with a dollar amount of your choice or a per mile donation, you would be helping to preserve the natural, historical, and recreational resource throughout the corridor.

All donations made to the Huntington Towpath Century Ride are tax deductible. The Coalition is a 501(c)3 non profit organization.

You can donate by returning a check to Tom at Sand Run Pharmacy, made out to the Ohio and Erie Canal Heritage Canalway, or pledge online at:

<http://towpathcentury.dojiggy.com/ng/index.cfm/15678/rePages/pledge/ThomasLamb>



What's Coming Up



Wed. May 10th—Senior Fair

See details below

Sun. May 14th—Mother's Day

Mon. May 29th—Memorial Day

Pharmacy Closed

Sat. June 3rd — Pet Expo

See details below



1590 WAKR Senior Fair

On **May 10th, 2017**

1590 WAKR is hosting the second leg of the **Annual Senior Luncheon Series** at **Todaro's Party Center**
1820 Akron Peninsula Road
Akron, OH

Sand Run Pharmacy will be hosting a booth with free giveaways. Doors open at **11AM**, lunch, entertainment and door prizes will be raffled off from **12:15PM to 1:30PM**. Tickets available through 1590 WAKR.

Pet Expo

Stop by and see us at the **15th Annual Pet Expo** on **Saturday June 3rd, 2017** from **10AM—4PM** rain or shine at **Hardesty Park in Akron**

This event is presented by Smucker's with support from Pay it Forward Pets. This year's goal is to find homes for 200 pets! Demonstrations will be going on all day from the Akron Police K-9 division. There will be a cutest pet contest at 2pm, so bring your pet and win a ribbon! Also over 60 vendors and over 50 shelters will be represented.

