



SAND RUN PHARMACY

September 2017 Newsletter

Prevent Eye Strain:

- 20-20-20 rule:
Take a 20 second break from your device every 20 minutes to look at an object 20 feet away
- Increase text size on your device
- Turn down screen brightness
- Your computer screen should be an arm's length away
- Visit your eye care provider regularly



Eye Strain Awareness

According to the American Optometric Association, in 2015, 58% of adults had experienced digital eye strain or vision problems as a direct result of spending significant time on a computer for work.



Driving and Your Vision

Everyone needs good vision in order to drive safely. Being able to see clearly allows us to properly judge distance for multiple tasks on the road, but it is not the only thing that is necessary. Peripheral vision, or vision out of the corners of your eyes, is important as well to spot cars or objects coming up beside you while you are looking forward. Early detection, through regular and complete eye exams, is the key to protecting your vision. Many vision impairments can be minimized, prevented, or slowed, so be sure to make regular appointments with your eye physician.

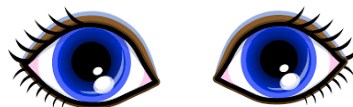
Remember that driving at night or in bad weather becomes more difficult as we get older. But don't worry...



WE DELIVER to patients in our area

Itchy Eyes?

As fall approaches, so do allergies caused by native plants like goldenrod and ragweed. Jason Sloan, Pharm.D., recommends Zaditor® eye drops to relieve itchy eyes caused by allergies. Zaditor® eye drops (shown on the right) are available at the Sand Run Pharmacy. Stop by today for a recommendation just for you!



Flu Shot Season!

Flu season is right around the corner. Come schedule your annual flu vaccine clinic for your company, church, or other organization with Sand Run Pharmacy!

Email Tom at

tlamb@sandrunpharmacy.com to

reserve a date and time.



The 2017 Akron Marathon will take place on September 23rd at 7:00 am. We'd like to wish all runners good luck, and thank you to all the wonderful volunteers!



**AKRON
MARATHON**
RACE SERIES



Find us on
Facebook

SAND RUN PHARMACY

40 Sand Run Road
Akron, OH 44313
330 - 864 - 2138



**We can text you when
your prescription
is ready!**

Name: _____

Phone #: _____

Cell Phone Carrier: (circle one below)

Verizon AT&T Sprint T-Mobile

Other: _____

**Return this completed form to the pharmacy to
sign up for text message alerts**

Labor Day Hours:



Saturday, September 2nd: 9am - 2pm

Sunday, September 3rd: Closed

Monday, September 4th: Closed, Labor Day

Tuesday, September 5th: 9am - 7pm

We are committed



**GOOD
NEIGHBOR
PHARMACY**

to serving you.