



# SAND RUN PHARMACY

November 2017

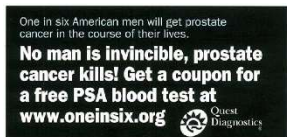


## Facts to Know About Prostate Cancer

- Most frequent cancer in men – 181,000 new cases/year
- 2<sup>nd</sup> leading cause of cancer related deaths in males
- Rates of death are decreasing due to better screening tests
- Symptoms can include
  - No symptoms if the disease just started
  - Difficulty urinating, back pain, leg swelling, or weight loss
- Odds of successful treatment increase the earlier it is detected

## The One-In-Six Foundation

Have you seen this image around town? The One-In-Six Foundation is a locally run charitable organization devoted to supporting research into prostate cancer treatment and promoting early detection through increasing access to screening tests. Some treatments they are currently supporting include new hormonal treatments and a prostate cancer vaccine. For more information on this organization or to donate, please visit their website at [www.oneinsix.org](http://www.oneinsix.org).



## Prostate Cancer Screening

Depending on your doctor's preference, screening can be done by the traditional physical exam, or by an easy lab test called a prostate specific antigen or PSA.

The One-In-Six Foundation offers **FREE PSA TESTING** at Quest Diagnostics. Visit their website for the coupon.

## Lowering Your Prostate Cancer Risk

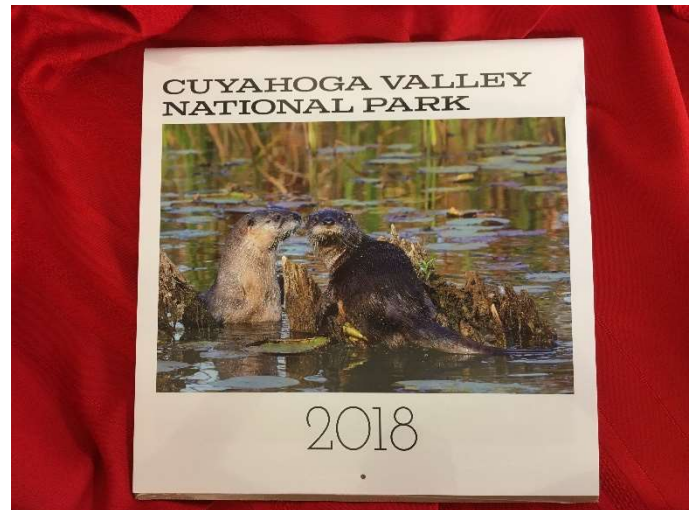
- Testing, especially if you have a family history of prostate cancer
- Limiting meat and fat in your diet
- Increase vitamin D intake
- Medications are available if you have high risk for prostate cancer

## Options to Help Prevent Colds

As winter approaches, so do the seasonal colds that come along with it. Some things you can do to boost your immune system include getting adequate sleep, eating a healthy diet, and increasing vitamin C intake. If you feel a cold coming on, taking a zinc product such as Zicam® or zinc elderberry lozenges can help shorten the length of the cold if started shortly after symptoms begin.



**Christmas Cards and 2018 Cuyahoga Valley National Park Calendars Now Available!**



**Happy Thanksgiving!**

**Our holiday hours are:**

Wednesday Nov 22<sup>nd</sup> – 9am to 7pm

Thursday Nov 23<sup>rd</sup> – closed

Friday Nov 24<sup>th</sup> – 9am to 7pm

Saturday Nov 25<sup>th</sup> – 9am to 2pm



Flu shots are available any time we are open! No appointments necessary

get your  
**Flu Shot**

