

SAND RUN PHARMACY

December 2017

Fall Risk Prevention:

Finish out the year on your feet!



❄️ **Did you know??** ❄️

- One in three adults age 65 years and older fall every year.
- Falls are the *leading* cause of both injuries and death from injuries in the older adult population in the United States.
- Older adults on **four or more** prescription and non-prescription medications have an increased risk of falling.
- Falls are NOT a normal part of aging, and most falls can be prevented!



❄️ **Ask Yourself...** ❄️

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

⇒ If you answered yes to any of these questions, stop in and talk to a pharmacist about your medication list to determine if any medications you are taking could increase your fall risk!

❄️ **Reduce Your Risk!** ❄️

- ♦ Watch for icy patches on sidewalks and in parking lots.
- ♦ **Have your vision checked yearly, and always wear your glasses or contacts.**
- ♦ Minimize all cords, rugs, and clutter that might cause you to trip.
- ♦ **Ensure your home has adequate lighting.**
- ♦ Exercise regularly or try programs like Tai Chi to improve your strength, balance, and coordination
- ♦ **Tell your doctor if you have recently had a fall, or if you feel unsteady on your feet.**

Happy Holidays!

❄️ Don't Miss Out on Your Vitamin D ❄️

During the winter months it can be difficult to get your recommended 600IU daily dose of the “*sunshine vitamin*” when the sun rarely makes an appearance. Thankfully, there are other ways to get that Vitamin D, so you can keep your body feeling healthy and strong. Foods such as yogurt, orange juice, and milk are **fortified** with Vitamin D. Eggs and fish, such as salmon or tuna, also have Vitamin D in them. Incorporating these items into your diet can help boost your Vitamin D levels throughout the winter. At [Sand Run Pharmacy](#), we carry Vitamin D3 supplements in various strengths you may want to try. Don't let the lack of sun get you down, keep up those Vitamin D levels this winter!



❄️ Temo's Chocolate ❄️



◆ Have you had a recent change in insurance? Remember to bring in your new insurance card the next time you visit! ◆



❄️ Holiday Hours ❄️

Sunday, Dec 24th: Closed
Monday, Dec 25th: Closed
Tuesday, Dec 26th: 9am – 7pm
Sunday, Dec 31st: Closed
Monday, Jan 1st: Closed
Tuesday, Jan 2nd: 9am – 7pm

Akron Candle Company



Stuff your loved one's stockings full of *locally crafted* candles this holiday season! ❄️ ❄️ ❄️

