



SAND RUN PHARMACY

FEBRUARY 2018

COLD or FLU?

1. How did the symptoms start?

- ~ COLD: You may have a runny or stuffy nose, mild feelings of tiredness, a cough, or sneezing, usually a gradual onset
- ~ FLU: Look for high fever, sore throat, chills, body aches, & feeling much more tired than normal, usually sudden onset

2. Do you have fever, body aches, or chills?

- ~ These are common flu symptoms

3. Are you experiencing head congestion, sore throat, or runny nose?

- ~ These symptoms are more likely a cold, but you could have a sore throat with the flu as well



DO I NEED AN ANTIBIOTIC?

The simple answer is NO. Both the flu and common cold are caused by viruses which cannot be treated with antibiotics. You should keep yourself hydrated, make sure to wash your hands often, eat nutritious foods, and get lots of extra rest.



WHAT ABOUT TAMIFLU?

If you are diagnosed with the flu, and your symptoms have started within the last 48-72 hours, this may be an option for you. Tamiflu is an antiviral that can help to shorten the duration of flu symptoms.



PRODUCTS TO HELP BOOST YOUR IMMUNITY

- ◆ **WholeMune**—helps to prime your immune system so your body is ready when it encounters a virus or bacteria
- ◆ **Viracid**— helps to boost your immune system
- ◆ **Zinc**— helps support and boost a healthy immune system as well as possibly shorten the duration of an illness



CAUTION!!!

Many of us reach for popular products like Dayquil/Nyquil, Tylenol Cold and Flu, or TheraFlu. These products contain multiple ingredients, many of which may be for symptoms you are not currently experiencing. These additional ingredients may cause issues like high blood pressure or increased tiredness/sedation. Try to buy products that target only the symptoms you have to avoid these risks.

FEBRUARY IS AMERICAN HEART MONTH

- ◆ February 3rd is National Wear Red Day to help raise awareness about women and heart disease
- ◆ Heart disease is the leading cause of death for both men and women in the United States
- ◆ **Preventing Heart Disease:**
 - ~ Exercise about 30 minutes per day
 - ~ Eat a healthy diet avoiding excess salt and sugars
 - ~ Get enough sleep and manage your stress
 - ~ Maintain regular health screenings and checkups



Stop by the pharmacy during normal business hours to have your blood pressure checked anytime - FREE of charge.

TEMO'S CHOCOLATES

Just in time for Valentine's Day!

February

14th

Find all of your candy and card needs here.

Get your sweetie something sweet!



Valentine's Day SENIOR LUNCHEON

WED. | FEBRUARY 21ST, 2018

1590
WAKR
News • Talk • Sports

11:00am - 1:30pm

St. George's Fellowship Center

3204 Ridgewood Road - Akron, OH. 44333

Get your tickets through WAKR by visiting their studio at 1795 West Market St in Akron
Or by calling the station at 330-869-9800

HELP... AT THE PUSH OF A BUTTON ⇒



MEDICAL GUARDIAN

LIFE WITHOUT LIMITS

KNOW THE FACTS

- ◆ More than 1 in 4 seniors fall every year
- ◆ Falls are the leading cause of fatal injuries for older adults.
- ◆ 1 out of 5 falls result in a serious injury
- ◆ An older adult is treated in the ER every 11 seconds for a fall
- ◆ 6 out of 10 falls occur in the home
- ◆ Falling once doubles your risk of falling again

- ~ Fast and reliable protection to send the help you need
- ~ Medical Alert Systems start at less than \$1 per day
- ~ Provides contact to emergency services such as EMT, police, fire, or family members, friends, or neighbors
- ~ Enjoy independence, safety and freedom!

Custom Medications
for Your Best Friend



Don't forget..... We can compound medications for your pets, and medications for you.



Find us on Facebook and Twitter. Follow our page for events, updates, and pharmacy info

It's not too late to get your FLU shot. Available every day without an appointment. We also offer shingles and pneumonia shots



Sand Run Pharmacy Fun Fact: What birthday will Sand Run Pharmacy celebrate in 2018?

Answer: 60 Years!