

# SAND RUN PHARMACY

November 2022

## National Diabetes Month

November is National Diabetes Month. This month we recognize, educate, and support patients diagnosed with diabetes. In the United States, it is estimated that 37.3 million people have diabetes, which amounts to about 11% of the population. With such a large number of people affected, it is important to understand what diabetes is and the potential long-term complications.

- **What is diabetes?** Diabetes is a condition in which blood glucose (or blood sugar) is too high. The body normally responds to high blood sugar by releasing insulin from the pancreas. Insulin works by signaling to your cells to take up the glucose in your blood and ultimately use it for energy. People with diabetes either have trouble responding to insulin or their pancreas does not make insulin at all.
- **What's the difference between type 1 and type 2 diabetes?** In type 1 diabetes, the body is completely unable to produce insulin. In type 2 diabetes, the body either produces very little insulin or it does not respond to it as well as it should.
- **What are the long-term effects of high blood sugar?** Over time, having very high blood sugar can be damaging to many different parts of the body. These future complications can include nerve damage, eye problems, heart issues, and kidney disease.
- **How can I lower my risk of developing diabetes?** The best way to help lower your chances of developing diabetes is through a healthy diet and exercise routine. Avoiding foods high in carbohydrates and fats help your body stay healthy. Getting at least 30 minutes of moderate exercise 5 days a week can also lower your chances of developing diabetes, along with numerous other health benefits!

## Diabetic Supplements

Diabetes and diabetic medications can cause a loss of necessary vitamins and elements. Specifically, vitamin B12, Co-enzyme Q10, and folic acid. Whether you have diabetes or not, at Sand Run Pharmacy we offer all these supplements (and more!) to help replenish what your body needs!



Flu season is still here!  
Come in today to get  
your yearly flu shot! No  
appointment necessary!



## Turkey Bowl Injuries

Football and Thanksgiving go together like mashed potatoes and gravy. But like any competitive physical activity, injuries are bound to happen. With different treatment options such as ice, heat, and numerous over the counter medications, it can be difficult to decide which option is best. Luckily for you, your friends and Sand Run Pharmacy are here to help walk you through your injury protocol!

**ICE:** Apply immediately following the injury for the first 24-72 hours. You may ice the area multiple times a day, but no more than 20 minutes at a time. Ice will reduce the blood flow to the injured area, which will help prevent swelling. We have a wide variety of reusable ice packs of many different shapes and sizes available at the pharmacy.

**HEAT:** Apply to the affected area after about 3 days of using ice therapy. Heat therapy should be started once the swelling has stopped or reduced. Heat increases the blood flow to the site of injury and assist the body's natural healing process. Apply the heat for 15-20 minutes and use a towel or some barrier to prevent direct contact with the skin. Electric heating pads and heat wraps are all available at the pharmacy.

**OVER THE COUNTER:** Medications may also be used with both ice and heat therapy. Some options may include ibuprofen, Tylenol, or even creams and patches applied directly to the skin. Sand Run Pharmacy offers you an array of choices and our team is here to help you decide!



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## Over-the-Counter Spotlight

Ortho Molecular's D-Hist is an over-the-counter supplement that can help with seasonal allergies. The supplement contains natural ingredients including vitamin C, quercetin, stinging nettle leaves, bromelain, and N-acetyl cystine. Vitamin C not only helps boost the body's immune system, but also helps with allergies by inactivating histamines, which are responsible for allergy symptoms. Quercetin is a naturally found antioxidant that also helps prevent the release of histamines in the body. Bromelain, which is found in pineapple stems, helps the body better absorb the quercetin and reduces the number of allergy protein complexes. Nettle leaves help balance the immune response (specifically in the nose) and carry an anti-inflammatory effect. Finally, N-acetyl cystine helps reduce the thickness of mucus and helps maintain a clear airway. So, if you're someone who struggles with seasonal allergies, consider giving Ortho Molecular's D-Hist a try! It may be right for you!



Presented by the Volunteers of

 Akron Children's Hospital

## Akron Children's 41<sup>st</sup> Annual Tree Festival

Kick off the holiday season with this year's Akron Children's Holiday Tree Festival! Walk through a winter wonderland and browse holiday decorations for sale. The festival will take place at the John S. Knight Center (77 E Mill St. Akron, OH) on November 12<sup>th</sup> through November 19<sup>th</sup>. There is no charge for this event. Donations benefit the Akron Children's Hospital.

### WORD SEARCH

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|-----------|-----------------|
| TURKEY    | MASHED POTATOES |
| PUMPKIN   | DESSERT         |
| DHIST     | CORN            |
| CASSEROLE | PECAN           |
| FOOTBALL  | FAMILY          |
| THANKFUL  | TROT            |
| NOODLES   | ROLLS           |

**First person to return a completed word search, will receive a Papyrus Holiday card of your choice!**

### Thanksgiving Hours:

Nov 24<sup>th</sup> **CLOSED** Thanksgiving day

Nov 25<sup>th</sup> **Friday** 9 am – 7 pm

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