

SAND RUN PHARMACY

March Newsletter 2023



March 19 – 25, 2023: National Poison Prevention Week

The third full week of March marks Poison Prevention Week each year. Poisoning is the #1 cause of unintentional injury deaths in the United States. Poison Control centers respond to more than 2 million calls each year. Awareness is the key to helping prevent accidental poisonings.

What is a poison?

The simplest answer is just about *anything* can be poisonous when used in the wrong way, in the wrong amount, or by the wrong person. Laundry products, over-the-counter medicines, lotions and creams, bug spray and essential oils are products, among many others typically found in homes, that can be poisonous when not used as directed or intended.

Quick Poison Prevention Tips:

1. Be prepared for an emergency and act fast if you suspect a poisoning. Contact Poison Control immediately if you have any doubt about whether it's dangerous:
 - a. Save the Poison Control number in your phone (**1-800-222-1222**); bookmark www.poison.org; download the web**POISONCONTROL** app for free on the APP Store or Google Play.
2. Practice safe storage habits
 - a. Keep in mind nothing is 100% child proof but keeping medications and other substances up, away, and out of sight or in child proof containers is the best storage.
3. Read and follow label instructions
4. Prevent danger from invisible threats
 - a. Install carbon monoxide and radon detectors in your home.



Top 10 Accidental Poison Substances

1. Cosmetic/Personal Care Products
2. Household Cleaners
3. Analgesics
4. Foreign Bodies/Toys
5. Dietary Supplements/Herbals
6. Vitamins
7. Topical Preparations
8. Antihistamines
9. Pesticides
10. Plants

Spring Forward with Daylight Savings March 12th

Don't forget to set your clocks one hour ahead on March 12th! This is also a great time to get a jump on spring cleaning and clearing out that medicine cabinet of any old/expired meds. Stop by the pharmacy and ask for a **Dettera Pouch** for safe medication disposal. Visit the health department website for medication drop box locations in your area. The closest one to Sand Run Pharmacy is located at: Fairlawn Police Department, 3487 Smith Rd, Fairlawn, OH 44333.



Ortho Molecular Cerenity PM

Do you find yourself having trouble adjusting to the time change? Cerenity PM helps you fall asleep faster, stay asleep longer, and reach deeper, restorative stages of sleep.

The active ingredients in Cerenity PM include:

- PharmGABA: A naturally sourced form of GABA that promotes relaxation.
- 5-hydroxytryptophan (5-HTP): Promotes and enhances REM sleep.
- Phosphatidylserine: Reduces stress levels that promote awakening.

Recommended use: Take 4 capsules 1-2 hours before bedtime.

St. Patrick's Day

Friday, March 17th



First person to return a complete and correct word search will receive a pair of MD socks!

ST PATRICK'S DAY Word Search



- | | | |
|-------------|------------|-------------|
| CABBAGE | JIG | POT OF GOLD |
| CLOVER | LEPRECHAUN | RAINBOW |
| CORNED BEEF | LUCKY | SHAMROCK |
| GREEN | MARCH | ST PATRICK |
| IRELAND | PARADE | TRADITION |

