

# SAND RUN PHARMACY

October 2023

## **Breast Cancer Awareness**

October is well-known across the country as breast cancer awareness month. Being able to recognize the warning signs and symptoms early can make all the difference in the battle against cancer. Knowing your own or a loved ones risk of developing breast cancer and which preventative screenings should be done can be vital to a healthy future!

**Know what's normal for you** – Knowing what's normal for your body is important for early detection. If something doesn't look or feel right you should talk with your health care provider about it as soon as possible.

**Know your risk** – Talk to your doctor about your family history. Knowing how your family history can impact your risk of breast cancer can be lifesaving. Additional risks include being of the female sex, and an older age, obesity and a sedentary lifestyle, increased alcohol consumption and use of combined hormone replacement therapy. If you have any questions about your risk you can always talk to your pharmacist or doctor.

**Get screened** – Typically mammograms should be done every year starting at age 40. Depending on your past medical history or family history you may be able to speak with your doctor about getting one sooner. Remember, knowledge of early detection saves lives.

**Take action!** – Your support is what makes clinical advancements possible. Investing in research is just one of the ways you can contribute to the prevention, treatment and the cure for breast cancer. To do this you can go to the National Breast Cancer Foundation website.

### **Miscellaneous Facts:**

- Breast cancer is NOT contagious
- It is NOT caused by underwire bras, implants, deodorant, mammograms, cellphones, microwaves, caffeine, antiperspirants and more as myths often suggest.



# October Events

October 25<sup>th</sup> – WAKR Senior Luncheon @11am, St George Fellowship Hall

October 31<sup>st</sup> – Halloween!!



## Did You Know???

Respiratory syncytial virus (RSV) affects millions of people each year and can be especially serious for older adults and children. Recent medical advancements will make it possible for vaccination of older adults against RSV. Updates can be found at [RSVandme.com](http://RSVandme.com).

**DON'T FORGET!** Stop in today to get your annual **flu shot** if you haven't already! You can also ask if you're up to date on your **pneumonia vaccinations** and you may be able to get both at the same time!

## Ortho Molecular Spotlight

Cosmedix provides key nutrients for healthy skin, hair and nails. It strengthens hair and nails, and enhance collagen formation that helps maintain skin firmness and elasticity. Pick one up today in the vitamin section!



## Halloween Word Search

E	N	E	O	X	U	A	C	P	D	Y	R	A	C	S
F	E	H	M	O	Y	A	S	G	U	P	A	L	B	X
W	E	A	B	U	N	T	T	Y	Z	M	B	D	R	S
O	W	U	B	D	T	R	A	P	M	J	P	P	O	U
Y	O	N	Y	P	E	S	Q	S	P	O	O	K	Y	Q
F	L	T	I	A	L	K	O	N	H	W	T	A	I	U
P	L	E	T	K	T	K	R	C	U	O	M	D	S	N
Q	A	D	K	X	R	T	K	W	F	R	D	K	Y	X
E	H	I	B	D	I	E	S	D	D	T	L	Q	F	P
T	S	E	K	H	C	N	L	O	D	O	G	G	K	Y
K	P	C	E	K	K	I	S	C	H	T	O	H	N	B
U	E	E	A	Y	R	T	Q	V	F	G	C	P	C	F
S	O	C	W	F	T	T	Y	W	D	T	G	M	D	D
G	R	D	G	L	B	A	J	P	I	T	C	S	L	F
R	E	D	I	P	S	B	Y	W	X	E	R	F	C	G

The first person to turn in a completed word search will win a **Halloween Papyrus** card of your choice!



- |         |         |           |
|---------|---------|-----------|
| Bat     | Costume | Candy     |
| Ghost   | Haunted | Halloween |
| Pumpkin | Spider  | Scary     |
| Spooky  | Trick   | Treat     |
| Witch   |         |           |