

Sand Run Pharmacy

Friends, Family, Food

November 2023





Stroke symptoms – Do you know the signs to look for in a family member or friend who may be experiencing a stroke?

A stroke is when blood flow to the brain gets blocked or there is a brain bleed. Strokes can happen to anyone; however, they are more common in those who are 65 or older. Some risks factors for stroke are high blood pressure, high cholesterol, type 2 diabetes, and those who have atrial fibrillation.

There are 2 different kinds of stroke that one could experience. Those are ischemic stroke, most common, and a hemorrhagic stroke. An ischemic stroke happens when a blood clot is formed that leads to full or partial blockage of the blood flow to the brain. A hemorrhagic stroke is when you have bleeding within the brain or within the tissue covering of the brain.

The American Stroke Association recommends using the acronym FAST to remember the signs of stroke. Those signs are face drooping, arm weakness, speech difficulty, and time to call 911. Some other symptoms seen may be one-sided weakness, sudden loss of vision, hearing or smell, blurred vision, dizziness, or memory loss.



			
F	A	S	T
FACE	ARM	SPEECH	TIME
Ask them to smile. Is one side of the face drooping?	Ask them to raise both arms. Does one side drift down?	Ask them to repeat a sentence. Are the words slurred?	If the person shows signs of any of these call 911.



Ortho Molecular OrthoMune



Are you looking to boost your immune system for the holiday season? If so, OrthoMune may be the product for you! This product aims to create a robust immune reserve and promote respiratory function.

Active ingredients:

- Vitamin C – promote respiratory function
- Vitamin D – immune reserve
- Zinc – immune reserve
- N-Acetyl-L-Cystine – promote respiratory function
- Quercetin – supports immune system

Upcoming Events

Thanksgiving Day
Thursday November 23rd
(We will Be Closed)

WARK Senior Lunch
Wednesday December 6th
11 am – 1:30 pm
St. George Fellowship Hall
For more information call
WAKR 330-869-9800

THANKSGIVING WORD SEARCH

Look for the words listed below:

Turkey	Pie	Stuffing	November
Pilgrim	Family	Parade	Football
Thankful	Autumn	Native	Leftovers



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

Be the first one to complete the crossword to receive a prize!

