

# SAND RUN PHARMACY

APRIL 2024

Springtime brings blooming flowers and warmer weather, but it also brings pollen and allergens that can make you feel miserable. Here's how you can manage and prevent spring allergies with the help of your pharmacy:

## **Recognize Symptoms:**

Spring allergies can cause sneezing, itchy and watery eyes, a stuffy or runny nose, coughing, and fatigue. If you experience these symptoms, it might be due to allergies.

## **Minimize Exposure:**

On high pollen days, try to stay indoors as much as possible. Close your windows and use air conditioning to filter out pollen from your home. When you come back inside, take a shower and change your clothes to remove any pollen that may have stuck to you.

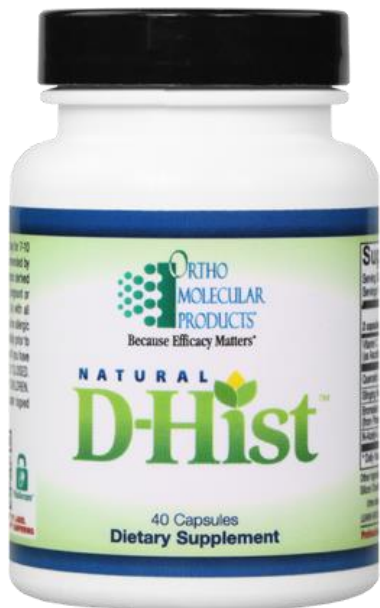
## **Medication Options:**

Sand Run Pharmacy offers a variety of over-the-counter medications to help relieve allergy symptoms. Antihistamines can help with sneezing and itching, nasal sprays can reduce inflammation and congestion, and decongestants can provide temporary relief from nasal congestion. Ask our pharmacists for recommendations based on your symptoms and needs.

## **Allergy-proof Your Home:**

Keep your home clean to reduce indoor allergens. Vacuum and dust regularly and wash your bedding and curtains often in hot water to remove pollen and dust mites. Consider using allergen-proof covers on your pillows and mattresses for extra protection.

*Talk to one of our pharmacists today about how we can help you manage your allergy symptoms!*



Natural D-Hist® is a unique blend of natural compounds and nutrients that work together to support your body when you're dealing with seasonal allergy challenges caused by things like pollen. It contains ingredients like quercetin, bromelain, stinging nettles leaf, and N-acetyl cysteine, which help promote healthy nasal and sinus passages for people who have allergies and respiratory irritation.

**Suggested Use:**

**Loading Dose:** 2 capsules three times per day for 7-10 days or as recommended by your health care professional.

**Maintenance:** 2 or more capsules per day or as recommended by your health care professional.

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# SPRING WORDSEARCH

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

**WORD LIST**

- |         |          |         |         |
|---------|----------|---------|---------|
| APRIL   | CLOVER   | FOAL    | MEADOW  |
| BUNNY   | COLORFUL | LADYBUG | NEST    |
| BUZZING | EASTER   | LAMB    | PIGLET  |
| CALF    | EGG      | MARCH   | RAINBOW |

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*An Event Celebrating Older Adults*

**Saturday, May 18<sup>th</sup> from  
9am-2pm at Firestone CLC  
in Akron**

