

# SAND RUN PHARMACY

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June 2012



What does that mean for you? You'll see new labeling on sunscreen bottles that say "broad spectrum," meaning they protect against both UVA and UVB sun rays. These products are recommended and you will want an SPF 15 or higher, however studies have not shown going above SPF 50 adds more protection.

Does that mean you have to throw away the current bottles in your home? No. The sunscreen you have been using is still good and is much better than going without sunscreen at all, but if you run out or the product is expired, you will want to purchase one of the new broad spectrum sunscreens.

Other changes to the labeling include water resistant and sweat resistant sunscreens, which are preferred if you are doing any water related activity or if you are going to sweat. These products must now tell

you how often to reapply, most often every 40-80 minutes. That compares to every 2 hours for regular sunscreen if you are not in the water or sweating. It is important to read the labels to ensure you are getting the maximum protection from the sun's harmful rays.

Other ways to minimize your risk of early skin aging and skin cancer are to cover up with a hat, long sleeves, and pants when possible and avoid long exposure to the sun, especially between 10am and 2pm, when the sun's rays are strongest.

At Sand Run Pharmacy, we carry an assortment of the new broad spectrum and water resistant sunscreens. If you have any questions, feel free to ask one of the pharmacists for help and we will be glad to help pick out the right product for you.

## Updates to Sunscreen Recommendations.

With summer like weather already here, it's time to make sure you are protected from the sun's rays with the right sunscreen. You'll notice some changes in the sunscreen aisle this year due to new rules passed by the Food and Drug Administration. The FDA has long looked at UVB protection, the rays that cause sunburn, however they now want sunscreens to protect against UVA radiation, the sun rays link to early skin aging and skin cancer.

## Sand Run Focus: Diabetic Shoes



Diabetic shoes are a very underused product that could help save patients with diabetes trips to hospitals and most importantly, money. These shoes are custom made to properly fit your feet.

What makes them so special? They are made with a seamless design. As patients with diabetes age, many lose the sense of feeling in their feet and toes. Constant rubbing from seams may open small cracks or wounds in their feet. In patients without diabetes, we would feel these and use caution until it heals. With

patients with diabetes, these wounds are not felt, heal slower, and often become infected to the point where the patient must visit a hospital for IV antibiotics. In extreme cases, patients may have to have their toes or feet amputated. Diabetic shoes, along with proper sock changes and inspections in the mirror for open wounds, help prevent this from occurring. People with diabetes are also encouraged to have a physician look at their feet at least once per year, where the physician will inspect the health of their feet.

At Sand Run Pharmacy, we have a certified pedorthist on staff to properly measure your feet to ensure a custom fit. These shoes are often covered by Medicare part B. Have any questions or want to schedule a fitting? Give us a call at 330-864-2138!

## Why Do You Choose Sand Run Pharmacy?

“Always a happy smile and a personal greeting by name- true customer service that you just don't get at any chain pharmacy! My company would prefer me to use a mail order pharmacy, and it would be less expensive for me to do so yet the personalized customer service my family and I receive at Sand Run Pharmacy makes the extra co-pays worth it! I can't recommend Sand Run Pharmacy enough- in this day and age it is so refreshing to be treated as a valuable customer instead of just a number! Thanks, Tom- appreciate all you and your staff do for me and my entire family!”

Mary O

Is there a reason you choose Sand Run Pharmacy? Let us know! Email us at [rx50@aol.com](mailto:rx50@aol.com) or send us a letter.

### Interesting Health Fact of the Month

Smokers are four times more likely to complain about a feeling tired in the morning than non-smokers, and are 70% more likely to have hearing problems.

## June 2012

### List of Events

June 9th  
11th Annual Pet Expo  
10am-4pm  
Hardesty Park

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June 11-14  
7th Annual Camp Promise  
8am-4pm  
Justin T. Rogers Hospice Care Center

