

# SAND RUN PHARMACY

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## Are You Up To Date on Your Shots?

The Center for Disease Control (CDC) recently updated their recommendations on vaccines, and some of these changes may affect you. The most important change has been with their recommendations concerning the combination vaccine that protects us from tetanus, diphtheria, and pertussis. Many people have been receiving the booster vaccine that covers against tetanus and diphtheria only, however there has been an increase in pertussis cases, moving the CDC to recommend people get the

vaccine that covers against all three diseases. This is especially important for those who did not receive the pertussis portion of the vaccine and are taking care of an infant less than one year old.

Another change in their recommendation was regarding the Hepatitis B vaccine. Hepatitis B can be transmitted from person to person through blood exposure such as the small blood droplets made when people test their sugar levels. This has led the CDC to recommend patients diagnosed with diabetes who are less than 60 years old get the vaccination when they are diagnosed. Patients older than 60 years who are diagnosed with diabetes may also get the vaccination if their physician thinks it would be beneficial.

Other vaccinations that are important to stay up to date on include the flu and

pneumonia vaccines. The flu vaccine should be given once yearly and the pneumonia vaccine's recommendations are different based on a person's age and health condition. Check with us to see if you are up to date.

Zostavax is also recommended for those over age 50 to prevent a patient from getting shingles, which may cause a painful rash and other symptoms that can last several months.

At Sand Run Pharmacy, we are able to give many of these vaccines and bill most insurances. A prescription from your physician is required for the Zostavax vaccine and one is needed to bill your insurance on all other vaccines except flu and pneumonia. If you have any questions, please feel free to contact us!

## Need Any Healthcare Questions Answered?



Sand Run Pharmacy is committed to our community, and we want to help answer any questions you may have by offering complimentary presentations. Recently, we have been working with the Northeastern Ohio Medical University to educate children, parents, and

grandparents about the dangers of drug abuse and poison prevention. This has been a great way for us to meet many community members and teach them about the prevalence and dangers of these topics.

If you have an upcoming group meeting, or if you live in a residential area and would like to learn about a healthcare topic, we would love to come visit. Just let us know what healthcare topics you may have questions about and we will try to answer those questions in a presentation or question and answer session at your next group meeting. Or, if you would just like to learn what all we do at the pharmacy, we would love to

come and show you. Just let us know and we can schedule a time to visit!



### Interesting Health Fact of the Month

Every 1 pound of weight loss reduces knee stress by 4 pounds.

We' like to welcome a new pharmacist to our staff. Chris Koster is a recent graduate from the Northeastern Ohio Medical University who joins Tom, Meg, and Jason. Please stop in and welcome Chris to our community.

