

# SAND RUN PHARMACY

## OCTOBER 2018 NEWSLETTER



### ARE YOU UP TO DATE ON ALL YOUR VACCINATIONS?

At Sand Run Pharmacy, we are certified to administer a number of vaccines in addition to the flu vaccine, including:

- Pneumovax 23 and Prevnar 13
- Meningococcal
- Hepatitis A and Hepatitis B
- Tetanus Diphtheria and Pertussis (Tdap)
- Measles, Mumps and Rubella (MMR)
- Shingles (Shingrix- NEW!)

Call the pharmacy today to find out which vaccines are recommended for you!

### FLU VACCINE: WE HAVE IT!

It's that time of year again, don't forget your flu shot. The flu vaccine is the best way to protect you and your friends and family from getting sick with the flu. The flu vaccine is recommended each year for everyone age 6 months and older. It is especially important for people who are at a higher risk for serious complications from the flu including: **pregnant women, adults older than 65, and people with certain medical conditions.** We have two different shots available at Sand Run Pharmacy: the quadrivalent standard dose and a high-dose available to patients 65 and older. Some side effects with the vaccine include soreness and redness at the injection site and muscle aches. At Sand Run Pharmacy, we are able to administer the flu vaccine to anyone 7 years or older.

### WHEN IS THE BEST TIME TO GET THE FLU VACCINE?

It is recommended to get the flu vaccine as soon as possible at the start of flu season, ideally by the end of October. With that being said, it is still beneficial to get vaccinated later on, and as long as the viruses are circulating. Flu season can last until January or February. It does take about 2 weeks after the vaccination for the body's immune response to take full effect. Come into the pharmacy and receive your flu shot today. No appointment necessary, and we accept most commercial and Medicare insurance plans.

## WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

With the upcoming months, cold and flu season is around the corner. With that in mind, you want to be ready to fight off infections by maintaining a healthy immune system. One product we recommend is **WholeMune by Ortho Molecular**. It is a great supplement for immune health, especially during cold and flu season. Another simple way to strengthen your immune system involves choosing a healthy lifestyle. Your body functions better as a whole when you eliminate harmful and unhealthy habits. A couple things to keep in mind are to **avoid smoking, eat a diet rich in fruits and vegetables, maintain a healthy body weight, minimize stress, and get adequate sleep**. You also want to make sure you are supplying your body with enough vitamins and nutrients. Normally you get adequate amounts of vitamins your diet, but sometimes that is not the case and you may benefit from supplementation. There is a great chart on the FDA's website that breaks down the daily requirements of each vitamin as well as foods that contain them. If you are worried you may not be getting enough vitamins in your diet, talk with your doctor or pharmacist.



## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. This is an annual campaign to help raise awareness of this disease. Here are some breast cancer facts:

- Breast cancer is the **most commonly diagnosed cancer** in women
- **1 in 8 women** in the US will be diagnosed with breast cancer in her lifetime
- Each year, it is estimated that **over 250,000 women in the US will be diagnosed** with breast cancer and more than 40,500 will die
- On average, **every 2 minutes a woman is diagnosed** with breast cancer, and 1 woman will die of breast cancer every 13 minutes
- **Over 3.3 million breast cancer survivors** are alive in the US today

What can women do to reduce their risk of breast cancer? Some simple ways include maintaining a healthy weight, staying active, eating fruits and vegetables, not smoking, and limiting alcohol consumption. Early detection is another key part of minimizing the extent of this disease. Women should perform monthly self breast-exams and report any changes or abnormalities to their doctor as soon as possible.



## TRICK-OR-TREAT SAFETY TIPS

- S**tay in groups and with adults
- C**ostumes should be fitted and flame-resistant
- A**lways test make-up prior to use
- R**emember to look both ways when crossing the street
- E**xamine all treats prior to eating
- S**tay on sidewalks when possible
- A**void dark houses
- F**lashlights and reflective tape so drivers can see you
- E**NJOY!



## OCTOBER SAND RUN PHARMACY EVENTS:

Summit Senior Expo- FREE ADMISSION  
Friday October 5<sup>th</sup>  
8 am-2 pm @ Summit Mall  
Flu and pneumonia shots  
Games, prizes, and raffles

