



SAND RUN PHARMACY



December 2018

Stay healthy this winter!

Winter is an exciting time with the holidays coming up, but with all of this excitement, we can't forget about staying healthy! Here are a few tips to keep you safe, happy, and healthy this winter!



Flu shot: Get your flu shot! And no, it's not too late! The flu shot can reduce your risk of getting the flu by 40-60%. December 2-8th is National Influenza Vaccination Week. Why not celebrate by coming in to Sand Run Pharmacy for your flu shot?

Pneumonia shot: In addition to the flu, winter is also the season where most people get pneumonia. The good news is there are two vaccines for that! Talk to your doctor or one of our pharmacists about keeping up to date with your pneumonia vaccines.

Falls risk: As the weather gets colder, the ground gets icier. To help reduce your risk of falls, wear shoes with good traction, take short steps with your toes pointed outward to maintain balance, dress warm to keep your muscles relaxed (this maintains balance!), take your time and be aware of your surroundings.

Holiday trivia!

1. How much does the average American spend on holiday shopping?
2. What is the highest grossing Christmas movie of all time?
3. What is the most popular Christmas song of all time?
4. Who created the first gingerbread cookie?
5. What is the meaning of the Hebrew word, "Chanukah"?

Answers:
 1. \$935.58 2. Home Alone 3. Silent Night 4. Queen Elizabeth I 5. Dedication



Rest: Getting enough sleep is important to keep your immune system healthy to help fight off colds and flu. The recommended amount of sleep is 7-9 hours each night.

Vitamin D: Here in northeast Ohio, we rarely see the sun in the winter. This means we don't get enough vitamin D. Vitamin D is important to keep your bones healthy. Ask one of our pharmacists about vitamin D supplements!

Holiday Pet Safety



In addition to keeping ourselves healthy, it is important to remember to keep our pets healthy and safe as well! Below are a few tips to keep your precious pets safe this holiday season!

- Tinsel—while it brightens up your tree, it can cause blockages in your pet's stomach! Avoid using tinsel, or only put it high enough on the tree where your pet can't reach it.
- Plants—mistletoe, holly, and poinsettia sure are festive but they are toxic to pets! It is best to keep them out of your home if you have pets.
- Candles create a beautiful holiday glow but make sure you don't leave them unattended! Pets can burn themselves if they get too close, or start a fire!
- Don't feed your pets table scraps. A lot of our foods are difficult for pets to digest and can cause a painful abdominal condition known as pancreatitis.
- Chocolate! We all love it, and we keep a lot of it around the holidays. Unfortunately, it is toxic to our pets! Make sure you keep this sweet stocking stuffer out of your pet's reach.

Holiday Hours

Monday, December 24th: 9 am—2 pm

Tuesday, December 25th: Closed

Monday, December 31st: 9 am—2pm

Tuesday, January 1st: Closed

Have you had a recent change in insurance? Be sure to bring your new insurance card to your next visit!

Available at Sand Run Pharmacy, *Papyrus holiday greeting cards*, locally made *Akron Candle Company candles*, and *Temo's Chocolates!*

