



SAND RUN PHARMACY

June Newsletter 2019

Measles, Mumps, Rubella (MMR): Are You Protected?

Recently, there have been concerns related to measles, mumps, and rubella (MMR). While some individuals may have been vaccinated, there is a chance that you or your loved ones may not be fully protected against these dangerous viruses. Routine MMR vaccination occurs in children at 12-15 months and a second dose is administered at 4-6 years old. MMR vaccination began in the 1960s, however, the first MMR vaccine on the market was not as effective. This ineffective vaccine was available from 1963-1967. So, if you were vaccinated at this time **(those born between 1962 and 1966)** you **should be revaccinated** with at least one dose of the (effective) MMR vaccine. If you were born in 1957 or earlier, you are considered to be immune and naturally protected from measles, mumps, and rubella and you do not need to be vaccinated (unless you are a health care provider). If you were vaccinated in 1968 or later, there is no need to be revaccinated unless instructed by your physician.

Why do we vaccinate?

Measles – symptoms include fever, cough, runny nose, red and watery eyes, and a rash that covers the whole body. Complications are common and include ear infections, diarrhea, pneumonia, and sometimes brain damage and/or death.

Mumps – symptoms include fever, headache, muscle aches, fatigue, loss of appetite, and swollen and tender salivary glands (under the ears). Complications can lead to loss of hearing, swelling of the brain or spinal cord, painful swelling of the testicles or ovaries, and very rarely, death.

Rubella – symptoms include fever, sore throat, rash, headache, and eye irritation. Complications often occur, specifically arthritis, in women. If a woman gets rubella while she is pregnant, the pregnancy could end in miscarriage or the child would likely be born with serious birth defects.

MEASLES

is highly contagious and spreads through the air when an infected person coughs or sneezes.

It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

Those who should get the MMR vaccine	Those who should NOT get the MMR vaccine
<ul style="list-style-type: none"> Children 12 – 15 months old and again at 4 – 6 years Students in grade school or college who do not have evidence of immunity (2 doses) Adults with no evidence of immunity (at least 1 dose) International travelers with no evidence of immunity (2 doses) Healthcare personnel with no evidence of immunity (2 doses) Women of childbearing age who are NOT pregnant and no evidence of immunity (at least 1 dose) Those born after 1957 with no documentation of which MMR vaccination was received (at least 1 dose) 	<ul style="list-style-type: none"> Pregnant women Those with a weakened immune system (currently receiving radiation or chemotherapy, high doses of steroids, or immunotherapy, or if HIV+) Recently had a blood transfusion Recent vaccination with another live vaccine Those born before 1957*** <p style="font-size: small; margin-top: 10px;">***Note: if you were born before 1957 you are considered naturally immune and do not require MMR vaccination unless you are a health care provider, in which case you should receive 2 doses.</p>

Sand Run Pharmacy does have the MMR vaccine available. You can stop in the pharmacy during regular business hours to get vaccinated. We can bill most insurances and no appointments are necessary.

Available at **SAND RUN PHARMACY**

Tired of Urinary Tract Infections (UTI) and the recurrent need for antibiotics?

UT Defense provides support for healthy urinary tract function and supports health microbial balance in the urinary tract. The formulation includes Anthocran, a cranberry extract standardized to 36mg, which has been shown to be the optimal daily dose for urinary tract health. The UT Defense formulation also includes a natural diuretic and an extract shown to promote healthy microbial balance in the urinary tract. UT Defense should be used as **Preventative Maintenance**.

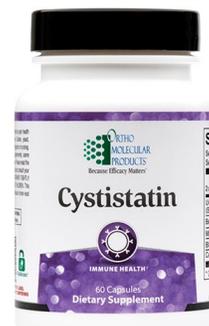


Directions: Take 1 capsule by mouth daily

Having *ACTIVE UTI SYMPTOMS* and no antibiotics available to treat them?

Try Cystistatin! Great alternative to antibiotics or may be used in combination with antibiotics to treat acute UTI symptoms. Cystistatin is a botanical blend formulated to promote a healthy urinary tract.

- Contains a natural diuretic
- Provides support for healthy urinary tract function
- Supports healthy microbial balance in the urinary tract
- Helps maintain a healthy mucosal surface in the urinary tract



Directions: Take 1- 2 capsules by mouth daily



10th Annual Huntington Towpath Century Ride June 8th - 9th

101 bikers... 101 miles
On the Ohio & Erie Canal Towpath Trail

This is year three for Tom Lamb!

Help support this local charity by donating to their Century Ride. All donations are used to support the towpath.
towpathcentury.dojiggy.com



Don't forget to grab a Father's Day card!