

## October 2019

Have you had your pneumonia shot yet?



Pneumonia is a serious infection in the lungs that is more common during fall and winter months because people tend to be indoors and in close contact more frequently. The pneumonia vaccine is the best way to protect yourself from getting pneumonia. Pneumonia vaccines are recommended for **all adults age 65 or older**, as well as those ages 2-64 with certain medical conditions. There are two types of pneumonia vaccines, Prevnar13 and Pneumovax23. Ask one of our pharmacists which vaccine is right for you.

### Don't forget your flu shot!

It's time for your annual flu shot! The flu vaccine is the best and easiest way to keep you, your family, and your friends healthy during these cold upcoming months. The flu shot is recommended for **everyone 6 months of age and older**. Here at Sand Run Pharmacy, we can vaccinate anyone 7 years of age or older. We carry the senior high dose flu vaccine, the traditional quadrivalent flu vaccine, and the nasal FluMist. The high dose flu vaccine is only approved for those 65 years of age or older. October is the perfect time to get your annual flu shot, so be sure to stop in before the month's end! Come by the pharmacy anytime, no appointment necessary.

### Halloween Trivia!

1. What was the most popular Halloween candy in Ohio in 2018?
2. What were the first ever jack-o'-lanterns made from?
3. Where does the largest Halloween parade in the US take place?

Answers on back!

## Do you have unused or expired medications?

October 26<sup>th</sup> is National Prescription Drug Take Back Day! Drug Take Back Day provides a responsible and convenient way to dispose of your unwanted medications. Check your local newspaper for locations that will be accepting unused medications. In addition, here are a few nearby locations where you can dispose of your medications any day of the year:



- **Fairlawn City Hall:** 3487 S. Smith Rd., Fairlawn, OH
- **Copley Police Department:** 1280 Sunset Dr., Copley, OH
- **Bath Township Police Department:** 3864 W. Bath Rd., Akron, OH

Interested in scheduling a flu vaccine clinic for your workplace, church, or clinic? Email Tom at [tlamb@sandrunpharmacy.com](mailto:tlamb@sandrunpharmacy.com) for more information or to schedule.

Can't get to a drop-off location? Ask our staff about our free drug disposal bags!

### Upcoming events:

Summit Senior Expo: FREE ADMISSION  
Friday October 4<sup>th</sup>  
8 am – 1:30 pm at Summit Mall  
Flu and pneumonia vaccines  
Games, prizes, and raffles!

### Trivia Answers:

1. M&Ms 2. Turnips 3. New York City

### October is National Breast Cancer Awareness Month

1 in 8 women will be diagnosed with breast cancer in their lifetime. Regular breast cancer screening can help catch the disease early on and minimize damage. The American Cancer Society recommends women ages 45-54 get mammograms every year, and women 55 years or older get them at least every 2 years.

