



SAND RUN PHARMACY

June is Men's Health Month! This month is dedicated to raising awareness of preventable health problems and encouraging early detection and treatment of diseases among men and boys. Men are more likely to smoke, drink, and make unhealthy/risky lifestyle choices than women. Statistics also show that men often put off medical care. Men face many common health problems, such as heart disease, lung cancer, prostate cancer, diabetes, and benign prostate hyperplasia (BPH), so it is important to maintain a healthy lifestyle. Whether it is your friend, brother, dad, boyfriend, or spouse, show them you care about them and their health by talking to them about ways they can stay healthy.

Here are some major ways men can stay healthy:

- Visit your doctor: Visit your doctor for regular check-ups or when you feel unwell.
- Take your prescribed medications: Keep current list of your medications and ask your pharmacists if you have any questions on how to take them or what they are for.
- Stay up to date on vaccines: Keep up with recommended immunizations, such as flu, shingles, pneumonia and diphtheria/tetanus. Ask your doctor or pharmacist if you are up to date.
- Eat healthy: Try to eat health foods such as whole grains, lean meats, and vegetables. Food high in fat or sugar can worsen some health conditions, such as heart disease and diabetes.
- Exercise: Find ways to exercise that you enjoy, such as taking a walk, swimming, or taking a bike ride with your family. Moving your body for 30 minutes a day can help keep you healthy.
- Stop smoking and limit alcohol use: Smoking and using alcohol can worsen many health conditions, as well as put men at risk for developing diseases such as cancer and heart disease.

Recovering from stress?

Have you experienced stress from the changes brought on by COVID-19? You are not alone. Some healthy ways to manage and recover from stress include exercising, journaling, talking with friends and family, mediating, eating healthy, and getting enough sleep. If you're looking for extra support to help you recover from stress, including brain fog, low mood, and exhaustion from long-term stress, ask our pharmacy staff about TruAdapt, a natural product made to help in the recovery of long-term stress and boost your immune response.



Puzzle Time!

Unscramble the follow words. Hint: Places to visit in Akron this summer!

raonk ozo: _____

asnt wthey: _____

tsmumi ermto pkasr: _____

calna kpra: _____

kocl reeth: _____

Answers: 1. Akron Zoo, 2. Stan Hywet, 3. Summit Metro Parks, 4. Canal Park, 5. Lock Three

June Events

- Father's Day: June 21st
- Men's Health Week: June 10th-16th



While you are promoting men's health this month, don't forget to pick up Father's Day cards for the special fathers in your life!



www.sandrunpharmacy.com



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