



# SAND RUN PHARMACY

October 2020 Newsletter

## Protect Yourself Against the Flu

The 2020-2021 flu season is in full swing! October is the perfect time to receive your flu shot to protect yourself from this year's flu. Don't put it off another day! Come into Sand Run Pharmacy today and talk to one of our pharmacists about giving your immune system the upper hand this flu season.

## What Flu Shot is Right for Me?

The CDC recommends everyone 6 months and older receive a flu shot. At Sand Run Pharmacy we vaccinate anyone 7-years of age or older. Patients 65 years or older will receive the high dose vaccine for greater protection. In previous years, the high dose flu vaccine was trivalent. This year's high dose vaccine is quadrivalent. Meaning, it will provide more protection against a greater number of flu strains. For patients under 65 years of age, the traditional quadrivalent and nasal Flu Mist are available now. **Ask a pharmacist today to see if you are up to date on all of your vaccinations. Prevention is key!**

## Do I need an Appointment?

**NO!!!** Protect yourself and encourage others to protect themselves and loved ones by receiving a flu shot from Sand Run Pharmacy. **Stop in any time, no appointments needed!** Let us make your all of your vaccinations fast and painless.



## Boost Your Immune System!

Maintaining a strong immune system during flu season and the COVID-19 pandemic can help your body respond to infections more rapidly. At Sand Run Pharmacy, we offer a variety of over the counter products to keep your immune system in top shape.

## Viracid is Back in Stock!

This month we are recommending **Viracid** by **Ortho Molecular**. Viracid boosts the immune system by providing nutrients such as L-lysine, vitamins A and C, pantothenic acid, B12, and zinc. Viracid contains a traditional blend of clinically effective immune boosting properties. This product helps soothe throat irritation, promotes healthy inflammatory balance, replenishes nutrients, and increases antioxidant levels leading to an increased immune response. **Stop in and ask one of our pharmacists today!**



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## **National Breast Cancer Awareness Month**

National Breast Cancer Awareness Month is a campaign put on by The National Breast Cancer Foundation to raise awareness of the disease. According to the CDC, each year in the United States, about 250,000 cases of breast cancer are diagnosed in women and about 2,300 in men. About 42,000 women and 510 men in the U.S. die each year from breast cancer. The U.S. Preventative Service Task Force recommends women who are 50 to 74 years old and are at average risk for breast cancer get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor or other health care professional about when to start and how often to get a mammogram. Early detection and self-examinations are important because breast cancer is easier to treat in its early stages. To find out how you can help raise awareness and benefit the cause visit [www.nationalbreastcancer.org/](http://www.nationalbreastcancer.org/)

### **Get Involved!**

On Saturday October 3<sup>rd</sup> the Susan G. Komen “More Than Pink Virtual Walk” will be taking place throughout Akron. To date, Komen supporters have raised \$2 billion to help fund breast cancer screening, research, education and treatment. We encourage everyone in the Akron community to come together virtually to celebrate survivors, those living with breast cancer, and honor loved ones lost. For more information regarding registration, donations, and volunteer opportunities visit <https://komenneohio.org/>



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