



SAND RUN PHARMACY

NOVEMBER 2020 NEWSLETTER



What is a Stroke?

Did you know every 40 seconds, someone in the U.S. has a stroke? It is the 5th leading cause of death in the U.S. and is a major cause of serious disability for adults. About 795,000 people in the U.S. have a stroke each year.

A stroke can occur when something blocks blood supply to your brain or when a blood vessel in the brain bursts. This can cause lasting brain damage, long-term disability, or even death.

Our brain needs oxygen to work properly and it uses 20% of the oxygen we breathe. When something is blocking the blood flow, brain cells start to die within *minutes* because they cannot get oxygen!

Signs and Symptoms

A stroke is a serious medical condition that requires emergency care. Every minute counts! Getting the proper treatment can lessen the brain damage from the stroke.

Common signs include:

- Sudden **numbness**
- Sudden **confusion**
- Sudden **trouble seeing**
- Sudden **trouble walking**
- Sudden **severe headache**



Call 9-1-1 immediately if someone is showing any signs of a stroke!

Stroke Risks

Stroke can happen to anyone at any age. But certain things can increase your chances of having a stroke such as:

- Previous stroke
- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Sickle cell disease

Stroke Prevention

Ways to prevent strokes:

- Healthy diet
- Healthy weight
- Physical activity
- No smoking
- Limited alcohol

Is it a stroke?

Act F.A.S.T.

- FACE**
droops
- ARM**
weakness
- SPEECH**
difficulty
- TIME**
is critical.



L- Glutathione: *Ortho Molecular*

Making poor dietary choices, lack of sleep, and stress can have physiological changes in our bodies. Our bodies were designed to withstand these factors, however, when the burden increases, it cannot keep up with the demand. It can lead to the depletion of the **body's most powerful antioxidant, reduced glutathione**. This is important for our body because it protects the cells from being damaged. Glutathione is heavily concentrated in the liver, spleen, and heart. Therefore, it has an important role such as immune function, detoxification capacity, and protection against oxidative stress.

Some Glutathione benefits include: Reducing cell damage in alcoholic and non-alcoholic fatty liver disease, improving insulin resistance in older individuals, increasing mobility for people with peripheral artery disease, reducing symptoms of Parkinson's disease, and help fighting against autoimmune diseases such as rheumatoid arthritis, celiac disease, and lupus.

Events & Special Pharmacy Hours

Sunday November 1st – Daylight Saving

Do not forget to set your clock back 1 hr on November 1st. This is the perfect time to check batteries in smoke and carbon monoxide detectors. Changing batteries twice each year can ensure that the detectors will work properly in case of an emergency. It is also a good time to check for expired medications and to restock them!



Wednesday November 11th – Veterans Day

Thursday November 26th – Thanksgiving Day

Our pharmacy will be closed for the holiday. Make sure to check your medication supplies and get refills if they are getting low. Have a wonderful and safe holiday with your family and friends. **We will be open again on Friday November 27th at regular hours, 9 am to 7 pm.**



Saturday November 28th – Small Business Saturday



Come support your small businesses and communities.
Shop small, and shop locally!

Don't Forget. Your Flu Shot Protects More Than Just You!

Have you gotten your flu vaccine yet? Did you know every flu season is different and flu infection can affect people differently? It is a potentially serious disease that can lead to hospitalization and even death. An annual seasonal flu vaccine is the best way to protect you against the flu. Come by our pharmacy for your flu shot. All walk-ins are welcomed, no appointment necessary! We accept most insurances and they often have \$0 copay. We can vaccinate anyone from 7 years and older.

