



June 2021 Newsletter

## Alzheimer's and Brain Awareness Month

June is Alzheimer's and Brain Awareness Month. Alzheimer's is not part of the normal aging process. It is a fatal disease that kills nerve cells in the brain and affects an individual's memory. Join the Alzheimer's Association in raising awareness this June. The Alzheimer's Association® is asking people to wear purple, post photos on social media, and talk to your friends, family, and co-workers about Alzheimer's. On **June 20<sup>th</sup>**, join the thousands of participants from across the world to fight the darkness of Alzheimer's through an activity of your choice. Visit the **Greater East Ohio Area Alzheimer's Association** website to participate in The Longest Day® fundraiser.

## Alzheimer's and Vitamin B

Vitamin B12 is essential for the health of the brain, nervous system and blood cell formation. If your vitamin B12 blood levels are low, taking vitamin B12 and folic acid each day, may help slow age-related declines in memory and cognition. Have your blood levels of vitamin B12 checked regularly by your primary care provider as many factors, including age, may impair absorption. A reliable source of vitamin B12, the recommended daily amount (2.4 mcg per day for adults), should be part of your daily diet. Try one of our **Ortho Molecular Products® Methyl B12** or **Methyl B Complex**, to ensure you are receiving the daily recommended amount of vitamin B12.



## Membrin

Most evidence shows that higher doses of ginkgo extract ( $\geq 120$  mg) modestly improve symptoms of Alzheimer, vascular, or mixed dementias. *Membrin* is designed by **Ortho Molecular Products®** to help maintain optimal cognitive function and health. This supplement is available over-the-counter at **Sand Run Pharmacy**.

## Fast Facts

- Alzheimer's is the 6<sup>th</sup> leading cause of death in the United States
- Every 65 seconds someone in the United States develops Alzheimer's disease
- One in 10 people age 65 and older has Alzheimer's disease
- Two-thirds of Americans with Alzheimer's are women
- Researchers believe that Alzheimer's disease begins 20 years before you notice symptoms



## Protect Your Skin

Use a sunscreen 30 minutes before going out. Reapply sunscreen every two hours or after swimming or sweating. Limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Stay in the shade whenever possible.

Our pharmacy carries several hypoallergenic sunscreens from **Neutrogena®**, **Aveeno®**, and **Good Neighbor Pharmacy®**. Ask for help next time you stop in to select the best sunscreen for your skin type.



bicycle      bug spray      hats      mosquitos  
outdoors      pharmacy      Sand Run      summer  
sunshine      swimming      walking      sunscreen

## Happy Father's Day

Father's Day this year falls on **Sunday, June 20<sup>th</sup>**. With a plethora of cards from **Papyrus Brand®** and **Recycled Paper Greetings Cards®**, Sand Run Pharmacy can help you select the perfect message for all the fathers in your life.

## Congrats Grad!

It's graduation season! Don't forget to grab a card while you're in shopping.

