

SAND RUN PHARMACY

Let's make herd immunity a reality together

Everyone ages 12+ can now schedule their COVID-19 vaccine. Please help us achieve herd immunity by getting **your** vaccine, if you haven't yet.

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do come down with COVID-19. Protecting yourself also protects the people around you, like those at increased risk of severe illness from COVID-19 or those who can't be vaccinated. This includes infants, or people with weakened immune systems from chemotherapy for cancer or auto immune therapies.

Becoming fully vaccinated for COVID-19, allows you to safely resume many activities you did prior to the pandemic, without having to wear a mask!

Herd immunity, also known as **Community Immunity** is defined by the CDC as follows: a situation in which sufficient proportion of a population is immune to an infectious disease (through vaccination and/or prior illness) to make its spread from person to person unlikely. Even individuals not vaccinated (such as newborns and those with chronic illnesses) are offered some protection because the disease has little opportunity to spread within the community.

Sand Run Pharmacy currently has three vaccine options: Pfizer, Moderna, and J&J.

- **Pfizer:** Two dose vaccination, second shot 21 days after the 1st vaccine. This vaccine is approved for ages 12 and older.
- **Moderna:** Two dose vaccination, second shot 28 days after the 1st vaccine. This vaccine is approved for ages 18 years and older.
- **J & J:** One dose vaccination. This vaccine is approved for ages 18 years and older.

Appointments are available online at **Get the Shot Ohio** or walk-ins welcomed.

COVID-19 vaccinations are available:

Monday – Friday: 9 am to 5 pm

Saturday: 9 am to Noon

Our staff is 100% vaccinated for your safety!

COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name **Doe** First Name **Jane** MI _____

Date of birth _____ Patient number (medical record or IIS record number) _____

Vaccine	Product Name/Manufacturer Lot Number	Date	Healthcare Professional or Clinic Site
* Dose 1		mm dd yy	
		mm dd yy	
		mm dd yy	
		mm dd yy	

Sand Run Pharmacy

Introducing Ortho Molecular Products— OrthoMune

Many people have requested an “all in one: for a Healthy immune system to fight COVID and other severe viruses. This combo of Vitamin C, Vitamin D3, Zinc, N-Acetyl Cysteine and Quercetin is the answer to that need!

Product Highlights

- Supports Healthy Respiratory Function
- Maintains Normal Inflammatory Balance
- Support for Healthy Immune Function

For more information, ask one of our staff members here at Sand Run Pharmacy.





SUMMER EATING: HEALTHY FOCUS



Experts tell us that 5 servings a day of fruits/vegetables is good for us: ideally 2 fruits and 3 vegetables. But that is just an average. Find the perfect number of fruits and vegetables that suits your healthy eating habits per day.

Look for fresh produce & seasonal fruits to keep your diet fun & interesting.

Build a Nourishing Bowl for a balanced, convenient, and inexpensive way to eat healthy. Great to take to work or a picnic.

Nourishing Bowls

- Are rich in color and phytonutrients (crunchy veggies)
- Balance fats, protein & complex carbohydrates
- Can be diversified easily depending on what you have in your fridge or pantry
- Can be adapted for specific diets (keto, vegan, etc.)
- Top with anti-inflammatory fats such as avocados, nuts, seeds, or oils.



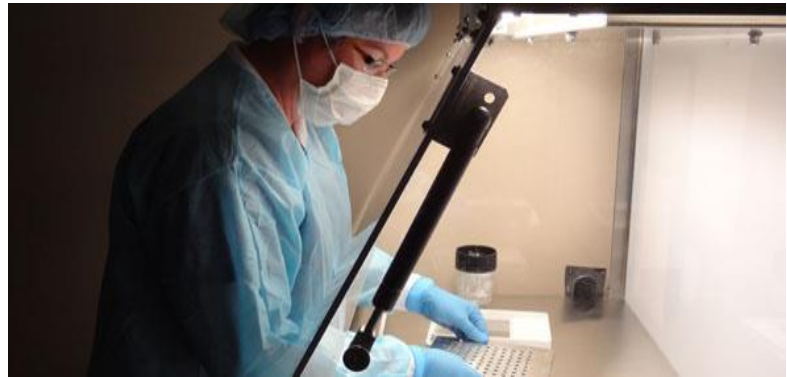
Compounding Corner

Bioidentical – having the same molecular structure as a substance produced in the body.

Compounded bioidentical hormone replacement therapy (cBHRT) uses hormones that are identical to those produced by your body to regain and maintain hormone balance. Unlike the standardized dosage forms and strengths of commercially available drugs, compounding allows practitioners to fine-tune prescriptions to meet your individual needs as a patient. Besides pills, a compounding pharmacist may be able to formulate the medication as a topical cream or dissolving tablet instead.

Positive Outcomes Associated With BHRT

- Relief from vaginal dryness
- Reduced hot flashes
- Fewer night sweats
- Mood stability & depression relief
- Increased libido
- Improved sleep
- Healthier weight
- Higher energy levels
- Improved memory
- Less severe PMS



As a result, custom-compounded hormones have several advantages over standardized medications: allergy-free formulations, personalized dosages, and flexible preparation options. For more information consult with your doctor or one of our pharmacists at Sand Run Pharmacy.



Holiday Hours

Saturday, July 3rd: 9 am – 2 pm

Sunday, July 4th: CLOSED

Monday, July 5th: CLOSED

40 Sand Run Rd Akron, OH 44313



Upcoming Events

WAKR Senior Luncheon Is BACK!

Wednesday, August 11th

St. George Hall at 11 am

3204 Ridgewood Road, Copley, OH 44321

Please join us! We will have a booth with free giveaways.

Tickets available through 1590 WAKR. Call 330 – 869 – 9800 for further details.

www.sandrunpharmacy.com

330 – 864 – 2138