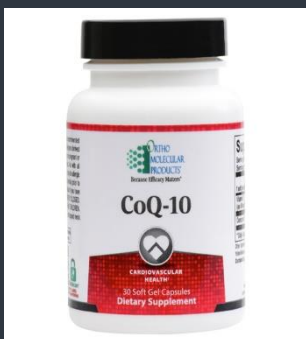


### Benefits of Coenzyme Q-10 (CoQ-10)

- Reduces the side effect of muscle pain for patients on a statin
- Supports heart health
- Helps maintain healthy blood sugar levels
- Boosts antioxidants
- Supports important neurological function
- Promotes cellular energy production
- Enhances physical performance



Available at

**Sand Run Pharmacy**

in the vitamin section



40 Sand Run Rd. Akron, OH 44313

330-864-2138

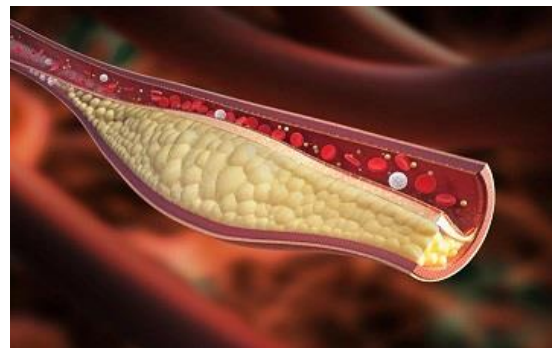
[www.sandrunpharmacy.com](http://www.sandrunpharmacy.com)

## What is cholesterol and why is it important?

Cholesterol is a waxy substance that is made when your body breaks down fat that has been ingested from your diet. Many foods contain cholesterol but it mostly comes from foods that are animal products such as eggs, meat, and cheese. Your body uses cholesterol to make important things such as hormones, vitamin D, and bile acids to help you digest food. Unfortunately, when you ingest too much fatty foods your body cannot use all of the cholesterol it produces and therefore some of it remains floating in your blood.

The cholesterol in your blood is dangerous because cholesterol can stick to other things in your blood and the walls of your blood vessels causing narrowing of your arteries. This narrowing of the arteries is known as atherosclerosis. Arteries are the pipes that feed blood to your muscles and your organs and are comparable to the pipes in your home. When these pipes get clogged with the excess cholesterol it decreases the amount of blood that can pass through. These clogs also put you at an increased risk of heart attack or stroke. These conditions can occur when one of these plaques ruptures or breaks off and completely blocks off one of the arteries that feed blood to your heart or your brain.

Some of the factors that lead to high cholesterol levels are increased age, having parents or relatives with high cholesterol, unhealthy diets high in saturated or trans-fats, lack of physical activity, and smoking. It is recommended that all individuals older than 20 years of age get their cholesterol checked at least once every 5 years. Your family doctor will then be able to determine if your cholesterol levels are appropriate or if you are a candidate for cholesterol lowering therapy such as a statin.



Individuals already on a statin medication for their cholesterol must remember to keep taking their medication even though it will not make them feel any different. It will keep them healthy and decrease their risk of heart attack or stroke as it decreases the amount of free cholesterol in the blood.

**Flu season is right around the corner!**

**Come and get your flu shot at**

**SAND RUN PHARMACY**

The CDC recommends that you receive your flu vaccine *before the end of October*, before flu season gets into full swing. Here at Sand Run Pharmacy we take walk-ins for flu shots M-F from 9am – 6pm and Saturdays from 9am – 1pm. So don't delay and come and get your flu shot today!



**Medication Safety with Our Pets**

There are countless medications that we humans take for all of our illnesses and ailments but are the same medications safe for our household animal friends? If our pet has an injury or seems to be in discomfort, can we give them the same pain medication that we would take if we were in pain? You might be surprised to learn that many of the medications that humans take to keep us healthy can actually be extremely harmful and can even be deadly if ingested by our pets.

According to the ASPCA Animal Poison Control Center there were over 45,000 cases involving over-the-counter medications reported in 2019 alone. Some common medications that you might have in your household that can be harmful and even deadly to your pets include:

- Pain medications like Tylenol (Acetaminophen) or NSAIDs such as Advil and Aleve (ibuprofen and naproxen)
- Sudafed (pseudoephedrine) for nasal congestion and sinus pressure
- Anti-depressant medications such as Prozac (fluoxetine)



The first person to return a completed word search will win a **free bottle of CoQ-10!**

L O T E S T A F S J T O F L  
 S O V Q X O Y K E Q T E J E  
 Y T R M F U Q X I U S E R W  
 T N R E U P I B R A I N I H  
 I I Z O T R W P E X J Q G D  
 V O A H K S Y Q T G Y N N V  
 I U P W A E E R R I I Z I K  
 T H L V X T A L A K B H W D  
 C C A A W E S T O L H Y L G  
 A A Q X H T O M V H Z X Q T  
 A E U I A O S M N G C B Q S  
 K Q E T C H E E S E C J C V  
 W S I Y O M R K E O U J L G  
 M N A T R W Q F V Y I W B E

**Cholesterol      Heart      Brain      Stroke**

**Arteries      Diet      Plaque      Fat**

**Activity      Smoking      Cheese      Statin**



**Akron Marathon 2021**

Join our favorite pharmacist, Jason Sloan, who is running in the First Energy Marathon and Relay, which is part of the Akron Marathon Race Series. The event takes place on September 25<sup>th</sup> and passes close by the pharmacy. Let's cheer Jason on!

