

SAND RUN PHARMACY

February 2022 Newsletter

How to prevent cold sores during winter

What is a cold sore?

A cold sore is a group of tiny, painful blisters caused by the herpes simplex virus (HSV), also known as a fever blister. Up to 90% of people around the world have at least one form of HSV. The HSV-1 virus can remain dormant in your system, but every now and then it can become reactivated and develop into a cold sore.

What are the symptoms and what causes cold sores?

Cold sores are most likely to show up on the outside of your mouth and lips.

Cold sore stages:

1. Tingling, burning, or itching feeling
2. About 12 - 24 hours later, blisters form (the area becomes red, swollen, and painful)
3. The blisters break open and fluid is released
This usually lasts 2 or 3 days
4. A scab forms on the sore
5. The scab falls off



A variety of conditions can cause cold sores such as: infections, fever, stress, sunlight, cold weather, and hormone changes. It can be different for each person.

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Tips for Preventing Cold Sores During Winter

Stay healthy— Winter can make you more vulnerable to getting a cold or flu. Since a fever can trigger a cold sore outbreak, it's important that you take extra precautions against getting sick.

Dress for the weather - Wearing a hat, scarf and gloves

Stay hydrated - drinking lots of fluids, especially water!

Washing your hands regularly - helps to protect you from germs that can cause colds and flu

General good health habits - getting plenty of sleep, managing your stress and eating nutritious foods

Treating Cold Sores

- Your doctor may prescribe an antiviral drug to help you heal faster
- *Abreva* is an over-the-counter (OTC) ointment that can help heal the sore
- Lip balms and creams to keep moisture in like *Carmex*
- Pain medicines like acetaminophen and ibuprofen



Ask one of our pharmacists for assistance on which product they recommend for treating cold sores.

American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health. **Heart disease is the leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.

Here are some ways to improve heart health:

Eat more heart healthy foods

- Dark green vegetables, carrots, berries, and peaches
- Oily fish: salmon, tuna and trout
- Fiber-rich oats, grains and brown rice
- Lean meats, tofu and beans

Eat less

- Red meats (burgers, steak and bacon)
- High-fat snacks (cookies, chips, fries and crackers)
- Sweets (candy, chocolate, soda and ice cream)
- Food in high salts

Exercise

- As often as possible
- 30 minutes, 5 times a week is the most common recommendation

Take your heart medication

- If your doctor prescribes medication for your heart, taking it on schedule is important
- The medication improves your heart health and reduces the risk of a hospital visit

Visit our vitamin section and check out some of our supplements to support your cardiovascular health. For more information ask one of our staff members for help.



Valentine's Day Word Search



ADORE	DEVOTION	LOVESICK	AFFECTION
APHRODITE	EROS	PINK	BALLOONS
BE MINE	FLOWERS	RED	BOUQUET
BOW AND ARROW	GIRLFRIEND	ROSES	BOYFRIEND
CANDY	HOLIDAY	SECRET ADMIRER	CARD
CHERUB	INFATUATION	SWEETHEART	CHOCOLATES
CONVERSATION HEARTS	KISS	TRUE LOVE	CRUSH
CUPID	LOVE SONG	DATE	LOVE BIRDS
DINNER	GIFT	HEART	HUG
FEBRUARY	JEWELRY	LOVE LETTER	MOVIE
POEM	ROMANTIC	SWEETS	WHITE
SAINT VALENTINE		STUFFED ANIMAL	

First person to turn in a **correct & completed** word search will receive **Akron on Deck** playing cards!



Valentine's Day is Monday, February 14th! Don't forget to check out our *Papyrus* cards and *Waggoner's* Chocolates for that special someone in your life.