



# SAND RUN PHARMACY



May 2022 Newsletter

## May is Melanoma Awareness Month

### What is Melanoma?

Melanoma is a form of skin cancer that begins in the cells called melanocytes that control the pigment of your skin. One in fifty people are diagnosed with melanoma during their lifetime with men having an overall greater risk.

### What can cause melanoma?

Exposure to ultraviolet (UV) radiation from being in the sun or from tanning beds are the leading causes of melanoma.

### Who is at risk?

- Individuals with fair complexion who have blonde/red hair
- Sunburn easily
- Immunodeficiency
- First-degree relative that has been diagnosed with Melanoma
- Occupational sun exposure

### What is the clinical presentation of Melanoma?

#### Remember your ABCDE's!

- **Asymmetry**
  - One half of the mole does not match the other
- **Borders**
  - The edges are irregular, ragged, notched or blurred. Normal moles are round or oval.
- **Color**
  - The mole is not evenly colored. It may include shades of brown or black, or patches of pink, red, white or blue.
- **Diameter**
  - The spot is larger than 6 mm across
- **Evolution**
  - The mole is changing in size, shape or color.



### How can you prevent Melanoma?

- Wear sunscreen: Use broad-spectrum sunscreen with at least SPF 30
- Sun avoidance during peak hours (noon to early afternoon)
- Wear protective clothing
- Avoid tanning beds



Stop by the pharmacy and check out our large variety of sunscreens!

### Try Vitamin K2 with Vitamin D3 by Ortho Molecular



Vitamin K2 with D3 comes in capsules and a liquid that is formulated to help with essential vitamins, cardiovascular health, and musculoskeletal health.

Vitamin K helps maintain bone mineral density by decreasing the activity of osteoclasts, or cells that break down the bone matrix.

This formulation includes 45mcg of MenaQ7PRO (vitamin k as MK-7) and 125mcg of vitamin D3 per capsule.



## Medicating Pets

Medicating our pets can become extremely difficult. A lot of the time they will refuse to take pills and even spit them out. Some tricks to medicate pets include disguising pills in treats/dinner, covering pills in peanut butter or cheese, or distracting them by taking them on a car ride/walk and giving them a medicated treat while they are distracted.

Even after exhausting all of these options some pets still prove challenging. Here at Sand Run Pharmacy, we are constantly compounding for your pets! Compounding allows us to make dosage forms such as liquids, chewables, and topicals. We are able to use flavors like bacon, chicken, tuna, beef, or peanut butter which can make medicating your pets a lot easier!



## UPCOMING EVENTS

### Mother's Day

Sunday, May 8<sup>th</sup>



### WAKR Senior Lunch

Wednesday, May 11<sup>th</sup>

11 am - 1:30 pm

St. George Fellowship Hall

For more information call

WAKR 330 - 869 - 9800

### Senior Summit

Saturday, May 14<sup>th</sup>

9 am - 2 pm

Firestone CLC

Free Admission:

Registration preferred; walk-ins welcomed



### Bark in the Park

Saturday, May 21<sup>st</sup>

11 am - 3 pm

Lock 3

Food trucks, over 80 local vendors, **pet mobile adoption centers**, live entrainment, activities, raffles, contest, and more!

## May Word Search

First-person to return a completed word search will receive a box of note cards!

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

Sunscreen

Evolution

Mole

Tanning Bed

Melanoma

Border

Diameter

Prevention

Asymmetry

Color

Sun