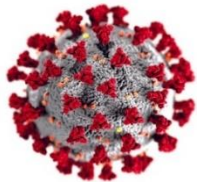


SAND RUN PHARMACY

August 2022
Newsletter

August is National Immunization Awareness Month Are You Up to Date?



Flu: The flu vaccine is recommended yearly for everyone six months of age or older. It is especially important for high-risk patients, such as pregnant women, adults 65 and older, and those with chronic health conditions like asthma, heart disease, diabetes, chronic kidney disease, or those who are immunocompromised.

Meningitis: Meningococcal disease can cause an infection of the lining of the brain and spinal cord, and infections of the blood. It is spread by saliva or spit during close or lengthy contact, especially when living in the same household. School age children, and young adults living in dormitories are at high risk for catching and spreading meningitis. There are two types of meningitis vaccines. The MenACWY vaccine, Menactra® is recommended for adolescents at 11 or 12 years old, with a booster dose at age 16. For young adults ages 16 through 23, a two-dose series MenB vaccine is recommended.



Pneumonia: Pneumococcal disease is common in young children, but older adults are at greatest risk of serious illness and death. For adults 65 years or older, new guidelines recommend either getting Prevnar 20 alone, or getting Vaxneuvance followed by Pneumovax 23 a year later. Adults younger than 65 with certain health conditions may also be eligible to get vaccinated against pneumonia.

Shingles: Shingles is a painful rash that usually develops on one side of the body. The pain associated with shingles can last months or years after the rash goes away. Shingrix is a two-dose series that is recommended for adults 50 years and older, or adults 19 and older who have a weakened immune system. Shingrix is also recommended for patients who previously had shingles, or received the previous shingles vaccine, Zostavax.



Tetanus, Diphtheria, and Pertussis (Tdap): The Tdap vaccine is recommended for children 7 years and older, adolescents around age 11 or 12, and adults who have not had a Tdap shot or booster within the last ten years, or within five years for those at higher risk of acquiring tetanus. The Tdap vaccine is also recommended during every pregnancy at some point between 27- and 36-weeks' gestation to help protect the newborn from pertussis. Other family members can also help protect newborns by making sure they are up to date on their Tdap booster.

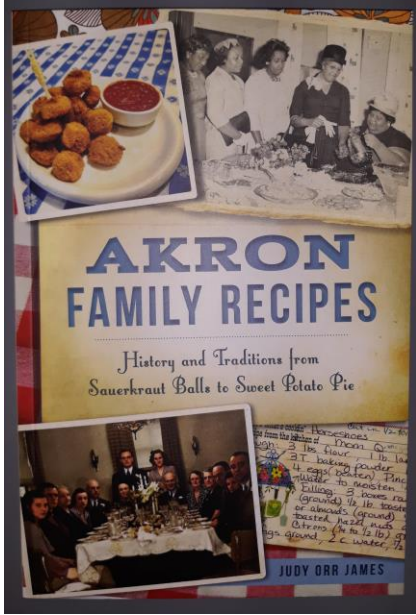
Travel Vaccines: Other countries may have diseases not typically encountered in the United States. The CDC has a list of recommended vaccinations to have before travelling, based on the destination. The most commonly recommended vaccines are yellow fever, typhoid fever, Japanese encephalitis, and occasionally rabies. Some countries require these vaccines prior to entry, so check your destination's requirements on the CDC's travel website at least a month before departure! *Travel vaccines by appointment only.*

All of these vaccines, and more, are available at Sand Run Pharmacy!

Happening in August:

Akron Family Recipes Book Signing

Author Judy Orr James will be at Sand Run Pharmacy on Saturday, August 20th from 10:00 AM to 1:00 PM to sign copies of her book **Akron Family Recipes!** The books are in stock and will be available all month.



"From the city's founding in 1825 through the years following World War II, numerous ethnic and cultural groups made Akron Home. With each new arrival, the city's food changed and deepened to delicious effect... Compiling more than one hundred family recipes, author Judy Orr James serves up history of home cooking in Rubber City."

WAKR Senior Luncheon Series

The WAKR Senior Luncheon Series continues on Wednesday, August 10th at St. George Fellowship Hall on 3204 Ridgewood Rd in Akron, Ohio.

Doors open at 11 AM. Lunch, entertainment, and door prizes will be from 11:45 AM to 1:30 PM.

Masks are encouraged.

Get your tickets through WAKR by calling the station at 330-869-9800

Sand Run Pharmacy

will be closed on Monday, September 5th in honor of

LABOR DAY



Boost Your Child's Immune Function this School Year with Imu-Max

Imu-Max is a children's formula that boosts immune function and provides support for immune challenges. Imu-Max contains echinacea, one of the best-known botanicals used to boost the immune system, and propolis, a product of bee resin, which helps maintain normal inflammatory balance. Imu-max comes in a pleasant-tasting liquid formula and does not contain gluten, corn, yeast, or artificial colors and flavors!

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

August Pharmacy Immunization Word Search

The first person to return a completed word search will receive a free copy of Akron Family Recipes

- HEALTHY
- IMMUNITY
- INFLUENZA
- PNEUMONIA
- PROTECT
- SANDRUN
- SHINGLES
- TDAP
- TRAVEL
- VACCINE

Suggested Use:

Give 1 teaspoon three times per day, or as recommended. It can be given alone, with water, milk, or the beverage of your choice!

