

HOWE
Sound
PHARMACY



Volume 2: Issue 4
April 2005

Regular Hours

We are open to serve
you ~

Monday to Friday:

9 am to 5:30 pm

Tuesday:

9 am to 7 pm

Saturday:

9 am to 12:30 pm

825 Gibsons Way
Next to Gibsons'
Medical Clinic

Tel: 604-886-3365

FREE DELIVERY!
(Monday to Friday)

We offer~

- Compliance Blister Packaging
- Blood Glucose and Pressure Monitors
- Health care consultations
- Nutritional Supplements
- Bathroom Safety Supplies
- Compression Stockings
- First Aid and Wound Care Supplies
- Incontinent Supplies
- Life Style consultations
- S.A.D. Therapeutic Lights
- Sport Braces and Canes

We are~

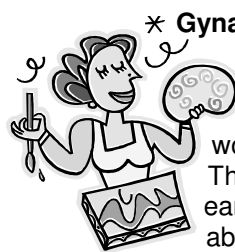
- Your Health Information Source
- Homeopathic Specialists

Sound Advice

...from your Neighbourhood Pharmacy.

ABOUT WOMEN'S & MEN'S HEALTH ISSUES

Women's Health



* Gynaecological Health:

Regular pelvic exams and Pap smears are vital to women's health care. These exams can give early indications of any abnormalities in reproductive organs. It

is better to catch any disease in its early stages when it is easier to treat. The Pap test, the screening exam for cancer of the cervix, detects up to 95% of Cervical cancers and are recommended every one to three years, depending on your risk factors.

Yeast Infections: These are caused by an excess growth of yeast organisms in the vagina. Although uncomfortable, they are rarely serious. Yeast infections are not spread by sexual contact and are commonly associated with antibiotic or steroid use, pregnancy, diabetes and illnesses that weaken the immune system. In addition, frequent douching, wearing tight clothing or using strong soaps or perfumed feminine hygiene products may contribute to the condition. Prevention includes the intake of milk or yoghurt that contains live lactobacillus organisms, wearing cotton or cotton-lined underwear and avoiding tight-fitting pants and undergarments, which increase heat and moisture in the vaginal area, allowing yeast to grow more easily. Avoid feminine sprays, talc or perfumes because they may affect the balance among the micro organisms in your vagina. Wipe your vaginal area from front to back after using the toilet and when bathing. Left untreated, these infections often clear up on their own and there are many good ► over....

Men's health

Genital Health: Daily cleansing of the penis can prevent bacterial infection. Daily washing also reduces the already low risk of penile cancer.



Prostate Infections: Symptoms may include: frequent urge to urinate but passing only small amounts of urine, a burning sensation when urinating and an inability to empty the bladder, difficulty starting urination, pain or discomfort between the lower back to the upper thigh area, pain during ejaculation, blood in the semen or ejaculate that seems darker or thicker than what is normal for you. There is no reliable way to prevent prostatitis. Call a health professional if urinary symptoms occur with fever, chills, vomiting or pain in the back or abdomen, if your urine is red or pink and there is no dietary reason for this or if you have pain during urination or ejaculation.

Prostate Enlargement: As men age, the prostate may enlarge. This seems to be a natural process and is not really a disease. However this swelling may cause urinary problems. Surgery is usually not necessary for an enlarged prostate. Many men find that their symptoms are stable and sometimes even clear up on their own. In these cases, the best treatment may be no treatment at all. There is no evidence of any preventative measures, however you can avoid antihistamines and decongestants. Cut down on beverages before bedtime especially alcohol and caffeine but drink lots of water. Don't postpone urinating. Call a health professional if you are unable to urinate or if you feel as if you cannot empty your bladder completely. ► over....

Working with you towards a healthier lifestyle.

HOWE *Sound* PHARMACY

More about our Services... Personal Consultations

We at Howe Sound Pharmacy understand that there are many personal issues that you are not comfortable discussing with health professionals. Our pharmacists are available for private confidential consultations at any time.

This edition of Sound Advice briefly touches on some gender specific health issues that may be of concern. Please feel free to come and talk to us so

we might recommend a type of home treatment or further discussion with your health professional.

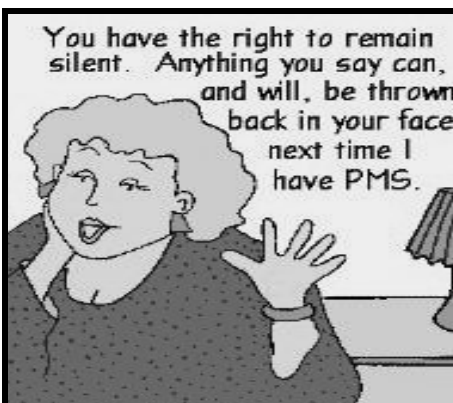


Women's Health continued

non-prescription antifungal medications available.

Bleeding between periods: Many women experience this but it does not necessarily mean a serious condition is present. It can occur due to ovulation or using birth control pills. Check with your doctor if bleeding is persistent but call a health professional if:

- you are or may be pregnant and have any vaginal bleeding
- if you have new lower abdominal pain with unexpected vaginal bleeding
- if the bleeding is severe, but you do not have signs of shock
- if you have irregular bleeding and a fever of 37.8 C or higher



- if bleeding recurs after you have gone through menopause
- Premenstrual syndrome:** Many women have mild symptoms related to menstruation and are considered normal: physical changes such as breast swelling, water retention, bloating, weight gain and acne as well as mood and behaviour changes (irritability, depression, difficulty concentrating, decreased sex drive and aggression). If you suspect that you have PMS, keep a record of your symptoms: the dates when they occur and the days when you have your period, and how severe the symptoms are. If symptoms consistently occur before your period and end shortly after your period, you may want to follow the home treatment recommendations.



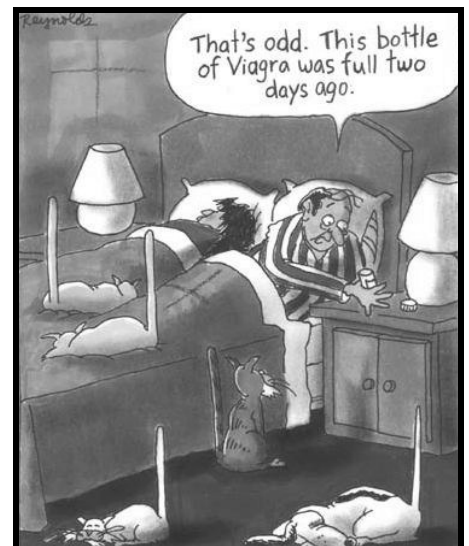
Menopause: In most women, menopause occurs between ages 45 and 55 when the production of hormones begins to decline. Every woman is unique and will experience menopause differently but common signs are hot flashes, vaginal dryness and mood changes. Osteoporosis is also directly linked to the decrease in estrogens that comes with menopause. There are several things that women can do to decrease symptoms. Speak to your pharmacists about the options.

Breast Cancer: It is one of the leading causes of cancer deaths in women. The good news is it often can be cured if it is detected early. There are 3 methods of early detection: mammography, clinical breast exam, and breast self-exam. Age is a risk factor and it goes up significantly after age 50. If an immediate family member has had breast cancer start screening tests before age 40.

Men's Health continued

Erection Problems: They are common and can be often solved with self-care. By definition an erection problem is difficulty in raising or maintaining an erection capable of intercourse. Erection problems are often caused by stress at work, tension in relationships, depression, fatigue, and lack of privacy, physical injury or side effects from medications. These causes are generally temporary and will usually resolve with home treatment. Other, less reversible causes include diabetes, a long history of smoking, vascular disease and nerve damage. Most erection problems can be prevented or resolved by taking a more relaxed approach to lovemaking and watching for possible side effects from medications or illnesses. Avoid alcohol and smoking. Take time for more foreplay.

Prostate Cancer: Prostate cancer is the second leading cause of cancer deaths in men and does run in families. The risk does increase with age. When detected early before it has spread to other organs, prostate cancer may be curable. Most men with prostate cancer have no symptoms at all; some suffer from urinary symptoms or pain. Prevention can be achieved with low fat diets that include lots of fruits and vegetables. Foods containing cooked tomatoes and soybean products may also decrease the risk. *Saw Palmetto* helps support a healthy prostate. Have a physical examination by your physician especially if you think that you are of high risk and you are over 40 years of age.



Health care for your body and mind.