

HOWE
Sound
PHARMACY



Sound Advice

...from your Neighbourhood Pharmacy.

Volume 2: Issue 3
March 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!

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

ACHOOOOO! GOT ALLERGIES?



Allergies come in many forms.

The most common allergies are caused by particles in

the air. Common symptoms are itchy, watery eyes, sneezing, runny nose, stuffed nose or itchy nose and fatigue. The symptoms are like cold symptoms but they last longer. Dark circles under the eyes or postnasal drip can also accompany hay fever.

You can often discover the cause of an allergy by noting when symptoms occur. Symptoms that occur at the same time each year are often caused by tree, grass or weed pollen. Allergies that persist all year long may be due to dust mites in the house, cockroaches, mold spores or animal dander. An animal allergy is often easy to detect, as the symptoms clear up when you stay away from the animal or its bedding.

Allergies do run in families so ask your relatives about allergies.

Life-threatening allergic

reactions. Few people suffer from these types of allergies. Life-threatening reactions are medical emergencies and prompt care is needed. People suffering from allergic reactions to foods or drugs should wear a medical alert

bracelet that will tell health professionals about your allergy in case you cannot.

What can be done about allergies?

If practical, avoid the substance that causes allergy attacks:

- Yard work can stir up both pollen and mold. If you must do yard work, wear a mask and take an antihistamine beforehand.
- Don't hang laundry outside to dry.
- Avoid smoking and inhaling other people's smoke.
- Eliminate aerosol sprays, perfumes, room deodorizers, cleaning products and other substances that may trigger allergy symptoms.
- Keep your car and house windows closed, especially bedroom windows at night.
- Limit the time you spend outside when pollen counts are high.
- Pollen sticks to your hair so wash it often. Also dogs and other pets may bring large amounts of pollen into your house. There is no need to get rid of your dog or cat if you discover someone in your household is allergic to the pets. By using a warm, damp washcloth you can reduce the dander and pollen from the animal's coat and decrease the allergic responses.
- If your symptoms are year-round and related to dust, keep the bedroom and other places where you spend a lot of time as dust free as possible. Avoid carpeting, upholstered furniture and heavy draperies that collect dust. Vacuuming does not pick up dust mites.

Working with you towards a healthier lifestyle.

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More about our Services...

Compliance Blister Packing

At Howe Sound Pharmacy we offer compliance blister packing and we are pleased to offer this service at no charge. Compliance blister packing is useful for people who find it difficult to remember when to take their medications and is an easy way to check if they have already taken them. In complicated dosing schedules, it takes the guess work out of how to take your medications

Do you know someone that might benefit from this service? It is easy to start this program and remember it is complimentary! Just call or come in and see the Howe Sound Pharmacists and we will do the rest. Your packages can then be picked up or delivered. It's as easy as that!



MORE ON SNEEZING SEASON

- Cover the mattress and box spring with dust proof cases and wipe them clean weekly. Down duvets, wool blankets and feather pillows can cause problems. Wash all bedding in hot water once a week. Put stuffed animals or even pillows in the freezer for several hours as this will kill dust mites. Investigate using an air purifier with special HEPA filters. Rent one first before buying one.
- If the symptoms are worse during damp weather they may be related to mold or mildew. Keep your home well ventilated and dry. Keep the humidity below 50%. Use a dehumidifier during humid weather. Use an air conditioner that removes mold. Clean bathroom and kitchen surfaces often with bleach to reduce mold growth.

How to treat allergies.

There are some options for treating allergies. Antihistamines are often recommended, however you should drink extra fluids when

taking them. Antihistamines can cause some problems for some people with health issues such as asthma, glaucoma, epilepsy or an enlarged prostate. They also interact with some drugs including certain antidepressants, sedatives, and tranquilizers. As an alternative, symptoms can be relieved by herbal preparations such as grape seed. This lowers the histamine levels in your body. Many people are turning to homeopathy finding it very effective with products such as Sabalia, Histimum and Pollens 19. Side effects with these products very rarely occur. Talk to your Howe Sound Pharmacists to see which product might be the best for you.

Allergy shots may help control symptoms of allergies. These shots are given in a series over a period of 3 to 5 years. They can only be given if the skin sensitivity testing has identified the specific allergy trigger. Shots are usually recommended when you can not avoid allergy triggers, if your symptoms have bothered you for years, or if you have tried home treatment without success.



March Is Nutrition Month!

March is Nutrition Month® across Canada, sponsored annually since the early 1980's by *Dietitians of Canada*. Visit www.dietitians.ca/eatwell each week in March and take their Healthy Way Challenge!

Weight is a top nutrition concern of Canadians. While dieting is a popular remedy for weight loss, decades of research have shown that diets are not effective for long-term health and weight control. A more positive, solution-based approach to healthy weight is the goal for the 2005 Nutrition Campaign. Long-term weight management and good health can be achieved by getting off the dieting band-wagon, focusing on enjoyable physical activity, tasty, healthy foods and feeling good about yourself.

Talk to the *Howe Sound Pharmacists* who have a wealth of information for obtaining your healthy weight, such as useful websites, computer programs and nutrition counselling programs complete with printouts.



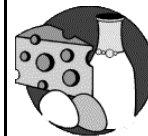
**HAPPY
EASTER
FROM
YOU KNOW
WHO!**

CANADA'S FOOD GUIDE TO HEALTHY EATING



GRAIN PRODUCTS · provide protein, carbohydrates, fibre, and iron. Recommended: 5-12 servings per day

VEGETABLES & FRUIT · provide carbohydrates, vitamins C and A, iron, and fibre. Recommended: 5-10 servings per day



MILK PRODUCTS · provide protein, fat, vitamin D, and calcium. Recommended: 2-4 servings per day

MEAT & ALTERNATIVES · provide protein, fat, iron, and vitamin B12. Recommended: 2-3 servings per day.



Health care for your body and mind.