

*Volume 2: Issue 10  
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**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*

# Sound Advice

*...from your Neighbourhood Pharmacy.*

## Fall Harvest of Fabulous Foods!



October brings two fun "celebrations" in Canada – Thanksgiving and Hallowe'en. And the best part is the foods traditionally served at this time of year are not only great tasting, but are good for you!

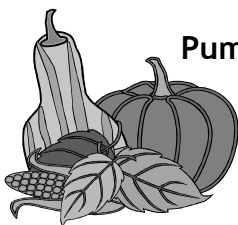
**Turkey:** Versatile and low in fat, turkey breast is a great protein choice. Enjoy roasted turkey at the Thanksgiving table and in soups, salads and sandwiches. Eating a healthful diet low in fat may help reduce the risk of some types of cancers. Development of cancer is associated with many factors, including family history, cigarette smoking and what you eat.

The new *Canada's Food Guide to Healthy Eating* recommends selecting leaner meats, poultry, fish and seafood.

In addition to being a leader in the "lean" meat class, turkey is an excellent source of protein, providing the essential amino acids necessary for the renewal and maintenance of body tissues and providing food energy.

Turkey is an excellent source of zinc and niacin, factors in the maintenance of good health.

Turkey is a good source of phosphorous, a factor in the normal development of bones and teeth.



**Pumpkins:** This veggie is a colourful addition to an autumn centerpiece, but nutrition experts say

they also can make a nutritious addition to your diet.

Pumpkin flesh is loaded with important nutrients, and it's low in fat and calories - unless, of course, you bake it into a pie using heavy cream and lots of sugar.

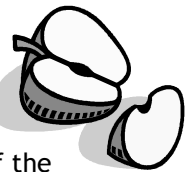
Pumpkin is an excellent source of important vitamins like A and C. And it's not just the pumpkin flesh that's good for you. Pumpkin seeds are high in fiber and are a good source of vitamin B-12 and polyunsaturated fatty acids—one of the "good" fats.



When you shop for pumpkins pick smaller ones, which tend to have softer and tastier meat. Look for pumpkins that are free of blemishes and bruises. Store pumpkins in a cool, dry place until you're ready to cook with them.

What can you make with pumpkin other than pies? You can bake and serve pumpkin much like you would any winter squash. It makes a good base for colourful soups, too. It's got a lot more nutrition and fiber than most other desserts, and it's lower in fat and calories. The seeds are very good as well and for the best flavor, roast the seeds in the oven. Then you can use them as snacks or as a topping for soups or salads.

**Apples:** Naturally fat free, cholesterol and sodium free,



apples provide many of the important vitamins, minerals, fiber and phyto-nutrients you and your family need to stay healthy. And today, researchers are finding even more evidence that "an apple a day keeps the doctor away!" *Continued over* ▶

*Working with you towards a healthier lifestyle.*

# HOWE *Sound* PHARMACY

The Howe Sound Pharmacy's  
website is up and running!

Visit us at

[www.howesndrx.com](http://www.howesndrx.com)

Find out about:

- our staff
- products and services
- Newsletters and recipe sheets
- upcoming events
- contacting us by email.

Visit soon and let us know  
what you think!

## REMINDER!

Our Flu Clinic will be held  
Wed., Nov. 16. A registered nurse  
will be on site to administer the  
flu serum. Please call to make an  
appointment. A \$15.00 fee applies.

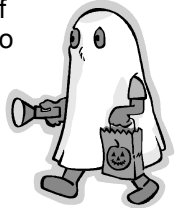
*From page one...* Apples are a good source of dietary fiber, which may reduce the risk of heart disease and some types of cancer. Over the past four years, apple consumption has been linked with reduced cancer risk in several studies. In fact, just one medium apple provides about 3 grams of fiber or more than 10% of your daily fiber needs. About

20% of the fiber in apples is soluble fiber, most of it in a form called pectin. Soluble fiber has been shown to support healthy cholesterol levels, which contributes to heart health. Apple peel is also a source of insoluble fiber, or roughage.



## MORE THAN GHOSTS AND GOBLINS! WATCH OUT FOR ALL THAT SUGAR!!

Hallowe'en is a great time for kids; they have lots of fun with parties and with trick or treating. The problem for moms and dads is deciding what to do with those big bags full of collected candy and sweet treats! Many kids have problems with their weight and loading up on all that sugar isn't a good idea. Here are some tips to help them control their consumption of treats: 1) Have a healthy meal ready to eat before, or right after the kids are done trick or treating. Make sure to include healthy proteins and vegetables, but don't include too many starchy foods. If your trick or treaters have full tummies, they will be less likely to gorge themselves on candy. 2) Let your kids enjoy some of their Hallowe'en candy in moderation, then have some small bags. Help your kids portion out two or three small treats into each bag. Tape or staple the bags closed and keep them in a large box or bag. Let your kids pick out one bag per day as their surprise treat bag and allow them to eat their treats after meal times. 3) A simpler method would be to take all the candy and put it into a high cabinet in your kitchen or pantry. Out of sight is out of mind. Then you can control how many treats your kids get to eat over the next few days. It would be nice to consider handing out alternatives to candy. Pencils, stickers, and trading cards are a few examples of gifts that would be so much better than sugary treats. However since candy and sweet treats are the tradition, use our trick or treat tips to have a happy and healthy Hallowe'en!



## Ask your Pharmacist...

### What is a kidney stone and how do I avoid getting one?

Kidneys play an important role in the body by helping to remove waste products found in the bloodstream. This waste, along with extra fluid, composes urine, a body by-product of your body's natural functions. In some people, crystals may form in the kidneys and may grow in size over time. The stones that result are a common occurrence. In fact, approximately one in ten Canadians will have one of these stones in their lifetime. Men are twice as likely to produce stones, with incidence usually peaking at age 30. For women, the incidence peaks twice – in the mid-thirties and again in the mid-fifties. Even the time of year and climate can affect the formation of stones.

The body normally has its own ways of blocking stone formation, but sometimes does not succeed. Stones tend to form when urine is very concentrated, particularly with certain substances, including calcium, oxalate uric acid and cystine. Other factors that can increase the risk of stone formation include family history, specific disease states like gout or chronic urinary tract infections, abnormalities of the urinary tract and even certain medications.

Kidney stones don't always cause symptoms, especially when they are small. However, when they are large in size, or as they start to move out of the urinary tract and get stuck, they can cause considerable discomfort. The pain generally begins acutely and may be associated with nausea, vomiting and changes in the smell and colour of urine. Treatment depends on several factors, including the type

of stone, where it is located and its size. In some cases, pain medications and drinking extra fluids may allow the stone to pass on its own. Surgical treatment may be more appropriate in other situations.

Prevention of recurrent kidney stones may be aided by some measures. Your doctor will typically recommend increasing fluid intake (to produce two to three litres of urine daily). Dietary modifications, depending on the type of stone that was formed, may also be suggested. If these measures are not effective, medications (e.g., diuretics, allopurinol) may be necessary and are chosen based on the content of the stone.

More information on kidney stones may be found by visiting [www.kidney.ca/english/publications/brochures/kidneystones.htm](http://www.kidney.ca/english/publications/brochures/kidneystones.htm)

*Health care for your body and mind.*