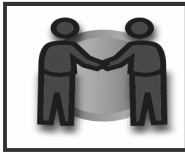
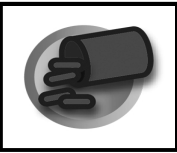


HOWE
Sound
PHARMACY
*Serving the Sunshine Coast
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*Volume 2: Issue 12
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Monday to Friday:
 9 am to 5:30 pm
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We are~

- *Your Health Information Source*
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Sound Advice

...from your Neighbourhood Pharmacy.

All about Over-the-Counter Products



Over-the-counter (OTC) products are those products available without a prescription to treat a range of ailments. They are intended to provide relief for symptoms such as a cold, runny nose, sore throat, cough, or pain, without a practitioner's prescription. OTC products are not designed to treat serious illnesses and in some cases can actually worsen a condition if used inappropriately.

Even though these products are easy to access, this doesn't mean they are harmless. Some over-the-counter products have the potential to interact adversely with a wide range of medications, both prescription drugs and other OTC products. In 2004, it was estimated that one in four Canadians experienced a preventable drug-related adverse event. To avoid dangerous interactions, patients should always consult a pharmacist before purchasing or using an OTC medication and when having a new prescription filled.

Child dosing

Children metabolize and react to drugs differently than adults, and giving a child the correct drug dose can be challenging. Although children's doses are often expressed in terms of age ranges, this isn't always the best criterion, as children can vary in size within an age range. Parents/adults should consult with a pharmacist to receive clear guidelines about a suitable dosage for their child. A cylindrical measuring spoon clearly marked with doses or a calibrated oral syringe should be used for accuracy



when measuring liquids for children; kitchen spoons do not provide uniform dosages (e.g., two types of teaspoons may hold different amounts). Using pharmacist recommended dosing equipment can prevent a child from receiving a potentially dangerous dose.

Older patients

As a person ages, the way in which the body processes drugs changes. Seniors may be more vulnerable to adverse effects or drug interactions. Changes in liver and kidney function that occur naturally with aging can affect how drugs are metabolized or eliminated. During visits to a prescriber or pharmacist, seniors should mention all of the prescription drugs and OTC products they are using, including vitamins and minerals. This information can help the prescriber or pharmacist determine whether or not one of these prescription or OTC items, or a combination of them, is responsible if a patient is experiencing certain symptoms. The best way to reduce the risk of drug interactions is to ask your pharmacist to check for incompatibility between any drugs and supplements you may be using.



Chronic conditions

A number of chronic conditions can become worse if an OTC drug is used inappropriately. Antihistamines, which are found in OTC sleep aids, allergy medications, cough and cold, and influenza products, shouldn't be taken by anyone with asthma, emphysema, or chronic lung problems unless directed by a prescriber. Using

Continued over ►

Working with you towards a healthier lifestyle.

HOWE *Sound* PHARMACY

Compliance Blister Packaging

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. Do you know someone that might benefit from this service? It is easy to start this program and it is complimentary! Just call or come in and see the Howe Sound Pharmacists and we will do the rest.



Remember to check out our website at
www.howesndrx.com

Continued from page 1...

antihistamines can also complicate glaucoma and an enlarged prostate gland. People with high blood pressure, heart disease, diabetes, hyperthyroidism or an enlarged prostate gland should consult with a pharmacist or prescriber before taking OTC decongestants or antihistamines, as these drugs can be dangerous to people with these conditions.

Pharmacists are medication experts and can provide advice and information on a wide variety of over-the-counter products and prescription medications.

Points to remember

As OTC's do not come in one-size-fits-all, consumers should always talk to their pharmacist or prescriber before purchasing or taking these products. The following are some guidelines for choosing or using over-the-counter products:

- ◆ Have a pharmacist check for potential interactions with other drugs being used.
- ◆ Always read the label

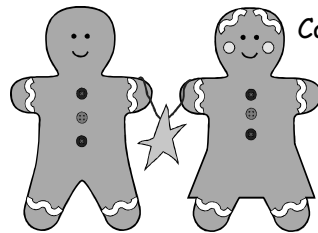


carefully to determine the proper dose, warnings, precautions and expiration date.

- ◆ Do not exceed the recommended dose.
- ◆ Be careful when converting dose instructions.
- ◆ Never take or give medicine if you are not alert or can't see clearly.
- ◆ Ask the pharmacist to write down any possible adverse effects.
- ◆ Never take an OTC product longer than the maximum time suggested on the label.
- ◆ Never give children medicine, especially aspirin products, unless it is recommended on the label or by a pharmacist or prescriber.
- ◆ Don't buy, use, or administer an OTC product if the packaging is damaged.
- ◆ Safely dispose of any medicines that are past the expiration date; check with your pharmacist about disposing of the product safely.
- ◆ Always keep all medicines in their original containers.



How Cookies became part of Christmas



Cakes of all shapes and sizes, including smaller items such as cookies, have been part of festive holiday rituals long before Christmas. Ancient cooks prepared sweet baked goods to mark significant occasions. Many of these recipes and ingredients, such as cinnamon, ginger, black pepper, almonds and dried fruits were introduced to Europe in the Middle ages. They were

highly prized and quickly incorporated into European baked goods. Christmas cookies, as we know them today, trace their roots to these Medieval European recipes. Lebkuchen or gingerbread was probably the first cake/cookie traditionally associated with Christmas.

"The first gingerbread man is credited to the court of Queen Elizabeth I, who favoured important visitors with charming gingerbread likenesses of themselves. After the Grimm Brothers' tale of Hansel and Gretel described a house "made of bread," with a roof of cake and windows of barley, German bakeries began offering elaborate gingerbread houses with icing snow on the roofs, along with edible gingerbread Christmas cards and finely detailed molded cookies. Tinsmiths

fashioned cookie cutters into all imaginable forms, and every woman wanted one shape that was different from anybody else's! Most of the cookies that hung on nineteenth-century Christmas trees were at least half an inch thick and cut into animal shapes or gingerbread men."



Season's Greetings
and all the best for a
very healthy
New Year!

From the Howe Sound
Healthcare Team:
John, Chris, Brian,
Cheryl, Carlene,
Christine, Angela,
Amanda & Cindy.

Health care for your body and mind.