

HOWE
Sound
PHARMACY



Sound Advice

...from your Neighbourhood Pharmacy

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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

YOUR HEALTH~TAKE IT TO HEART

About Heart Attacks

Heart attacks are caused by a blockage of the blood flow to part of the heart muscle. This usually occurs when a small blood clot forms in one of the blood vessels that supply the heart.

Symptoms include discomfort or pain in the chest, abdomen, upper back, neck, jaw and one or both arms. It is important to know that women often have subtle symptoms, such as jaw or chin pain or just feeling a little dizzy and they could be having a heart attack.

The pain of a heart attack usually lasts ten minutes and often occurs with sweating, shortness of breath or nausea. The pain usually does not go away.

Many people mistake heart attack symptoms for other problems, such as indigestion, heartburn or a pulled muscle. It is important to recognize the signals your body sends during the early stages of a heart attack and seek emergency care. Medical treatment is needed immediately and sometimes medications can be given to avoid the heart muscle damage caused by a heart attack.

About Strokes

A stroke occurs when a blood vessel supplying blood to the brain bursts or becomes blocked by a blood clot. Within minutes, the nerve cells in the area of the brain affected are damaged and die. As a result,

the part of the body controlled by those cells can not function.

A person having symptoms of a stroke needs to seek care immediately.

If medical treatment is sought as soon as stroke symptoms are noticed, fewer brain cells may be permanently damaged by the stroke. The effects of a stroke may range from mild to severe and may be temporary or permanent. A stroke can affect vision, speech, behaviour, thought processes, and the ability to move parts of the body. Sometimes it can cause a coma or death.

Transient ischemic (related to blood deficiency in part of the body) attacks often occur before a person has a stroke. They are often called "mini strokes" because their symptoms are similar to those of a stroke. However the symptoms disappear within minutes to a few hours. The first "mini stroke" needs to be treated as an emergency because it is a warning signal that a stroke may soon occur.

A word about Prevention

One of the most important ways to prevent strokes and heart attacks is to keep your blood pressure down. This involves a combination of proper diet, adequate exercise, stress reduction and appropriate medications. One useful tool is home blood pressure monitors. They are very inexpensive and easy to use. With daily checks of blood pressure, changes may be observed and the monitor may act as an early warning device.

February is
Heart Month

Show your support
and
"Paint the Town Red!"
See over for more.



Working with you towards a healthier lifestyle.

HOWE
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*More about our
Services...*



**Blood Glucose &
Pressure
Monitors**

At Howe Sound Pharmacy we have a full range of blood pressure, glucose and even cholesterol testing devices. Our fully trained and qualified staff is available to find the right machine for you and your health issue. By having a testing device at home, changes can be more easily and conveniently monitored and could help reduce visits to your doctor.

Talk to your Howe Sound Pharmacist for more information.

Paint the Town Red!

When you come into Howe Sound Pharmacy during Heart Month, please make a two dollar donation to the Heart and Stroke Foundation. Howe Sound Pharmacy will match your donation to the Foundation! As well, your name will be written on a window card and then entered into a draw.



Our campaign will start on January 21 and will continue through the end of February with the draw for a Heart Healthy Basket being held on February 28th.

The Heart and Stroke Foundation leads the way towards greater understanding of the root causes of

heart disease and stroke. As a leading funder of heart and stroke research, hundreds of hospital and university based research teams depend on us year after year. The Foundation relies heavily on donations to ensure this vital research continues.

Together with your help, the Heart and Stroke Foundation is "unlocking the secrets of heart disease one door at a time."

For more information call 1-888-HSF-INFO or visit www.heartandstroke.bc.ca.



A Special Valentine's Day Gift



Wrap a small box in special Valentine paper. Make the paper by decorating red construction paper, pasting on pink hearts, and adding stickers or glitter or whatever you have - even colourful funnies from the newspaper! Tie the package with a red ribbon. On a piece of stationery write the following poem and attach it to your special Valentine's Day gift box:

*This is a very special box that
you can never use.*

*The reason that it's special, is
that it's always new.*

*Whenever you feel lonely or you
are feeling blue,*

*You only have to hold it and
know I think of you.*

*You should never try to open it;
keep the ribbon tied.*

*Just hold the box close to your
heart;*

It's filled with love inside.

Heart Truths for Women

It has been estimated that in the US, one in three women dies of heart disease. Unfortunately, most women aren't aware of this statistic. The truth is that women don't take their risk of heart disease seriously—or personally. Women often fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease.

Coronary heart disease is the most common form of heart disease. Often referred to simply as "heart disease," it develops over time and can start as early as the teenage years. During mid-life, a woman's risk for heart disease starts to rise dramatically. In part, this is because a woman's body stops producing estrogen. Also, mid-life is a time when women tend to develop factors that increase their risk for heart disease. Factors beyond your control are: 1) family history of early heart disease and 2) being 55 or older. Those you can take action against are: 1) smoking 2) high blood pressure or hypertension 3) high blood cholesterol 4) overweight/obesity 5) physical inactivity (at least 30 minutes a day of moderately intense physical activity) and 6) diabetes. Many people believe that as much as 50% of heart disease occurs in persons who don't have any of the traditional risk factors. New research shows that, contrary to popular belief, more than 95 % of those who die from heart disease have at least one of its risk factors.

It is never too late to take steps against heart disease. By taking action, older women and especially those who already have heart disease can reduce their risk of developing heart-related problems. Often, making lifestyle changes is all that's needed. In fact, women can lower their heart disease risk by as much as 82% just by leading a healthy lifestyle. So, whatever your age, start taking steps to improve your heart health!



Health care for your body and mind.