

HOWE SOUND PHARMACY – YOUR NEIGHBORHOOD PROFESSIONAL PHARMACY

Health Spotlight – Wash Your Hands, Please!

Wash your hands! That's right — washing your hands is a good way of avoiding colds. Why? It's simple. The common cold is caused by any of about 200 viruses that enter your body through mucous membranes in your nose and mouth.



These highly contagious viruses are able to remain alive outside the human body for some time, so when you touch a surface (such as a telephone, or a door handle that someone with a cold has recently touched or sneezed and coughed upon) and then touch your own nose and mouth, there's a good chance that you'll also catch a cold.

Stress also contributes to catching a cold. Normally, your immune system fends off the viruses. However, if

you're not sleeping, eating, and exercising properly, your immune system is weakened, and is less able to keep viruses at bay.

Prevention is key. Take time to relax, go for a walk, socialize with family and friends, eat proper meals, and don't forget to wash your hands! But, if you do catch a cold, get lots of rest, and drink plenty of liquids. It's true, during rest and sleep, the human body releases very powerful immune system-enhancing compounds.

Hot chicken soup – studies show that this timeless remedy really does alleviate cold symptoms by triggering mucous secretions, making your stuffy nose feel better. Plus, the warm, nostalgic feelings that are associated with comfort foods such as chicken soup have a beneficial psychological effect, too.

Oscillococcinum – This homeopathic preparation is a fast-acting remedy that checks the development of flu-like symptoms such as fever, chills, shivering, and associated aches and pains. As with many homeopathic remedies, Oscillococcinum is non-toxic and has no known adverse reactions. Take Oscillococcinum as soon as you feel flu-like symptoms, then continue as directed. For more about homeopathic treatments, ask the pharmacist team at Howe Sound Pharmacy.

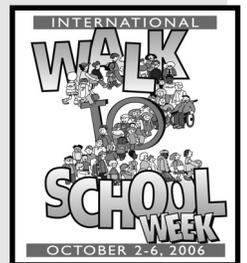


Healthy Moving – Prescription for Good Health

Here's a remedy we can all take. Health Canada, in partnership with the College of Family Physicians, urges you to start right away on the "Go For Green" prescription. Check it out at www.goforgreen.ca

Students Walk Out

Every year, students from around the world participate in International Walk to School Week by walking or biking to school with parents, school staff, and community leaders. Walking or biking to school helps young people gain healthy habits they'll benefit from for the rest of their lives.



HOURS

Monday to Friday

9AM – 5:30PM

Open late Tuesdays until 7PM

Saturday 9AM – 12:30PM

Serving the Sunshine Coast for over 26 years

Conveniently located at

825 Gibsons Way, next to the Gibsons Medical Clinic

604-886-3365 • 1-888-886-3365



October 2 – 6, 2006, International Walk to School Week

www.goforgreen.ca/walktoschool

Healthy Living

Professional, reliable healthcare information

Are you caring for an elderly friend or relative who has lots of prescription



and non-prescription medications? If you (and they) are curious or concerned about any of

them, we encourage you to make an appointment with the pharmacists at Howe Sound Pharmacy.

We're here to help you both make sense of the medicines, and as well, to help make your friend's or relative's retirement years healthy and enjoyable. At Howe Sound Pharmacy, quality patient care is based on a team approach. Working together with our fellow healthcare professionals and our patients & their caregivers is an important aspect of our commitment to you.

Strip-pouch packaging

It's simple, convenient and there's no extra charge at Howe Sound Pharmacy. With new airport requirements, you'll travel worry-free with strip-pouch



packaging, available for all doses of prescription and non-prescription medications. No travel plans? Strip pouches are ideal for anyone at work, school, volunteer duties

and other close-to-home activities. Each dose is packed in a separate pouch, legally labeled and sealed. No more vials or unlabelled pill boxes. All ages can benefit from strip pouches. Drop in and ask our pharmacists for more details.

Healthy Eating – Breakfast on the go

This recipe is a great time-saver in the morning. Simply mix up the ingredients the night before, add hot water in the morning, and head out the door.

Commuter Porridge

1/2 cup oats (regular, old-fashioned)

2 tablespoons slivered almonds

1 heaping tablespoon raisins (unsulphured)

1 to 2 teaspoons sugar (or sweetener)

1/8 tsp quality cinnamon

Pinch of salt

1/2 to 2/3 cup milk (optional)

Combine dry ingredients in a short wide-mouthed thermos. Pour in 1/2 cup (for firm oatmeal) or 2/3 cup (for soft oatmeal) boiling water or milk. Screw on top immediately.

The oatmeal will be ready to eat after 14 minutes, but should stay hot for up to an hour. For more recipes, including gluten-free options, see www.bobsredmill.com

More on-the-run tips

For many people, breakfast consists of a cup of coffee and that's it (if you've been able to resist the donut tray, that is!).

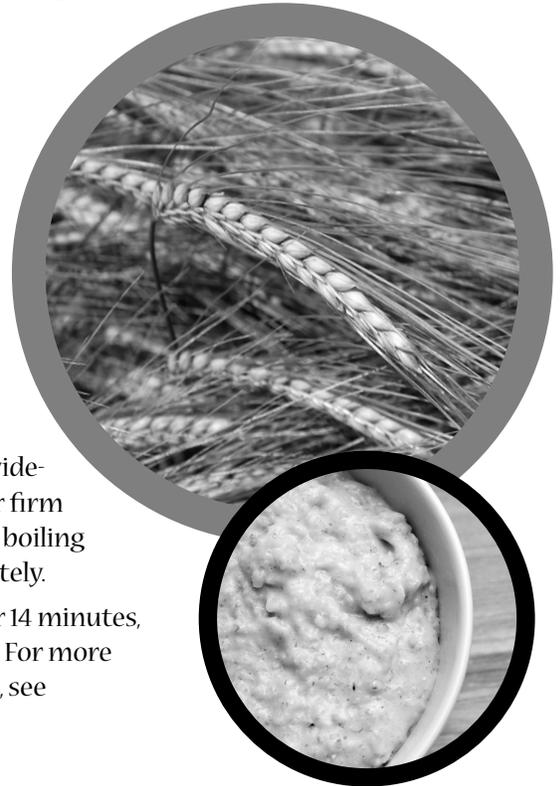
But even if you're in a hurry, you can make healthy choices and eat a breakfast that supplies essential nutrients and lasting energy.

Opt for low-sugar, high-fiber, high-protein choices. Consider a whole-wheat bagel with cottage cheese, or whole-wheat toast and peanut butter or scrambled free-range eggs. Low-sugar granola layered with unsweetened yogurt is another handy commuter option. Take advantage of the many foods that are available in convenient individual portions.

Be sure to read all nutrition labels on popular breakfast and energy foods. Many are high in sugar and not as healthy as they appear.

Did you know? You don't even need to leave home to have your prescriptions refilled*. **Call us with your order, and we'll deliver right to your door, for free!** 604-886-3365

*Delivery available Monday to Friday, Port Mellon to Redroofs. Certain prescription refills may require a doctor visit. Please call us for further details.



Visit our website for more recipes and healthy living info
www.soundcare.ca