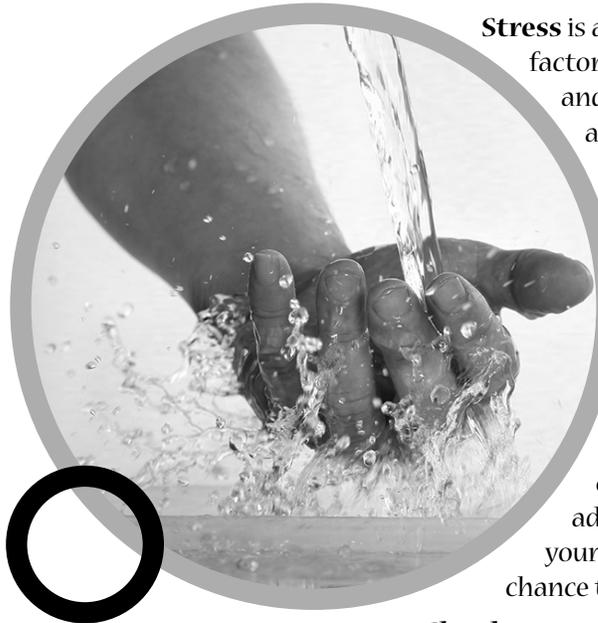


## The Common Cold – An Ounce of Prevention

**Wash your hands!** Your mother was right – washing your hands frequently & thoroughly is a simple way of decreasing the likelihood that you'll catch a cold. Here's why: the common cold is caused by any of about 200 different viruses that enter your body through the mucous membranes in your nose and mouth. These viruses are able to remain alive outside the human body for a period of time, so when you touch a surface (such as a telephone, a door handle, or a pencil that someone with a cold virus has recently touched ... or sneezed & coughed on ...) and then touch your own nose and mouth, you stand a chance of catching a cold yourself.



**Stress** is another major contributing factor to catching a cold. Normally and ideally, your immune system is able to fight-off invading viruses. However, when you are not sleeping, eating, and exercising properly, your immune system weakens, and as a result is less able to fend-off viruses. Pressures at work, a busy schedule at home, or the excitement of a long-awaited holiday, combined with the chilly, dark, rainy days of winter, add-up to extra stress on you and your immune system and a greater chance that you might catch a cold.

**Clearly, prevention is the key.** Take time to relax, go for a walk, enjoy a hobby, socialize with family and friends, eat proper meals, and don't forget to wash your hands! But, if you do catch a cold, you'll know, because you'll feel some, if not all, of these symptoms: sore throat; aching muscles, head ache; stuffy nose, sneezing. However, these symptoms are not the result of the cold virus; rather they are the effects of your body working hard to fight-off the virus. In fact, some experts say that it doesn't make sense to take certain commercial, over-the-counter cold medicines because these medicines suppress the body's natural reaction to being invaded by the cold virus. So, what do you do? You've probably heard it before - 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.



## Flu Clinic Dates – Get Your Shots

**Are you ready for influenza season?**

Howe Sound Pharmacy will be holding flu immunization clinics on

**October 29, 11am–5pm**

**November 5, 12noon–4pm**

**November 19, 12noon–4pm**

at the pharmacy next to the Gibsons Medical Center. Registered nurse available to administer vaccines. Cost \$15. No appointment necessary.



## HOURS

**Monday to Friday**

9AM – 5:30PM

**Open late Tuesdays** until 7PM

**Saturday** 9AM – 12:30PM

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## Healthy Living: Head Lice

For many families, back-to-school means new school supplies, packed lunches, and a return to a familiar routine. Unfortunately, returning to the classroom also results in a high incidence of reported head lice infestations.

### Fact vs. Myth

- Head lice are not the result of poor personal hygiene. Anyone can get head lice, though young children between the ages of 3 & 10 years are most commonly affected.



- Head lice are highly contagious, and an entire classroom can be infected very quickly.

- Many people think that head lice jump and fly — not true! Head lice are transmitted through close contact with other humans. This includes sharing combs and brushes, hats, helmets, bedding, towels, and in some reported cases, coat hooks in the cloakroom.

- Lice infestations may occur at any time of year — not just at back-to-school time.

- Head lice can be controlled — if effective measures are taken quickly and properly.

### What do I do?

Treatment of head lice is relatively simple, but requires patience and persistence. Shampoos and lice combs are available without a prescription. You'll need to follow the detailed instructions exactly. Read labels carefully because only some treatments kill both the lice and the eggs. You need to get rid of both the lice and the eggs, otherwise the eggs will hatch in about 9 days, causing another infestation of head lice.

## Healthy Eating – Southwestern Salmon

A quick and easy recipe for preparing super-healthy salmon. Preparation time: 5 minutes, cooking time: 12 to 15 minutes. Makes 1 serving.

### INGREDIENTS

- 2 tsp (10ml) vegetable oil*
- 1 lime*
- 1 tbsp (15ml) mayonnaise or regular cream*
- ¼ tsp (1ml) each dried oregano leaves, ground cumin and salt*
- ¼ tsp (1ml) chipotle or regular Tabasco*
- 6 oz (180g) skinless salmon fillet*
- 2 tsp (10ml) finely chopped fresh basil or coriander*



Preheat oven to 400F (200C). Lightly coat a pie plate or small baking dish with oil. Cut lime in half. Set one half aside and squeeze the juice from the other into a small bowl. Stir in mayonnaise, oregano, cumin, salt and Tabasco.

Place salmon on pie plate. Spoon mayonnaise mixture over the salmon. Bake in centre or preheated oven until the flesh changes from pink to opaque and flakes easily, about 12 to 15 minutes. Sprinkle with basil and squeeze juice from reserved lime half overtop.

**Nutrition information** · Excellent source of niacin, thiamine and vitamins B6 and B12. Good source of folacin and magnesium.

### Per 1 cup (250ml)

Calories	427
Protein	9.8 g
Fat	32.1 g
Carbohydrates	3.9 g
Fibre	0.2 g
Iron	0.9 mg
Calcium	33 mg
Sodium	734 mg

**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](http://www.soundcare.ca)