

*Volume 2: Issue 11  
 November 2005*

**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.*

## All about the flu and how to cope with it.

Today we often hear the words epidemic and pandemic. What is this all about?



An epidemic is a wide-spread infection that affects *most* of the population. A pandemic is a wide spread infection that affects *some* of the population.

Is it possible to have another epidemic?

Eventually we will have another case of a very serious flu season. It seems to come every few years.

- 1918 - Spanish Flu<sup>50</sup> causing 100 million deaths
- 1957- Asian Flu: 1 million deaths
- 1968 - Hong Kong Flu resulting in 750,000 deaths.
- Since 1997 there have been outbreaks of H5N1 flu. Estimated deaths range from 7.4 million to 360 million, translating the 1918 deaths to today's population.

How does this occur?

Normal avian-flu viruses swap genes, generating an excess of new variations. These new strains are not recognized by our bodies and people have little immunity to deal with them.

Why do they all seem to come from Asia?

The crowded population levels combined with high density bird populations allow for easy local spreading of a new virus. In conjunction with the jet age, these new viruses can be spread around the world in a matter of days and we have no resistance to them.

Symptoms of Influenza

- Nasal discharge is present but not

much. Nasal obstruction is uncommon.

- Fever appears suddenly, 39 - 40°, lasting 3 to 4 days.
- Sore throat is sometimes present.
- Cough is common and can be severe.
- Headache is throbbing and frontal; its severity is related to level of fever
- General aches are common; severe fatigue and weakness can last up to 3 weeks.
- Other symptoms include diarrhea and vomiting.
- Duration approx 10 days.

What can be done to help prevent catching the flu?

1. Get a flu shot each autumn if you are over 65, have a chronic illness such as asthma, heart disease, or diabetes, live in a nursing home or you are a health care worker.
2. Consider annual flu shots if you or your family members are likely to be exposed to the disease through work or by being around other children, or if you just want to reduce the chance that you and your family will catch the disease. The vaccine can be given to anyone over six months of age.
3. Keep up your resistance to infection by eating a healthy diet, getting plenty of rest and exercise.
4. Avoid exposure to the flu virus. Wash your hands often and keep your hands away from your nose, eyes and mouth.
5. Stop smoking if you are smoking.



*Continued over ►*

*Working with you towards a healthier lifestyle.*

# HOWE *Sound* PHARMACY

Be sure to visit our new  
website 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.

## REMINDER!

Our Flu Clinic will be held  
Wed., Nov.16, between  
9 am & 5 pm.  
A registered nurse will  
be on site to  
administer the flu serum. No  
appointment is necessary. A  
\$15.00 fee applies.



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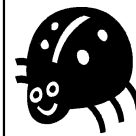
What is recommended for home treatment of the flu?



Take acetaminophen or ibuprofen to relieve fever, headache and muscle aches.

In the homeopathic department Influenzinum 9 CH taken weekly for five weeks has been reported to help build one's immunity. Oscilloccoccinum taken within 48 hours of symptoms appearing reduces symptoms and the duration of the infection. There are many single products that relieve symptoms as well.

If you have any questions, or the flu seems to be getting worse instead of better, call the pharmacy. We will help you choose the right medication for your situation or refer you to another health professional for further treatment, as the flu can lower your resistance and make you more prone to bacterial infections.



## A Day in the Life of a Flu Bug

**7:30 am** - Having spent the night in the nasal passages of a recovering flu sufferer, I'm expelled at about 60km/h when she sneezes, while in the elevator on her way to the office. I'm designed to handle this sort of turbulence.

**7:35** - I enter the building's ventilation system and am propelled in warm, moist comfort to the airspace of the building's main office space.

**8:10** - I'm inhaled by a man working at a computer. Had the membranes in his nasal passages and throat been moist and healthy, I might have been prevented from entering. But he drank several glasses of good red wine last night and hasn't drunk much water, so the membranes are dry and vulnerable.

**8:12** - My spikes penetrate the plasma membrane of one of his body cells and I enter the cell & head for the nucleus.

The process of duplication has begun!

**11:28** - I'll spare the details, but the replication process is swift and efficient. It's ensured the survival and proliferation of my species despite medical advances.

**2:48 pm** - By now the process of replication has taken place thousands of times. The man sitting at his computer is feeling a slight soreness in his throat.

**5:30** - Full-scale war has erupted! The man's immune system is battling our forces and the casualties on both sides are appalling. His immune system has been weakened by the coffee he drinks and by the cigarettes he smokes. These habits have depleted his system of the Vitamin C his immune system needs to stay powerful. We're winning!

**8:15** - The man has cancelled his dinner plans and is feeling thoroughly miserable. Our forces are exerting their influence everywhere now and the man is exhibiting the classic symptoms; raised temperature, headache, aching muscles and slight nausea. By the time he starts taking his medication we'll have established a beachhead in his body that his immune system will take days to conquer.

**10:48** - The man coughs and several of my comrades are expelled into the surrounding air. Fortunately he's standing in the line at a 24-hour pharmacy at the time, so there are plenty of receptive bodies in the area. And away we go...



## Suggestions for fighting the Flu...



### Know When Not To Treat Symptoms:

Those annoying symptoms you're experiencing are part of the natural healing process, evidence that the immune

system is battling illness. For instance, a fever is your body's way of trying to kill viruses in a hotter-than-normal environment. Also, a fever's hot environment makes germ-killing proteins in your blood circulate more quickly and effectively. Coughing is another productive symptom; it clears your breathing passages of thick mucus that can carry germs to your lungs and the rest of your body.

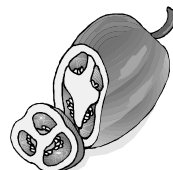
**Gargle:** Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times daily.

**Drink Hot Liquids:** Hot liquids relieve nasal congestion, prevent dehydration and soothe the uncomfortably inflamed membranes that line your nose and throat.



**Eat Infection-Fighting Foods:** Here are some good foods to eat when you're battling the flu:

- \*Bananas: Soothe upset stomachs.
- \*Bell Peppers: Loaded with vitamin C.
- \*Blueberries: Curbs diarrhea, high in natural aspirin. (May lower fevers and help with the aches and pains.)
- \*Carrots: Loaded with beta-carotene.
- \*Chili Peppers: Can open sinuses, and help break up mucus in the lungs.
- \*Cranberries: Help prevent bacteria from sticking to cells lining the bladder and urinary tract.
- \*Mustard & Horseradish: Helps break up mucus in air passages.
- \*Onion: Has phytochemicals purported to help the body clear bronchitis and other infections.
- \*Rice: Curbs diarrhea.
- \*Tea: Black and green tea (not herbals) contain catechin, a phytochemical which produces natural antibiotic and anti-diarrhea effects.



Health care for your body and mind.