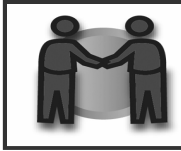


HOWE  
*Sound*  
 PHARMACY  
 Serving the Sunshine Coast  
 Community for 26 years.



Volume 2: Issue 9  
 September 2005

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**We are~**

- Your Health Information Source
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# Sound Advice


...from your Neighbourhood Pharmacy.


## BACK TO SCHOOL BLUES



Starting school for the first time or returning to school can affect children in a variety of ways – some delight in the thought and some dread it! Whatever the reaction, there is one certainty—the sharing of germs once they get there.

Childhood illness may not affect your family life until your child starts day care or school, but after that, it may seem like he or she is sick all the time. This is a normal part of the development of your child's immune system, which must be exposed to many viruses before it develops its own resistance. Large groups of young children are breeding grounds for all types of germs that cause childhood illness. Little hands rub drippy noses, and then transfer germs to other children or to shared toys.

Here's the top four infectious illnesses that keep children home from school:  
**Colds:** The most common childhood illnesses are upper respiratory infections —  colds and other viral ailments that affect the throat, nose and sinuses. Children typically have six to ten colds a year and tend to have more severe and longer lasting symptoms than do adults.

 Studies have shown no benefit to treating children's colds with antihistamines, decongestants or cough suppressants. Acetaminophen or ibuprofen may be used to alleviate fever. Do not give your children aspirin because it may trigger Reye's syndrome, a rare but potentially fatal disease.

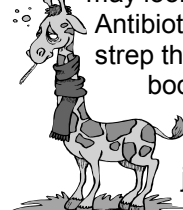
**The 'stomach flu' (gastroenteritis):** The second most common childhood illness is gastroenteritis, more commonly known as the stomach flu. This childhood illness causes vomiting and diarrhea, and can lead to dehydration, particularly in very

young children. Watch for signs and symptoms of dehydration; excessive thirst, dry mouth, little or no urine, or dark yellow urine; decreased tears, severe weakness or lethargy. Oral rehydration solutions can help replace lost fluids, minerals and salts. When food is reintroduced, start with easy-to-digest items — broth, toast, bananas and rice. Avoid dairy products.

Remember that the real culprit could simply be indigestion or constipation. Some children get stomach aches when they're worried about things, so it's important for a doctor to determine the cause of a child's digestive symptoms before prescribing treatment.

**Pink eye (conjunctivitis):** This is an inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids. When caused by viruses or bacteria, it is highly contagious. Typically treated with antibiotic eye drops or ointment, warm or cool compresses may ease your child's discomfort.

**Strep throat:** Sore throat and fever, may indicate strep throat. Some children may carry the infection without showing any symptoms but for most children, strep throat has clear signs and symptoms. Swallowing can be so painful that your child may have difficulty eating and fevers are common. The tonsils and the back of the throat may look red and swollen.

 Antibiotics are required to combat strep throat. Left untreated, the body's reaction to the strep bacteria eventually can damage the heart and joints as well as the kidneys.

*Working with you towards a healthier lifestyle.*

# HOWE *Sound* PHARMACY

## More about our Services...

At Howe Sound Pharmacy, we pride ourselves on knowing the different health-related options, educating you, the patient, on those options and letting you choose what is best for yourself. We combine the best from all disciplines including traditional, herbal and homeopathic treatments, nutrition, kinesiology (body movement) and others. We give you the options that will help you the most for a healthier and happier life.

Please give us a call  
**604-886-3365**

or drop by and talk to our pharmacists about you and your health.



## How long should sick kids stay home?



As a parent, you can help prevent the spread of illness by not sending a sick child to school or child care.

Check with your child's school to see if they have any restrictions.

Generally, though, children can return to school when they have no fever, can eat and drink normally, are rested and alert enough to pay attention in class and have completed any period of medically recommended isolation.

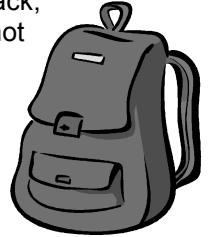
## Resistance comes with time

Despite all your best efforts, your child is going to get sick — especially during his or her first few years of contact with larger groups of children. But a child's immunity improves with time. School-age children gradually become less prone to common illnesses, and they recover more quickly from the diseases they do catch.



## THAT BACKPACK!!

Fads come and go and children feel the need to fit in, so there are some items that "they just have to have". One of the most recent is that two-ton backpack they love to cart around! Backpacks that are too heavy or are worn incorrectly can cause problems for children and teenagers and if improperly used may injure muscles and joints, leading to severe back, neck, and shoulder pain, not to mention posture problems.



- Choose the right backpack and look for wide, padded shoulder straps. Narrow straps can dig into shoulders. This can cause pain and restrict circulation.
- Two shoulder straps—one shoulder strap that runs across the body cannot distribute weight evenly.
- Padded back, which protects against sharp edges on objects inside the pack and increases comfort.
- Waist strap that can distribute the weight of a heavy load more evenly.
- Lightweight backpack, which shouldn't add much weight to the load.

# Ask your Pharmacist...

## What is a gallstone and how do I avoid getting one?

The gallbladder is a small pouch found on the right side of your stomach, just below your liver. It stores a greenish-brown liquid needed to digest fats. After you eat, food passes from the stomach into the first part of the small intestine (duodenum). At the same time, the gallbladder contracts and releases bile into the duodenum through small tubes (bile ducts). The bile breaks down the fat from your food so it can be used by your body.

Sometimes, the bile becomes chemically unbalanced. Crystals form, which in time turn into stones. The gallstones can range in size from as tiny as a grain of sand to as large as a golf ball. A person may have only one gallstone or hundreds. About 80% of gallstones are made up of cholesterol.

If you have gallstones, you may not know it. Some people may suffer

from chronic indigestion. You may get symptoms, such as bloating, nausea and abdominal pain after you eat food high in fat. However, a number of other medical conditions can cause these symptoms. "Gallbladder attacks", or biliary colic, occur only in about one in five people with gallstones. They occur when gallstones end up in the biliary ducts. A sudden onset of moderate to severe pain in the upper middle or upper right area of your stomach may indicate a gallbladder attack. This pain may last only 15 to 30 minutes or for several hours and may spread to your back or right shoulder. You may also have nausea and vomiting. These attacks do not occur on a regular basis. Weeks, months and perhaps years may elapse between attacks. Occasionally, gallstones may become lodged in your common bile duct (which connects the liver and gallbladder to the small intestine) or in the duct that leads to your pancreas. The blockage of one of

these ducts results in a serious medical condition. You must seek medical advice immediately if your skin or the whites of your eyes become yellow, or if your stool is pale in colour, if your urine is dark in colour and/or if you have a high fever, chills and persistent abdominal pain.

Factors which increase your risk of developing gallstones include;

- a family history of gallstones
- female gender
- pregnancy
- being overweight
- a diet high in fat and sugar
- "crash" dieting or losing weight too quickly
- a lack of exercise
- advanced age

Treatment options need to be discussed with your doctor. Surgery, lithotripsy (using sound waves to break up the stones), or medication to dissolve the stones may be recommended.

*Health care for your body and mind.*