

The Mortar & Pestle

Volume 3 Issue 3

Stafford Pharmacy and Home Healthcare

YOUR PHARMACIST YOUR PARTNER IN HEALTH

March 4th – 10th, 2012 is Pharmacist Awareness Week (PAW) across Canada. Pharmacist Awareness Week began in 1991 with the goal of increasing public awareness of the role pharmacists play on the health care team. PAW has continued for the past 21 years with a new theme and different events being held across the country each year.

Your pharmacist is your “medication expert” as well as an excellent resource for all of your other health related questions. **The pharmacist is the most accessible member of the health care team**, however is often not thought of as a source for health information. In addition to helping you understand your medication, your pharmacist can help you by: answering questions about your health, treating minor illnesses, administering injections, determining if you need to see your doctor or another member of the health care team and much more! When you have a question about your health, consider asking your pharmacist. For simple questions, no appointment is necessary! If you have a question about your health, stop in to Stafford Pharmacy and speak with one of the pharmacists. You may be surprised by the skills and knowledge your pharmacist holds.



This year to celebrate pharmacist awareness week, we would like to invite you to **BECOME A PART OF OUR NEWSLETTER!** See firsthand how your pharmacist can address all of your health related questions. Submit your medication or health related question to your Stafford Pharmacy team and it will be answered by the pharmacist in an upcoming newsletter!

You can submit your question to the pharmacist in one of the following ways:

- 1) Visit our website www.staffordpharmacy.com and click on contact. Fill out the required fields with the subject “Ask Your Pharmacist”. In the message, ask us your question and we will provide you with an answer which will be included in an upcoming newsletter.
- 2) Fill out an “Ask Your Pharmacist” form in the pharmacy and place it in the box.

It can be hard to know where to go with questions about your health or the health of your loved ones. Your pharmacist is available to help. Now more than ever, pharmacists can work with you and your doctor to make sure you’re as healthy as you can be. Talk to your pharmacist at Stafford Pharmacy today to learn how we can help you improve your health.

Visit www.staffordpharmacy.com and sign up to receive our monthly newsletter via e-mail and save a tree!

DRY EYES? DON'T CRY

What Causes Dry Eyes? Dry eyes can be caused by a variety of conditions including dry environment, air conditioning, medication, certain diseases as well as the natural aging process.

What are the symptoms of dry eyes? When eyes aren't properly lubricated due to a lack of tear production, the following symptoms can occur.

- Pain
- Itching
- Light Sensitivity
- Sensation of dirt in the eye
- Blurred vision
- Redness



How should Dry Eyes be treated? The best way to treat dry eyes is to replace the tears that are missing. There are numerous natural tear products available over-the-counter that can be used a few times a day when dryness is experienced. We recommend Refresh Tears Lubricant Eye Drops. Place 1-2 drops into the affected eye(s), 2 to 5 times each day, as needed.

What about Visine? Visine Original was made to combat redness not dry eyes. Its active ingredient works by constricting blood vessels so eyes do not appear red. Visine should only be used for no longer than 3 days at the recommended dose. Prolonged use can cause worsening of redness when the drops are discontinued.

Ask your Stafford Pharmacy pharmacist if Refresh Tears are right for you!

EYE HEALTH

When we think about our health, we often forget about our eyes. However, keeping our eyes healthy into our golden years is very important to all of us! Here are a few tips for maintaining healthy eyes.

- Have a comprehensive dilated eye exam. Having your eyes dilated before examination allows visualization of the back of your eye, and early detection of potential disease.
- Eat a diet rich in fruit and vegetables. Omega-3 fatty acids found in fish or taken in the form of a supplement help to maintain eye health as well.
- Stay physically fit.
- Protect your eyes when performing dangerous activities with protective eyewear.
- Wear sunglasses with UV-A and UV-B (broad spectrum) protection.
- Quit smoking.
- Wash your hands and your contact lenses properly to avoid infection.
- When working at a computer, give your eyes a rest every 20 minutes by looking at something 20 feet away for 20 seconds.

For more information on how to keep your eyes seeing their best visit http://www.cdc.gov/visionhealth/basic_information/eye_health_tips.htm

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