



The Mortar & Pestle

Volume 6 Issue 2

Stafford Pharmacy & Home Healthcare

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How to check your Blood Pressure

- Rest quietly for 5 minutes beforehand
- Sit with your feet flat on the floor, back and arm supported, and arm at heart level
- Apply cuff on a bare arm
- Keep BP readings in a log
- Do Not smoke or drink caffeine 30 minutes beforehand
- Do not speak during monitoring

Inside this issue:

Heart Health	1
Enter to Win	1
Product Spotlight	2
Pharmacist's Tip	2

Celebrating **30 Years** of Service to Lethbridge & Southern Alberta.

1985 to 2015

Independently Owned & Operated

Heart Month—Know your number!

High blood pressure is common, and many people don't know they have it. ***In fact, it is estimated that 43% of Canadians that have high blood pressure don't know they have it!*** A simple test at your local pharmacy can identify this silent killer.

High blood pressure poses serious health risks including:

- Stroke
- Heart attack
- Heart Failure
- Dementia
- Kidney disease

- Eye problems
- Erectile Dysfunction

When it comes to heart health, prevention and early detection are the keys!

Prevention of heart disease is simple and starts with:

- Maintaining a healthy diet
- Being physically active
- Abstaining from tobacco
- See your doctor for regular check ups

To have your blood pressure and heart risk assessed, speak with a member of our pharmacy team today!



ENTER TO WIN!

Bring this ballot in to Stafford Pharmacy and place in our draw box before February 28th, 2015 for a chance to win a \$20 Stafford Pharmacy Gift Card!

(Gift card cannot be used towards the purchase of prescription medications)

Trivia Question:

How many years has Stafford Pharmacy been Open for? _____

Name: _____

Phone #: _____

New Product Spotlight! LITEBOOK EDGE

Everyone feels better on a bright sunny day! It's amazing what a little light can do. Sunlight improves our attitude, makes us feel more optimistic, and gives us energy. But most of us spend nearly all our time indoors, especially in the winter, so few get the sunshine we need. Meet the Litebook Edge™. This revolutionary portable light therapy device produces wavelengths of light identical to the peak wavelengths of the sun – without the harmful UV rays. In just 15-30 minutes a day, you can feel just like you do on a warm sunny day at the beach— without leaving your home, office or hotel room. This new small space saving and travel friendly Litebook is now available at Stafford pharmacy for \$179.99 + GST.



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WWW.STAFFORDPHARMACY.COM

Pharmacist's Tips—with Jaclyn Katelnikoff

When life gets busy, the first thing we let go of is our diet and looking after ourselves. It shouldn't be that way though, as that is when our body needs us to take care of it the most!

Start your day off right with a fast, healthy high fiber breakfast!

Why fiber? Fiber lowers cholesterol, lowers blood pressure and controls blood sugar. The perfect combination to reduce your risk of cardiovascular disease!

Fiber is so good for us, but most of us don't get enough. The recommended daily goal is 38 grams of fiber for men and 25 grams for women. **With these numbers, Canadians need to consume twice as much fiber**

as they usually do!

How can you increase fiber in your diet? Add fiber into your diet slowly, by adding at one meal per day. Be sure to drink plenty of water (which we should be doing anyways)!

High Fiber Foods:

- 1) Bran
- 2) Beans and Lentils
- 3) Berries
- 4) Whole Grains
- 5) Sweet Peas
- 6) Dark Leafy Greens
- 7) Nuts and Seeds
- 8) Squash
- 9) Cabbage, Cauliflower and Broccoli
- 10) Fruit (with skins)

2 Minute Muffins

In a cereal bowl mix the following:

- 1/4 cup ground flaxseed
- 1/2 teaspoon baking powder
- 1 teaspoon coconut or olive oil
- 1 egg

A sprinkle of frozen/fresh fruit (blueberries)

1/2-1 teaspoon cinnamon (to taste)

Mix well and microwave for 80-90 seconds

Eat plain or serve with yogurt

