

# The Mortar & Pestle

## Volume 6 Issue 1

January 2015

### NATIONAL NON-SMOKING WEEK

#### BENEFITS OF QUITTING SMOKING

- Blood Oxygen levels improve within 8 hours
- Smell and Taste improve within 72 hours
- Easier breathing within 2 weeks—3 months
- Decreased coughing and sinus congestion within 6 months
- Risk of smoking related heart attack is reduced by 50% after only 1 year!

#### Inside this issue:

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Smoking rates are on the decline, in fact in Canadians over 15 years of age, 17% smoked in 2010 and 16% smoked in 2011.

Despite this decline, approximately 37,000 Canadians die each year because of smoking. ***Smoking in Canada is responsible for 30% of all cancer deaths.***

There are many reasons to quit and all smokers know what they are, personal health, health of oth-



ers or financial. Do you want to know how much you would save by quitting? Check out this calculator <http://men.quitnow.ca/smoking-calculator>

It shows us that smoking 12 cigarettes per day for 10 years has cost you \$21,900. And, if you reduced that even by half you

would save \$90 per month.

**If you or a loved one would like help to quit smoking, contact a member of our pharmacy team today! Our pharmacists are educated in smoking cessation and we offer funding for this program through the Alberta Government with a valid Alberta Health Care Card!**

For more information visit [www.cancer.ca](http://www.cancer.ca).

### 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 #: \_\_\_\_\_

**STAFFORD**  
**PHARMACY**  
HOME HEALTHCARE  
1475 St. Edward Boulevard  
Lethbridge, Alberta  
T1H 2P9

## New Product Spotlight!

We have an amazing new product for our dry winter weather! **O'Keefe's Working Hands Hand Cream** has arrived just on time to rescue those dry and cracked hands! O'Keefe's Working Hands is a unique formulation of moisturizing ingredients guaranteed to improve dry skin. Tackling severely dry skin from a moisture-based approach was a natural tactic: Parched, barren earth needs water. The same goes for rough, dry skin. This formulation is completely odorless, non-greasy and makes a noticeable difference in skin condition in days! O'Keefe's is positive you'll love it! In fact they offer an unconditional money back guarantee! **Get yours at Stafford Pharmacy today!**



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Writers, Editors:

Jaelyn Katelnikoff,  
Clinical Pharmacist

Pete Christensen,  
Clinical Pharmacist

Igor Shaskin,  
Clinical Pharmacist

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## Pharmacist's Tips—with Igor Shaskin

It's a New Year! With it will come many promises. I promise to lose weight! I promise to stop smoking! I promise to walk more! I promise, I promise, I promise!

All very good promises, but none as important as putting energy into those partnerships that support you in a positive way.

If you ever read the book Rich Dad, Poor Dad, he describes how an entrepreneur becomes successful only when surrounded with trusted advisors such as an accountant, lawyer, banker etc. Such a partnership allows the entrepreneur to leverage time to do what an entrepreneur is focused on and that is a successful business venture—to be profitable.

In health, the need for such a partnership is no different. You have to partner with those who can advise you on how best to achieve and manage good health. The sooner you establish this partnership, the sooner you will see the benefits of improved overall health, with a decrease in the frequency of minor illness; decrease in the incidence of injury such as sprains, strains and muscle and joint pains; improvements in the ability to do physical activities, and better mental health to name a few.

**Your pharmacist should be one of those health advisors.** Your pharmacist will certainly be able to help you with any drug therapy whether that be short term or long term regimens. Your pharmacist is also available to discuss a

variety of strategies aimed at preventing illness and maintaining your good health. Lean on your health advisors, learn to depend on their expertise. Allow them to share with you their knowledge, and do not hesitate to ask questions.

Finally, follow through on the recommendations made by your advisors. **You have taken the time to build your circle of advisors, you have all the expertise working for YOU! Now keep to the plan, and enjoy the benefits of your own, personal healthcare team.**

Have a Happy New Year! Good health, happiness and success in whatever you set out to do.