



The Mortar & Pestle



July 2015 (Volume 6 Issue 7)

Beat the Heat! Prevent Heat Related Illness



The best defense is prevention. Here are some prevention tips:

1) **Drink more fluids** (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.

2) **Don't drink liquids that contain alcohol** or large amounts of sugar—these actually cause you to lose more body fluid.

3) **Avoid very cold drinks, because they can cause stomach cramps.**

4) **Stay indoors** and, if at all possible, stay in an **air-conditioned** place. If your home does not have air conditioning, go to the shopping mall or public place—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

5) Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. **Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.**

6) Wear lightweight, light-colored, loose-fitting clothing.

7) **NEVER** leave anyone (human or animal) in a closed, parked vehicle.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

Infants and young children. People aged 65 or older. People who have a mental illness. Those who are physically ill, especially with heart disease or high blood pressure. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke.

If you must be out in the heat:

Limit your outdoor activity to morning and evening hours. Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Try to rest often in shady areas. Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

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



ENTER TO WIN!

Bring this ballot in to Stafford Pharmacy and place in our draw box before July 31st for your chance to win a **Stinger Insect Zapper Lantern! (Value \$39.96)**

Name: _____

Phone: _____

E-mail: _____

No Cash Equivalent - Limit of one entry per person

Pharmacist's Tips--with Jaclyn Katelnikoff

Some of you may have noticed my belly has been growing at an alarming rate! Due with child #2 on July 26th, 2015 my tips this month are based on this pregnancy and the last!

Here are some simple tips to help prevent and manage symptoms throughout pregnancy.

Tip #1: Take a good prenatal Vitamin. Not all brands of vitamins are created equally and some can be very hard on the stomach and cause nausea. At Stafford Pharmacy we offer SISU Prenatals Vitamins which come in a capsule and are easier on the stomach. We also have Metagenics Wellness Essentials for

Pregnancy (the ones I use) that are a combo packet with Omega 3 capsules, choline (for babies brain development) as well as Calcium, magnesium and Vitamin D!

Tip #2: Wear Compression Stockings. Pregnancy plays a role in the development of varicose veins. Women who are pregnant are also at a high risk for the development of a Deep Vein Thrombosis, known as DVT. Wearing compression socks can help keep your legs healthy during pregnancy. I certainly can tell the difference in my legs if I forget to wear my stockings! I try not to leave home without them!

Tip #3: Take Care of Your Back. The extra weight that you are supporting in the front (especially in the 3rd trimester) can lead to back and pelvis pain. Visiting the chiropractor regularly and wearing a pregnancy support belt can help to ease and prevent back pain!



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Product Spotlight! SIGVARIS Compression Socks

Save your legs with Compression Therapy from Sigvaris!

For more than 50 years, SIGVARIS has been a global leader in graduated compression therapy with a research and development team committed to using only the most innovative technology. At Stafford Pharmacy our highly trained Home Care Staff are here to help you find the product that best suits your needs!

Consider compression therapy and come in to speak with one of our team members if:

- you stand or sit for long periods of time daily
- you have been prescribed anticoagulants
- you travel
- you are pregnant
- you have had a Deep Vein Thrombosis (DVT)
- you experience swelling in your legs and feet
- you have tired achy legs at the end of your work day
- you have varicose and/or spider veins

We offer the whole Sigvaris Line up including both over the counter and prescription strength therapies, and we are here to help you find the right product to meet your needs!



Newsletter Writers & Editors:

Jaclyn Katelnikoff,
Clinical Pharmacist
Pete Christensen,
Clinical Pharmacist
Igor Shaskin,
Clinical Pharmacist