

YOUR LOCAL PHARMACY

February



5⁹⁹

ZzzQuil
Nighttime Sleep-Aid
Warming Berry 117mL, or
Nighttime Sleep-Aid,
12 Liquicaps



7⁹⁹

Diovol
Plus Suspension 350mL, or
Plus Tablets 50's
Selected Varieties



10⁹⁹

NeilMed
Sinus Rinse,
Includes 50 Premixed
Packets, or
NeilMed Nasaflo Neti Pot



11⁹⁹

Lax A Day
238g,
14 Doses

healthOne

Compare & Save!

Alcohol Prep Pads **1⁹⁹**
100 Swabs



Triple Antibiotic Ointment **6⁴⁹**
15g



11⁹⁹
Glucosamine
500mg,
180 Caplets

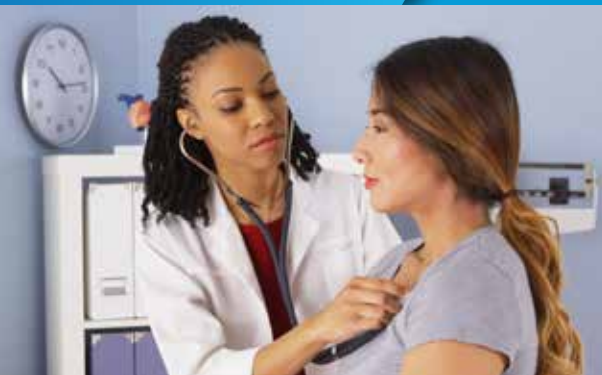


6⁹⁹
Vitamin D3
1000IU,
180 Tablets



Prices in effect until Friday, February 22, 2019 or while quantities last.

Heart Disease in Women



In Canada, heart disease and strokes are the leading cause of death for women, which is seven times greater than deaths caused by breast cancer. Many women are not aware of this fact, as well as that most Canadian women have at least one risk factor for heart disease. One of the high risk groups are those with diabetes, from certain ethnic backgrounds, and are menopausal.

How are heart attack symptoms different for women?

Both men and women can feel the chest crushing symptom of a heart attack but some women may not experience this typical symptom at all and instead, may only feel some type of pain, pressure, or discomfort in the chest or only the following symptoms:

- Shortness of breath
- Neck, shoulder, upper back, or abdominal discomfort
- Sweating
- Unusual fatigue
- Feel lightheaded
- Dizziness

Women may feel these subtle symptoms as women tend to have blockages in smaller arteries that supply blood to the heart as well as the main arteries. Often, women have more tissue damage due to these subtle symptoms because they were not recognized as having a heart attack

What are the heart disease risk factors for women?

Besides the risk factors that apply to both men and women which include high cholesterol, high blood pressure, and obesity, there are other risk factors that are unique to women or affect women more than men:

- Smoking is a greater risk factor for women than men
- The combination of fat around the abdomen, high blood pressure, high blood glucose and high triglycerides has a higher impact on women than men
- Depression and mental stress has a greater effect on women's heart than men
- Low estrogen levels after menopause is a very high risk factor for developing cardiovascular disease in the smaller blood vessels. Randomized controlled studies have shown that hormone therapy used to help the symptoms of menopause does not reduce the risk of heart disease or stroke
- Use of oral contraceptives in women over 35 years of age with a pre-existing risk factor
- Pregnancy – during the nine months, women may develop certain conditions that put them at higher risk of heart disease such as pre-eclampsia, gestational diabetes, and stroke
- High cholesterol is often developed after natural estrogen levels drop after menopause
- Research suggests that high levels of triglycerides may increase the risk of heart disease and stroke for women

Women of all ages should be aware of the symptoms of heart disease but in particular, those who have risk factors.

Special price!



7⁹⁹

health One
Daily Low-Dose
ASA 81mg,
150 Tablets

Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org; www.heartandstroke.com. It is intended for information purposes only and should not be used in place of consultation with a health care professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

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Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

The next time you're in our pharmacy, please feel free to speak to one of our Pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



3.59

Aspirin
Daily Low Dose,
81mg,
30 Tablets



39.99

Physiologic
Essentia,
Blood Pressure
Monitor



10.99

**Webber
Naturals**
Wild Alaskan Salmon Oil,
1000mg,
120 plus 50% more =
180 Softgels



3.99

Murine
Ear Drops,
15mL



3.49

**Pharma
Systems**
Twice Daily
Pill & Vitamin
Planner



5.99

**Pharma
Systems**
Pill Splitter or
Pill Crusher



13.99

**Nature's
Bounty**
Omega-3,
Fish Oil,
1200mg,
200 Softgels



11.99

**Webber
Naturals**
Flaxseed Oil,
180 plus 15%
more =
210 Softgels



10.99

Jamieson
Omega-3
Gummies,
60 All-Natural
Gummies

healthOne

**Plastic
Bandages** **4.29**
100 Bandages



Ibuprofen **11.99**
Extra Strength,
400mg,
50 Capsules



Fluconazole **15.99**
150mg,
1 Oral Capsule



1.99
**Cosmetic
Pads**
100 Pads

Transferring Your Prescriptions is Easy. Ask Us How Today!



99¢

Halls
Cough Drops,
Selected
Varieties



4.99

Ricola
Family Pack,
Honey Lemon
with Echinacea,
or Mint Herb No
Sugar Added,
45 Lozenges



19.99

Metamucil
160 Capsules

Bio-K Plus
12.5 Billion Bacteria,
15 Capsules

8.99



19.99

Derm Oil
Bath Oil for Dry
and Itchy Skin,
250mL



6.99

Eucerin
Repair
Hand Creme,
5% Urea,
75mL

Canesten
Combi-Pak,
Comfortab,
3 Treatments

15.99



5.99

Trojan
Lubricated,
12 Latex
Condoms



14.99

Dr Scholl's
Back Pain Relief,
Men's or
Women's,
One Pair

Heart Health and Omegas

Did You Know?... Adding fish to your diet can improve your heart's health. Fish are rich in nutrients such as omega-3 fatty acids. These unsaturated fatty acids help reduce inflammation and blood clotting which, in turn, decreases the risk of heart disease and stroke. Salmon, tuna, and lake trout are found to have higher amounts of omega-3 fatty acids, while tilapia and catfish have less nutritional value. Doctors recommend having one to two servings of fish per week. Omega-3 fatty acids can be obtained through other food sources as well, including walnuts and soybeans. These, however, do not provide as much of a health benefit as adding fish to your diet.



14.99

Jamieson
Omega Krill Plus,
60 Softgels