

Your Local Pharmacy

May

Advil®
Ibuprofen Tablets,
With Child-Lok Cap®,
200 mg,
24 Caplets

3.99



Q-tips®
Cotton Swabs,
170 Counts

2.99



3.49

Vaseline®
Original Petroleum Jelly,
215 g



8.99

Otrivin®
Medicated,
Complete Nasal Care,
Triple Action Formula,
Measured Dose Mist,
20 mL

healthOne™

Compare & Save!

2.49

Antiseptic Hand Sanitizer
Unscented,
2 oz,
59 mL



8.99

Glucosamine Sulfate
Helps To Relieve
Joint Pain,
500 mg,
180 Tablets



5.99

Allergy Formula Liquid Capsules
25 mg,
Dye Free,
20 Liquid Capsules



7.99

One-Step Pregnancy Test
1 Test



Prices in effect until Friday, May 28, 2021 or while quantities last.

Arthritis

Rheumatoid arthritis vs. osteoarthritis

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid arthritis is a disease in which the immune system attacks the joints, beginning with the lining of joints.

Symptoms

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include: pain, stiffness, swelling, redness and decreased range of motion.

Causes

The two main types of arthritis — osteoarthritis and rheumatoid arthritis — damage joints in different ways.

Osteoarthritis

The most common type of arthritis, osteoarthritis involves wear-and-tear damage to your joint's cartilage — the hard, slick coating on the ends of bones where they form a joint. Cartilage cushions the ends of the bones and allows nearly frictionless joint motion, but enough damage can result in bone grinding directly on bone, which causes pain and restricted movement. This wear and tear can occur over many years, or it can be hastened by a joint injury or infection. Osteoarthritis also affects the entire joint. It causes changes in the bones and deterioration of the connective tissues that attach muscle to bone and hold the joint together. It also causes inflammation of the joint lining.

Rheumatoid arthritis

In rheumatoid arthritis, the body's immune system attacks the lining of the joint capsule, a tough membrane that encloses all the joint parts. This lining (synovial membrane) becomes inflamed and swollen. The disease process can eventually destroy cartilage and bone within the joint.



Risk factors for arthritis include:

Family history	Some types of arthritis run in families, so you may be more likely to develop arthritis if your parents or siblings have the disorder. Your genes can make you more susceptible to environmental factors that may trigger arthritis.
Age	The risk of many types of arthritis — including osteoarthritis, rheumatoid arthritis and gout — increases with age.
Sex	Women are more likely than men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.
Previous joint injury	People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.
Obesity	Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. People with obesity have a higher risk of developing arthritis.

Speak to your medical professional or pharmacist for more information.

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Ask Your Pharmacist

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

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

Tylenol®
Arthritis Pain,
Fast + Long Lasting,
650 mg,
50 Caplets

7⁹⁹



20⁹⁹

Jamieson™
Glucosamine
Chondroitin
MSM,
Ultra Strength,
1,300 mg,
Joint Pain Relief,
120 Caplets

Aleve®
Liquid Gels,
Naproxen Sodium Capsules,
220 mg,
20 Liquid Gels

6⁹⁹



**Voltaren
Emugel®**
Topical Pain Relieving Gel,
12 Hour Extra Strength,

8⁹⁹



30 g

14⁹⁹

100 g



8⁹⁹

RUB-A535™
Muscle & Joint
Regular Strength
or Extra Strength
or Injury
Ice To Heat Relief,
Dual Action,
100 g Cream



6⁴⁹

Salonpas®
Pain Relief Patch,
40 Patches,
6.5cm x 4.2 cm

7⁹⁹

Stretchable & Flexible,
5 Patches,
7cm x 10 cm



10⁴⁹

**Nature's
Bounty**
Oil of Oregano,
1500 mg,
90 Softgels

12⁹⁹

500 g



7⁹⁹

Deep Relief®
Regular Strength,
Ice Cold Gel,
255 g



Aquaphor®
Original Formula,
396 g

19⁹⁹



healthOne®

**Arthritis
Pain Relief**
650 mg,
24 Caplets

4⁴⁹



4⁹⁹

Folic Acid
Yeast-Free
Vegetarian
Formula,
1 mg,
100 Tablets



9⁹⁹

**Fibre
Laxative**
Smooth Texture,
Orange Flavour,
425 g,
72 Doses



6⁹⁹

Vitamin D3
Extra Strength,
1000 IU,
180 Tablets

Transferring Your Prescriptions is Easy. Ask Us How Today!

Fisherman's Friend®
Selected Varieties,
22 Lozenges

179



449

TUMS®
Antacid,
Assorted Fruit,
Extra Strength,
750 mg,
100 Count



899

Pedialyte®
Helps Prevent
Dehydration,
Fruit Flavour,
Ready To Use,
1 L

Dex4®
Fast Acting Glucose,
Assorted Flavours,
50 Tablets

999



1099

Gaviscon®
For Acid Reflux
& Heartburn,
Regular Strength,
Soothing Icy Mint,
340 mL



399



Lypsyl®
Moisturizing
Hydrant,
Lip Balm,
Original,
4.2 g

Tena®
Unisex
Underwear,
Ultimate-Extra,
Small 14,
Medium 14,
Large 13,
X-Large 11

1599



899

Jamieson™
Melatonin,
3 mg,
Helps Improve
Sleep Quality,
100 Sublingual Tablet



Sleep-eze®
Nighttime Sleep Aid,
Extra Strength,
50 mg,
10 Coated Caplets

499



Natural Supplements For Mental Health

Here is a list of safe — and often effective — natural therapies used for a variety of mental health problems:

- Folic acid for depression
- Ginkgo biloba for Alzheimer's disease and antidepressant-related sexual problems
- Valerian for anxiety and sleep problems
- Omega-3 fatty acids for bipolar depression and major depression
- St. John's wort for depression
- Melatonin for sleep problems

1199



Jamieson™
Vitamin B12,
Fast Dissolving,
1,000 mcg,
100 Sublingual
Tablets