

Your Local Pharmacy

April

Claritin®
Rapid Dissolve,
Mint Flavor,
10 Tablets

7⁹⁹



Allegra®
Allergies,
24 Hour,
12 Tablets

8⁹⁹



3⁹⁹

Tylenol®
Regular Strength,
24 Caplets or
24 Small & Easy to
Swallow eZTabs



Voltaren Emulgel®
12 Hour Extra Strength,
Topical Pain Relieving Gel,
100 g

12⁹⁹



healthOne™

Compare & Save!

6⁹⁹ **Allergy Relief**
Extra Strength
24 Hour Relief
24 Tablets



8⁹⁹ **Eye Care**
50 Tablets



9⁹⁹ **Hair, Skin & Nails**
With Biotin
60 Gummies



4⁷⁹ **Isopropyl Rubbing Alcohol**
473 mL



Prices in effect until Friday, April 29, 2022 or while quantities last.

DRY EYES

Dry eye disease is a common condition that occurs when your tears aren't able to provide adequate lubrication for your eyes. Tears can be inadequate and unstable for many reasons. For example, dry eyes may occur if you don't produce enough tears or if you produce poor-quality tears. This tear instability leads to inflammation and damage of the eye's surface.

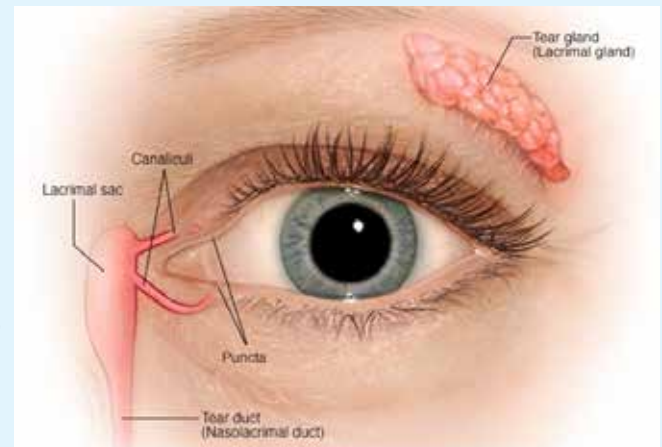
Dry eyes feel uncomfortable. If you have dry eyes, your eyes may sting or burn. You may experience dry eyes in certain situations, such as on an airplane, in an air-conditioned room, while riding a bike or after looking at a computer screen for a few hours.

Treatments for dry eyes may make you more comfortable. These treatments can include lifestyle changes and eyedrops. You'll likely need to take these measures indefinitely to control the symptoms of dry eyes.

Symptoms

Signs and symptoms, which usually affect both eyes, may include:

- A stinging, burning or scratchy sensation in your eyes
- Stringy mucus in or around your eyes
- Sensitivity to light
- Eye redness
- A sensation of having something in your eyes
- Difficulty wearing contact lenses
- Difficulty with nighttime driving
- Watery eyes, which is the body's response to the irritation of dry eyes
- Blurred vision or eye fatigue



Increased tear evaporation

The oil film produced by small glands on the edge of your eyelids (meibomian glands) might become clogged. Blocked meibomian glands are more common in people with rosacea or other skin disorders.

Common causes of increased tear evaporation include:

- Posterior blepharitis (meibomian gland dysfunction)
- Blinking less often, which tends to occur with certain conditions, such as Parkinson's disease; or when you're concentrating during certain activities, such as while reading, driving or working at a computer
- Eyelid problems, such as the lids turning outward (ectropion) and the lids turning inward (entropion)
- Eye allergies
- Preservatives in topical eyedrops
- Wind, smoke or dry air
- Vitamin A deficiency

Prevention

If you experience dry eyes, pay attention to the situations that are most likely to cause your symptoms. For instance:

- Avoid air blowing in your eyes. Don't direct hair dryers, car heaters, air conditioners or fans toward your eyes.
- Add moisture to the air. In winter, a humidifier can add moisture to dry indoor air.
- Consider wearing wraparound sunglasses or other protective eyewear. Safety shields can be added to the tops and sides of eyeglasses to block wind and dry air. Ask about shields where you buy your eyeglasses.
- Take eye breaks during long tasks. If you're reading or doing another task that requires visual concentration, take periodic eye breaks. Close your eyes for a few minutes. Or blink repeatedly for a few seconds to help spread your tears evenly over your eyes.
- Be aware of your environment. The air at high altitudes, in desert areas and in airplanes can be extremely dry.
- Position your computer screen below eye level. If your computer screen is above eye level, you'll open your eyes wider to view the screen.
- Stop smoking and avoid smoke. If you smoke, ask your doctor for help devising a quit-smoking strategy that's most likely to work for you. If you don't smoke, stay away from people who do. Smoke can worsen dry eyes symptoms.
- Use artificial tears regularly. If you have chronic dry eyes, use eyedrops even when your eyes feel fine to keep them well lubricated.

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



3⁹⁹

Clear Eyes®
Eye Drops,
15 mL or
Murine®
Artificial Tears,
15 mL

Systane
Ointment,
Nighttime
Relief of Dry Eyes,
3.5 g

8⁴⁹



5⁹⁹

Jamieson™
Vitamin A,
10,000 IU,
100 Softgels



15⁹⁹

Polysporin®
Antibiotic Eye
Drops,
Treats Pink Eye,
15 mL



11⁹⁹

hydraSense®
Drops,
Long Lasting
Relief for
Dry Eyes,
10 mL



12⁹⁹

hydraSense®
Drops,
Advanced for
Dry Eyes, Night
Therapy or
Allergy,
10 mL



8⁹⁹

Visine®
Multi-Symptom,
Allergy or
Dry Eye,
15 mL



4⁹⁹

**Bausch +
Lomb**
Saline Plus,
355 mL



10⁹⁹

Benadryl®
Allergy,
50 mg,
12 Caplets or
25 mg,
20 Dye Free
Liqui-Gels

healthOne

5⁹⁹ **Ibuprofen**
Extra Strength,
24 Liquid Gel
Capsules



6⁴⁹ **Muscle &
Back**
Extra Strength,
18 Caplets



9⁹⁹ **Pregnancy
Tests**
2 Tests



10⁹⁹ **Vitamin
B12**
1500,
Timed Release,
120 Tablets



Transferring Your Prescriptions is Easy.

Ask Us How Today!



17⁹⁹

Jamieson™
Lutein,
40 mg,
60 Softgels



14⁹⁹

Mansfield
Thermometer,
Mercury Free



2⁹⁹

SafeChek
Instant Hand
Sanitizer,
75% Alcohol,
300 mL



8⁹⁹

Compound W®
Wart Remover,
Gel,
7 g or
Extra Strength
Fast Acting
Liquid,
10 mL



20⁹⁹

Eucerin®
Aquaphor®
Original
Formula,
396 g



6⁹⁹

Salonpas®
Pain Relieving,
Topical Patch,
40 Patches



5⁹⁹

Orajel®
Instant Pain
Relief for Toothache,
13 mL

7⁹⁹

Baby Orajel®
Teething Pain Relief
9.5 g



11⁹⁹

Colgate
PreviDent 5000 Plus,
Spearmint,
39 mL



10⁹⁹

Biotène®
Dry Mouth,
Moisturizing Mouthwash,
473 mL or
Moisturizing Gel,
34 mL

Oral Health Care Tips

In addition to daily brushing and flossing, consider using mouthwash containing fluoride to promote oral health.

Resist the temptation to use toothpicks or other objects that could injure your gums and let in bacteria.

If you smoke, try to quit. Using tobacco increases your risk of many diseases, including gum disease and tooth loss.



9⁹⁹

Jamieson™
Calcium
Magnesium +
Vitamin D,
Bonus 100 + 100
Caplets

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