Your Local **Pharmacy**

August





Tylenol® Extra Strength, 24 eZtabs, 500 mg





Aerius® Non-Drowsy, 24 Hour, Allergy, 20 Tablets





Solarcaine® First-Aid, Lidocaine Spray, 0.5%, 115 g





Jamieson™ Vitamin D, 1,000 IU, 200 + 40 Tablets

healthone

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24 1.

24 Hour Allergy Remedy 10 mg, 24 Tablets



769 **Extra Strength** Ibuprofen 400 mg, 24 Liquid Gel Capsules



Pregnancy Test

Rapid Detection, One-Step, 1 Test

health One Rapid detection Pregnancy Test Case Series. Facet & Known Minute

719

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Case



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Osteoporosis

What is Osteoporosis?

Osteoporosis is a condition that affects the bones. Its name comes from Latin for "porous bones." The inside of a healthy bone has small spaces, like a honeycomb.

Osteoporosis increases the size of these spaces, causing the bone to lose strength and density. In addition, the outside of the bone grows weaker and thinner. Osteoporosis can occur in people of any age, but it's more common in older adults, especially women.

People with osteoporosis are at a high risk of fractures, or bone breaks, while doing routine activities such as

standing or walking. The most commonly affected bones are the ribs, hips, and the bones in the wrists and spine.

Osteoporosis Symptoms

The early stages of osteoporosis don't cause any symptoms or warning signs. In most cases, people with osteoporosis don't know they have the condition until they have a fracture.

If symptoms do appear, some of the earlier ones may include:

- receding gums
- weakened grip strength
- weak and brittle nails

If you don't have symptoms but have a family history of osteoporosis, talking to your doctor can help you assess your risk.



Speak to your medical professional or pharmacist for more information.

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Ask Your Pharmacist

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Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

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



Transferring Your Prescriptions is Easy. Ask Us How Today!



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