

Your Local Pharmacy

February



2⁹⁹

SafeChek
Instant Hand Sanitizer,
Alcohol 75%,
300 mL



3⁹⁹

Aspirin
Daily Low Dose,
81 mg,
30 tablets



10⁹⁹

Trojan™
Latex Condoms,
Selected Varieties,
10 Condoms



5⁹⁹

Nature's Bounty®
Melatonin,
3 mg,
120 Tablets

healthOne™

Compare & Save!



4²⁹
Lens Wipes
30 Wipes



13⁹⁹
Vitamin B12
1500,
Timed Release,
120 Tablets



8⁴⁹
Deluxe Hot Water Bottle



11⁹⁹
Multivitamins & Minerals
Men's Formula or
Women,
90 Tablets

Prices in effect until Friday, February 25, 2022 or while quantities last.

Heart Health



Heart disease describes a range of conditions that affect your heart. Heart diseases include:

- Blood vessel disease, such as coronary artery disease
- Heart defects you're born with (congenital heart defects)
- Disease of the heart muscle
- Heart rhythm problems (arrhythmias)
- Heart valve disease
- Heart infection

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

Risk factors for developing heart disease include:

- **Age.** Growing older increases your risk of damaged and narrowed arteries.
- **Sex.** Men are generally at greater risk of heart disease. The risk for women increases after menopause.
- **Family history.** A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age (before age 55 for a male relative, such as your brother or father, and 65 for a female relative, such as your mother or sister).
- **Smoking.** Nicotine tightens your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in nonsmokers.
- **Poor diet.** A diet that's high in fat, salt, sugar and cholesterol can contribute to the development of heart disease.

- **High blood pressure.** Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.
- **High blood cholesterol levels.** High levels of cholesterol in your blood can increase the risk of plaque formation and atherosclerosis.
- **Diabetes.** Diabetes increases your risk of heart disease.
- **Obesity.** Excess weight typically worsens other heart disease risk factors.
- **Physical inactivity.** Lack of exercise also is associated with many forms of heart disease.
- **Stress.** Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.
- **Poor dental health.** If your teeth and gums aren't healthy, germs can enter your bloodstream and travel to your heart, causing endocarditis.

Prevention

Certain types of heart disease, such as heart defects, can't be prevented. However, the same lifestyle changes that can improve your heart disease can help you prevent it, including:

- Don't smoke.
- Control other health conditions, such as high blood pressure, high cholesterol and diabetes.
- Exercise at least 30 minutes a day on most days of the week.
- Eat a diet that's low in salt and saturated fat.
- Maintain a healthy weight.
- Reduce and manage stress.
- Practice good hygiene.

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



6⁹⁹

Jamieson™
Vitamin D3,
1000 IU
200+40 Tablets
or
Vitamin D,
1000 IU
150+30 Softgels



11⁹⁹

Nature's Bounty®
Alpha Lipoic Acid,
100 mg,
90 Capsules



16⁹⁹

Jamieson™
Omega-3 Select
or
Omega 3-6-9,
150+50 Softgels



9⁹⁹

Gaviscon®
Regular
Strength,
Soothing Fruit
Blend or
Icy Mint,
340 mL

Pepcid® AC
Maximum
Strength or
Complete,
Mint or Berry Flavour,
25 Tablets

13⁴⁹



10⁹⁹

Pepto-Bismol™
5 Symptom
Relief,
Regular or
Cherry Flavour,
48 Chewable
Tablets



8⁹⁹

Nature's Bounty®
Selenium,
200 mcg,
100 Softgels



10⁹⁹

Nature's Bounty®
Turmeric
Curcumin,
450 mg,
60 Capsules



4⁴⁹

Elastoplast
Plastic,
Water-Resistant,
50 spots

healthOne



6⁹⁹

Diarrhea Relief
30 Caplets



8⁹⁹

Vitamin C
500 mg with
Rose Hips,
100 Tablets



7⁹⁹

Omega 3
1000 mg,
60 Softgels or
Vitamin D
400 IU,
50 Gummies

11⁹⁹

Vitamin E
400 IU,
100 Softgels



Transferring Your Prescriptions is Easy.

Ask Us How Today!



Mansfield
Digital
Thermometer,
°C & °F

14⁹⁹



8⁹⁹
Mercury Free
Thermometer,
°C & °F



7⁹⁹

Eucerin®
Aquaphor,
For dry, cracked
or irritated skin,
Fragrance Free,
50 g



12⁹⁹

Eucerin®
Eczema Relief,
Dermatological
Skincare
with Colloidal
Oatmeal &
Ceramide-3,
226 g



2⁷⁹

Ricola
Selected
Varieties,
19 Lozenges



9⁹⁹

**Selsun
Blue®**
Anti Dandruff
Shampoo,
Normal-Oily Hair
or
2-in-1,
300 mL



7⁹⁹

Buckleys®
Cough
Congestion,
Regular or
Nighttime,
100 mL

Fungicure
Anti-fungal
Liquid,
30 mL

10⁹⁹



8⁹⁹

Jamieson™
Magnesium,
100 mg,
100 Tablets



12⁹⁹

Jamieson™
B50 Complex,
Bonus 90+30
Caplets

Blood Pressure

A blood pressure test diagnoses elevated blood pressure. This often involves an inflatable arm cuff placed around your arm and a pressure-measuring gauge. As your blood pressure increases, so does your risk of cardiovascular disease. That's why it's so important to control elevated blood pressure.

The key is a commitment to healthy lifestyle changes.

- Eat healthy foods
- Use less salt (sodium)
- Limit alcohol
- Manage stress
- Maintain a healthy weight
- Increase physical activity
- Don't smoke



39⁹⁹

**Physio®
Logic**
Essentia,
Blood Pressure
Monitor