

Your Local Pharmacy

May



10⁹⁹

Ensure® or Glucerna®
Selected Varieties



7⁹⁹

Reactine®
Allergy,
Extra Strength,
Can Start to Work in 20
Minutes + Lasts 24 Hours,
10 mg,
10 Tablets



5⁹⁹

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



7⁹⁹

Tylenol®
Arthritis Pain,
Fast + Long Lasting,
Lasts up to 8 Hours,
650 mg,
50 Caplets

healthOne™

Compare & Save!

Cold & Flu 7⁴⁹
Non-Drowsy,
12 Day +
12 Night Capsules

Multivitamins & Minerals 8⁹⁹
Advantage,
100 Tablets

Folic Acid 3⁹⁹
1 mg,
100 Tablets

Arthritis Pain Relief 5⁹⁹
650 mg
24 Caplets

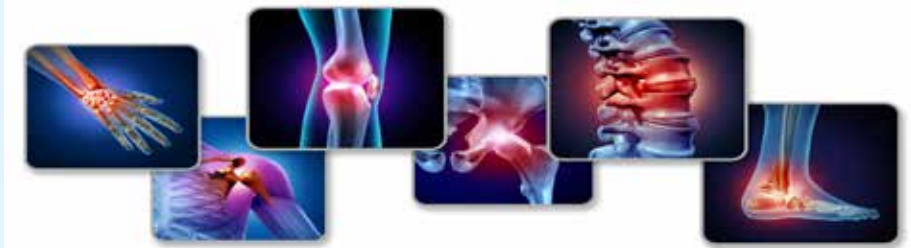


Prices in effect until Friday, May 27, 2022 or while quantities last.

Arthritis

Arthritis is very common but is not well understood. Actually, “arthritis” is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years but can progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs.



Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.

Degenerative Arthritis

Osteoarthritis is the most common type of arthritis. When the cartilage – the slick, cushioning surface on the ends of bones – wears away, bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic. Risk factors include excess weight, family history, age and previous injury (i.e., an anterior cruciate ligament, or ACL tear).

Regular physical activity, hot and cold therapies, over-the-counter pain relievers and assistive devices are commonly used to help manage mild to moderate osteoarthritis symptoms. If joint symptoms are severe, causing limited mobility and affecting quality of life, joint replacement may be necessary. Osteoarthritis may be prevented by staying active, maintaining a healthy weight and avoiding injury and repetitive movements.

Inflammatory Arthritis

A healthy immune system is protective. It generates internal inflammation to get rid of infection and prevent disease. But with inflammatory types of arthritis, the immune system doesn't work properly and mistakenly attacks the joints with uncontrolled inflammation, potentially causing joint erosion. Inflammation can also damage to internal organs, eyes and other parts of the body. Rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and gout are examples of inflammatory arthritis.

Researchers believe that a combination of genetics and environmental factors can trigger autoimmunity. Smoking is an example of an environmental risk factor that can trigger rheumatoid arthritis in people with certain genes.

Infectious Arthritis

A bacterium, virus or fungus can enter the joint and trigger inflammation. Examples of organisms that can infect joints are salmonella and shigella (food poisoning or contamination), chlamydia and gonorrhea (sexually transmitted diseases) and hepatitis C (a blood-to-blood infection, often through shared needles or transfusions). In many cases, timely treatment with antibiotics may clear the joint infection, but sometimes the arthritis becomes chronic.

What You Can Do

The most important first step is to get an accurate diagnosis of what's causing your joint pain. Talk to your primary care doctor about your symptoms. You may be referred to a rheumatologist or orthopedist, doctors who specialize in arthritis and related conditions. There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential. Arthritis is a commonly misunderstood disease.

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



8⁹⁹

Jamieson™
Calcium Magnesium,
Bonus 100 +
100 Caplets



5⁹⁹

Tiger Balm®
Pain Relieving
Ointment,
Ultra Strength,
18 g



17⁹⁹

**Webber
Naturals®**
Glucosamine
Chondroitin,
400 mg,
140 Caplets

Aspirin®
Quick Chews,
Daily Low Dose,
81 mg,
30 Tablets

6⁴⁹



4²⁹

Sugar Twin®
Calorie Free
Sweetener,
200 Packets,
160 g

Calorie Free
Sweetener,
Granulated
Brown,
50 g



3²⁹



8⁹⁹

Dex4®
Selected
Varieties,
50 Tablets



10⁹⁹

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



11⁹⁹

**Webber
Naturals®**
Vitamin B12,
1000 mcg,
80 Sublingual
Tablets



4⁸⁹

Elastoplast
Family Pack
Plastic, Family
Pack Fabric or
Variety Pack
Fabric + Plastic,
80 Assorted
Sizes

healthOne™
**Diarrhea
Relief**

2 mg,
12 Caplets



**Desloratadine
Allergy Control**
24 Hour Relief,
5 mg,
20 Tablets

8⁹⁹



7⁹⁹

Omega 3
1000 mg,
Deep Sea Fish
Oil,
60 SoftGels

8⁴⁹

Melatonin
5 mg,
100



Transferring Your Prescriptions is Easy. Ask Us How Today!



9⁹⁹

Rub•A535™
Muscle & Joint,
Maximum Strength
or
No Odour Extra
Strength,
100 g



4⁹⁹

Gravol™
Nausea Relief
For Up To 12 HR,
8 Caplets



14⁹⁹

NeilMed®
Sinus Rinse Kit or
Refill



11⁹⁹

**Benzagel®5
Gel**
Acne Gel,
Kills Acne
Bacteria,
60 g



5⁴⁹

Vagisil®
Daily Intimate
Wash,
Selected
Varieties,
240 mL



6⁹⁹

Trojan®
Lubricated,
12 Latex
Condoms



12⁴⁹

Energizer®
Hearing Aid
Batteries,
10, 13, 312 or
675



7⁹⁹

Jamieson™
Melatonin,
3 mg,
100 Sublingual
Tablets



10⁹⁹

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

Vitamins and Mental Health

Vitamins play a vital role in mental health. The absence of some vitamins and nutrients in your diet could lead to some mental health issues. That's why it's important to know the types of vitamins linked to mental health and how they affect the human brain.

There are 13 types of vitamins including:

- Vitamin A
- The B vitamins
- Vitamin C
- Vitamin D
- Vitamin K
- Vitamin E



6⁹⁹

**Webber
Naturals®**
Extra Strength,
D3,
2500 IU,
180 Tablets