

APRIL

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**We will match any locally-owned competitor's price on compression garments.**

Good Health is Just Around the Corner

Mon–Fri: 8:00 AM – 8:00 PM  
Saturday: 8:00 AM – 6:00 PM  
Sunday: 10:00 AM – 6:00 PM

www.dhdrugstore.com

**April is National Foot Health Awareness Month**

***Make Taking Care of your Feet a Priority!***



According to an **American Orthopaedic Foot and Ankle Society** study, **88% of women are wearing the wrong size shoe which can lead to injury, pain and discomfort in your back and legs.**

So April is a great time to reevaluate your feet and make plans to pamper them. Properly fitted shoes are just one piece of the foot health puzzle. Both adults and children can experience issues with their feet. Here are just a few of the common problems and possible remedies from their web site.

**Toe nails**-Pay attention to your toenail health. Make sure to trim your nails straight across to prevent ingrown toenails which can be extremely painful. Also look out for nail fungus and consult your physician for treatment. Fungus can be difficult to treat and may take months to eliminate. As a preventative measure, avoid walking barefoot in moist environments. Also make sure that you don't have a weakened immune system, diabetes or circulation issues that might be exacerbating the problem.

**Bunions**-A bunion causes a large bump where the big toe attaches to the foot. Bunions are typically caused by wearing shoes that are too narrow or pointy. The result can be a malformation that needs surgical correction if wearing open shoes or shoes with a large toe box and over the counter padding fail to work.

**Corns and Hammer Toes**-Corns are typically calluses that form on the tops of toes due to bones pressing against the top of the shoe which puts pressure on the skin. This can be caused by shoes that are too tight. Padding can help alleviate some of the rubbing. Hammer toes usually affect the second, third and fourth toes and can also be caused by shoes that don't fit properly or a high heel that causes a bend in the toes that eventually will not be able to straighten. Hammer toes can also cause corns due to the issue of inability to straighten the toes. In both cases, if padding or an over the counter adjustment does not help, you may need to consult your physician.

**Warts**-Warts are caused by a viral infection that can occur anywhere on the foot. Plantar warts typically affect only the bottom of the foot. Warts usually occur when there has been a break in the skin and the virus has entered through the foot.

Warts can multiply, so if over-the-counter medications are not working, you may need to seek a physician for removal.

**Skin Problems**-Pay attention to sweaty feet. Make sure to wear absorbent socks and shoes that fit correctly and allow your feet to breathe. Synthetic socks and plastic shoes only aggravate the problem. Wearing cotton socks assist with wicking moisture away from the foot.

**Diabetes and your feet**-Diabetes can cause special foot care issues. In some people, the nerves can be damaged. This causes the diabetic patient to be unable to feel when there is an injury to the foot. The immune system and circulation can also be damaged leading to further problems.

**Here are some dos/don'ts for diabetic foot care:**

**Do:**

- Inspect feet daily for pressure spots, cuts and bruises
- Ask your physician to check your feet
- Inspect shoes for folds and nails
- Bathe feet daily
- Tell shoe salespeople you are diabetic
- Change shoes at least once a day
- Make sure toenails are trimmed

**Don't:**

- Go barefoot
- Use corn removers
- Cut calluses or corns
- Ignore redness or ulceration of the foot

For additional information on Foot Care from the **American Orthopaedic Foot and Ankle Society** visit: <http://www.aofas.org/footcaremd/overview/Pages/Adult-Foot-Health.aspx>



**Make Your Feet Happy!**  
**15% Off**  
**Includes Shoe Accessories,  
and Foot Care Products**



## April Dates to Remember

April 1-April Fool's Day      April 22-Earth Day  
 April 1-National Walk to Work Day      April 22-Passover  
 April 15-Taxes Due      April 27-Admin. Asst. Day  
 April 18-Patriot's Day      April 29-Arbor Day  
 April 30-Nat'l Drug Take Back Day

### April Recipe –Berries & Coconut Cream

*Gluten Free & Dairy Free-Real Simple*

<http://www.realsimple.com/food-recipes/browse-all-recipes/berries-coconut-cream-recipe>

#### INGREDIENTS

1. 2 pounds mixed berries (such as blackberries and raspberries)
2. 2 tablespoons granulated sugar
3. 2 tablespoons fresh lime juice
4. 1 cup heavy cream
5. 1/2cup cream of coconut (such as Coco Lopez)

#### DIRECTIONS

1. In a large bowl, gently toss the berries, sugar, and lime juice.
2. With an electric mixer, beat the heavy cream and cream of coconut until soft peaks form. Serve with the berries.

## Spring Planting Bulbs

### 20% off Taken at Register



### Earth Day – April 22, 2016

<http://www.earthday.org/about/the-history-of-earth-day/>

In case you don't know the history of Earth Day, here is a little more information on how it all began. Earth Day started in 1970 to call attention to environmental concerns. 2016 marks the 46<sup>th</sup> year of Earth Day and this year they are beginning a goal to plant 7.8 billion trees by 2020. This is 1 of 5 goals to achieve by their 50<sup>th</sup> anniversary. Trees can help in many ways to help prevent climate change, help clean the air, and trees help provide economic sustainability for communities. To get involved with the planting of trees, go to the earthday.org web site. There, you can also find ideas to celebrate Earth Day and Earth Day events in your area.





## 20% off

# Snoozies Slippers

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### New Items at D&H

#### Mary Meyer Junior Camo Moose

- Super Soft
- Adorable Camo print
- Plush and small
- Great gift for kids that like to get outdoors
- 9" Tall





#### Heartfelt Alpaca Coasters (4 pack)

- Two layers of alpaca fiber
- Multiple color choices
- Felted decorations
- 4.25" x 4.25"



### April Specials

		Reg. Price	Sale Price
	Calagel 6 oz (Itch and Pain)+ Bonus 2 oz Technu (Outdoor Skin Cleanser)	\$6.69	\$5.69
	Zanfel Poison Ivy Cream 1 oz. Tube	\$35.99	\$32.99
	Leader Bandage – Watershield 30 count	\$2.59	\$2.19
	Leader Anti-Itch Cream 2% 1oz.	\$3.79	\$2.79
	Nasopure Starter Kit 8 oz bottle + 20 saline packets	\$19.99	\$17.99

**Don't forget our great selection of locally made and unique gift items throughout the store and in the Baby Boutique!**



**D&H Drugstore – Good Health is Just Around the Corner  
 Thank you for making us your local pharmacy!**