

AUGUST

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Good Health is Just Around the Corner

www.dhdrugstore.com 

1814 Paris Road
573-777-7373

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

August is National Immunization Awareness Month

The National Public Health Information Coalition (NPHIC) in collaboration with the Centers for Disease Control (CDC) has a weekly focus for 2015. These are based on the CDC's recommendations for immunization.

<http://www.cdc.gov/vaccines/events/niam.html>

Weekly Focus

Different areas of immunization awareness are the focus for each week of the month of August.

Week 1– August 2-8 – Preteens and Teens

Preteens and teens need Tdap (tetanus, diphtheria, pertussis) vaccine, quadrivalent meningococcal conjugate vaccine, and HPV (human papilloma virus) vaccine to protect against serious diseases. A yearly flu vaccine is also recommended for all children 6 months and older.

<https://www.nphic.org/niam-preteensteens>

Week 2– August 9-15 – Pregnant Women

Women should be up to date on their vaccines before becoming pregnant, and should receive vaccines against both the flu and whooping cough (pertussis) during pregnancy. These vaccines not only protect the mother by preventing illnesses and complications, but also pass on vaccine protection to her unborn child.

<https://www.nphic.org/niam-pregnantwomen>

Week 3 – August 16-22 – Adults

All adults should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should also get the Td or Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks. Adults may need other vaccines – such as shingles, pneumococcal, hepatitis, HPV – depending on one's age, occupation, travel, health status, vaccination history, and other risk factors.

<https://www.nphic.org/niam-adults>

Week 4 – August 23-29 – Infants and Children

Babies receive vaccinations that help protect them from 14 diseases by age 2. It is very important that babies receive all doses of each vaccine, as well as receive each vaccination on time. After age 2, children are still recommended to receive a yearly flu vaccine and will be due for additional vaccine doses between 4 and 6 years of age. Getting all of the recommended vaccines is one of the most important things parents can do to

protect their children's health. If a child falls behind the recommended immunizations schedule, vaccines can still be given to "catch-up" the child before adolescence.

The recommended immunizations between birth and 6 years old are:

- **Hep B – protects against Hepatitis B**
- **RV – protects against Rotavirus**
- **DTaP – protects against Diphtheria, Tetanus, and Pertussis**
- **Hib – protects against Haemophilus influenzae type b**
- **PCV13 – protects against pneumococcal disease**
- **IPV – protects against polio**
- **Flu – protects against influenza**
- **MMR – protects against Measles, Mumps and Rubella**
- **Varicella – protects against chickenpox**
- **Hepatitis A – protects against Hepatitis A**

Speak with your physician or health care provider to determine what vaccines are right for you and your family and be sure to provide them with a vaccination record if you have it. D&H offers TD, Tdap, pneumococcal, shingles and seasonal influenza vaccines for adults. Call 777-7373 (Paris Road) or 777-7333 (Broadway) to set up an appointment.

August 1-7 is World Breastfeeding Week

The World Alliance for Breastfeeding Action (WABA) has unveiled the new slogan for 2015. **Breastfeeding and Work – Let's Make it Work!**

The World Alliance for Breastfeeding Action protects, promotes and supports breastfeeding worldwide.

This year's objectives include: 1) Galvanize multi-dimensional support from all sectors to enable women everywhere to work and breastfeed, 2) Promote actions by employers to become Family/Parent/Baby and Mother-Friendly, and to actively facilitate and support employed women to continue breastfeeding. 3) Inform people about the latest in global Maternity Protection entitlements, and raise awareness of the need to strengthen related national legislation and implementation. 4) Strengthen, facilitate and showcase supportive practices that enable women working in the informal sector to breastfeed. 5) Engage with target groups e.g. with Trade Unions, Workers Rights Organizations, Women's groups and Youth groups, to protect the breastfeeding rights of women.

Individuals can participate as well by creating awareness and supporting breastfeeding locally. New and expectant mothers can find breastfeeding information online. The ICLA (International Lactation Consultant Association) has a nice flyer on **10 More Reasons to Breastfeed**

<http://www.ilca.org/i4a/pages/index.cfm?pageid=3317>

Those reasons for children and mother include:


For the Child:

- 1) Reduced Risk of Adult Obesity
- 2) Lower Blood Pressure
- 3) Reduced Risk of Osteoporosis
- 4) Improved Lung Function
- 5) Reduced Risk of SIDS

For the Mother:

- 1) Lower Blood Pressure
- 2) Less Stress
- 3) Reduced Risk of Rheumatoid Arthritis
- 4) Reduced Risk of Metabolic Syndrome
- 5) Reduced Risk of Cardiovascular Disease

D&H has information on breastfeeding and breast pumps for rental or purchase. We also have the accessories necessary for a great start to breastfeeding. Our nurse, Gina Murdock, is a Certified Breastfeeding Educator and can help you with any questions you may have. Contact us at 777-7373 (Paris Road) or 777-7333 (Broadway) to set up an appointment.



Breast Pumps and Accessories
10% off throughout August
(Cash Sales Only)

August Fun Holidays

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|--------------------------------|--------------------------------|
| August 2-Friendship Day | August 13-Left Hander's Day |
| August 2-Int'l Forgiveness Day | August 15-Relaxation Day |
| August 9-Book Lover's Day | August 21-Senior Citizen's Day |
| August 11-Son & Daughter Day | August 26-National Dog Day |


Most Mid-Missouri schools begin the 2nd and 3rd week of August. Make sure that you prepare by notifying the school of any daily medications your child might be taking. Contact your child's school for more information.



Did you know? D&H provides monthly FREE vitamins to children ages 4-12. Stop by, fill out the form for all of your children and visit us monthly for your 30-day supply. Kids love having their own individual bottle of vitamins!



Select Springbok Spring & Summer Puzzles
Back to School Sale - 15% off



Vitabath Closeout
40% off

August is Psoriasis Awareness Month

Do you know what Psoriasis is? Do you, your child, or spouse suffer from it? According to the National Psoriasis Foundation, Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. Some people report that psoriasis is itchy, burns and stings. If you have not been diagnosed with psoriasis, contact your health care professional if you are experiencing a rash with well-defined edges that does not appear to be eczema. These are called psoriasis plaques and 95% of the time can be diagnosed visually. Dermatologist can diagnose and start you on the best course of treatment for your type and severity of psoriasis. <https://www.psoriasis.org/about-psoriasis/symptoms-and-diagnosis>

August Recipe –Ree's Strawberry Oatmeal Bars

<http://www.foodnetwork.com/recipes/ree-drummond/strawberry-oatmeal-bars-recipe.html>

Ingredients

- 1 3/4 sticks salted butter, cut into pieces, plus more for greasing pan
- 1 1/2 cups all-purpose flour
- 1 1/2 cup oats
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- One 10 to 12-ounce jar strawberry preserves

Directions

Preheat the oven to 350 degrees F. Butter a 9-by-13-inch rectangular pan. Mix together the butter, flour, oats, brown sugar, baking powder and salt. Press half the oat mixture into the prepared pan. Spread with the strawberry preserves. Sprinkle the other half of the oat mixture over the top and pat lightly. Bake until light brown, 30 to 40 minutes. Let cool completely, and then cut into squares.

New Item at D&H

Wind & Willow Soup for One

- Made in Missouri
- Several tasty varieties
- Perfect for dinner after work
- Easy to prepare



August Specials

Reg. Price	Sale Price
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	Kleenex Cool Touch or Anti-Viral	\$2.89	\$2.69
	Airborne Effervescent 10 Tablets (Zesty Orange)	\$7.49	\$6.59
	Free & Clear Shampoo 12 fl. oz.	\$11.39	\$9.19
	Free & Clear Conditioner 12 fl. oz.	\$11.39	\$9.19
	Super Duper Diaper Doo Gel 2.5 oz.	\$6.79	\$5.79