

JULY

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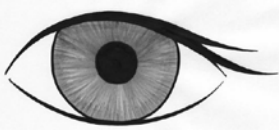
We will match any locally-owned competitor's price on compression garments.

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  

**July is Eye Injury Prevention Month, Juvenile Arthritis Awareness Month, Park and Recreation Month and July 28<sup>th</sup> is World Hepatitis Day**



**Eye Injury Prevention Month**

Preventing eye injuries is a matter of getting the right protective eyewear. Here are some things to know about eye injury and eye

protection. <http://www.geteyesmart.org/eyesmart/living/eye-injuries/preventing.cfm>

Most injuries occur in men and 44.7 percent of the injuries occur at home. More than forty percent of those injuries were due to home repairs, yard work, cleaning and cooking. Over one-third (34.2 percent) of injuries in the home occurred in the kitchen, bedroom, bathroom, living or family room and over 40 percent of eye injuries every year are related to sports and recreation activities.

Sun exposure can also injure eyes as well as dust or objects. When eye injury typically occurs, more than 78 percent of the people injured are not wearing eye protection.

Information on eye protection at home, work, or play:

<http://www.geteyesmart.org/eyesmart/living/eye-injuries/protective-eyewear.cfm>

- Glasses, goggles or a face shield at home with ANSI Z87.1 marked on the lenses. This means that the protections meets the American National Standards Institute standard for eye protection.
- OSHA is in charge of eye protection at work and the appropriate eye protection to use. Most employment requires the same ANSI safety standard with the exception of welding that requires additional eye and face protection.
- At play, ASTM International formerly known as the American Standard for Testing and Materials regulates sports protective equipment. There are specific standards for different sports including racket sports, women's lacrosse, field hockey, baseball, basketball, hockey, paintball and skiing. The protection on the player's position or type of sport.

**Juvenile Arthritis Awareness Month**

[http://www.arthritis.org/about-arthritis/types/juvenile-arthritis/?utm\\_source=google&utm\\_medium=cpc](http://www.arthritis.org/about-arthritis/types/juvenile-arthritis/?utm_source=google&utm_medium=cpc)

Did you know that over 300,000 children have been diagnosed with Juvenile Arthritis?

It is one of the most common chronic illnesses affecting children, but the diagnosis is often missed. Joint pain, stiffness and swelling are the most common symptoms of JA, but early medical treatment can prevent serious damage to a child's joints. During July, get to know the signs and symptoms of juvenile

arthritis and understand that there is currently no cure. However there are new treatments that moderate and stop the progression of juvenile arthritis. This can prevent disability later on in life.



**Park and Recreation Month**

The National Recreation and Park Association is issuing a challenge this month. This July, you should get outside and "rock Park and Recreation Month 80s style". The National Recreation and Park Association is on twitter at @NRPA\_news and instagram at nrpa. They are only at <http://www.nrpa.org/july/>. Get out there and help celebrate 30 years of Park and Recreation month. **While you're at it don't forget and stop by D&H for the insect repellent and sunscreen!**

**World Hepatitis Day (July 28<sup>th</sup>)**



<http://tellmaps.com/?subject=-1137244687>

Viral hepatitis is one of the world's greatest health threats and affects over 500 million people worldwide.

Hepatitis refers to liver inflammation that is often caused by viral infection. There are five different types of Hepatitis virus (A, B, C, D & E) but only B, C and D can become chronic, leading to long-term damage to the liver. Chronic hepatitis is also the leading cause of liver cancer.

The Most common routes of transmission for hepatitis B or C viruses are the following:

<http://www.worldhepatitisalliance.org/en/viral-hepatitis>

- Blood transfusions and blood products using unscreened blood (in most developed countries blood has been screened since about 1990)
- Medical or dental interventions without adequate sterilization of equipment
- Mother to infant during childbirth
- Sharing equipment for injecting drugs
- Sharing straws, notes etc. for snorting cocaine
- Sharing razors, toothbrushes or other household articles
- Tattooing and body piercing if done using unsterilized equipment

If you suspect that you or someone that you know has contracted viral hepatitis, see a doctor. For prevention of hepatitis B, you will want consult a physician about receiving a vaccination.

**Stop in this month for great clearance prices on compression hosiery items. It's a great way to get more than one pair!**

**Looking for a great new pair?  
We have \$10 off shoes in July**



**July Dates to Remember**

- July 1-Canada Day
- July 4-Independence Day
- July 14-Bastille Day
- July 22-Hammock Day
- July 24-Amelia Earhart Day
- July 26-Parent's Day
- July 30-Father-in-Law Day



**Take Care  
of your Eyes!  
10% off Eye Vitamins**

**July Recipe –Cherry Phosphate Icebox Pie**

<http://www.midwestliving.com/recipe/cherry-phosphate-icebox-pie/>

**Cool, refreshing and reminiscent of a cherry phosphate  
Ingredients**

- Nonstick cooking spray
- 1 cup finely crushed amaretti cookies or graham crackers (about 4 1/2-ounces)
- 1/2 cup ground toasted
- 2 tablespoons sugar
- 1/3 cup butter, melted
- 1 15- to 16.5-ounce can pitted dark sweet cherries in heavy syrup
- 1 3-ounce package cherry-flavored gelatin
- 2 cups plain Greek yogurt
- Whipped cream
- Dark sweet cherries with stems
- Sliced almonds, toasted



**Directions**

1. Lightly coat a 9-inch pie plate with cooking spray. Set aside.
2. For the crust: In a medium bowl, stir together crushed cookies, ground almonds and sugar. Drizzle the melted butter over mixture; toss until coated with butter. Spread cookie mixture in prepared pie plate; press evenly onto bottom and sides.
3. Bake in a 375 degrees F oven for 7 to 8 minutes or until edges are golden. Cool completely on a wire rack. Set aside.
4. For filling: Drain cherries, reserving syrup. Quarter cherries; set aside. Add enough water to syrup to measure 1 cup liquid.
5. In a medium saucepan, bring the 1 cup liquid to boiling; remove from heat. Add gelatin; stir until gelatin is dissolved. Pour gelatin mixture into a large bowl. Add yogurt by spoonfuls, stirring until combined. Chill 1 hour 30 minutes or until mixture mounds when spooned. Fold cherries into yogurt mixture. Chill again, if necessary, until mixture mounds. Turn into baked shell. Chill 4 to 6 hours or until set.

6. Before serving, garnish chilled pie with whipped cream, fresh dark sweet cherries with stems and sliced almonds. Chill, covered, to store.



**Utility Totes and Travel Size Items**

**10% off in July  
(taken at register)**

**New and Featured Items at D&H**

**Johnson's Baby Creamy Oil**

**We've heard it makes a great mosquito repellent!**

- Long Lasting Moisture
- Aloe and Vitamin E
- Sweet, subtle fragrance
- 8 oz.



**Nufoot Pouches**

- Cross Body
- Neoprene
- Coordinates with Nufoot slip on shoes
- Bright colors



**Gold Bond Baby Powder**

- Active Ingredients – Corn Starch, Kaolin, and Zinc Oxide
- Treats and prevents diaper rash
- Protects from wetness
- 4 oz.



**July Specials**

**Reg. Price      Sale Price**

	Blue Lizard SPF 30 Face or Sensitive 5 oz	\$17.29	\$16.00
	Leader Gel Insoles Mens and Womens	\$8.99	\$8.00
	Putty Buddies Floating Ear Plugs (for swimming)	\$1.59	\$1.25
	Leader Epsom Salt 1 lb	\$2.89	\$2.00
	OFF Deep Woods 6 oz.	\$6.99	\$6.50
	Bullfrog-SPF 30 or 50 Aerosol	\$11.29	\$9.50

**D&H Drugstore – Serving you since 1956**

**Thank you for making us your hometown pharmacy!**