

JUNE

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573-777-7333



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

Good Health is Just Around the Corner

www.dhdrugstore.com 

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

June is Men's Health Month

<http://www.menshealthresourcecenter.com/aging-seniors/>

This month we focus on men and their health. Some specific conditions affect men as they age and it is important to know signs and symptoms and get regular check-ups with your personal health care provider.

Prostate concerns and testosterone deficiency (andropause) are two common conditions that men experience as they age. Conditions of the prostate can include cancer, BPH (benign prostate hyperplasia or enlarged prostate), and prostatitis. If your current health care provider does not treat these conditions, they can refer you to a specialist. Make sure to follow up if you experience any of the following:

- 1) More frequent urination or problems urinating (starting, stopping, leaking, dribbling, burning, increased urgency)
- 2) Blood in urine or semen
- 3) Pain in back, hips, pelvis, rectum, or upper thighs

<http://www.nextavenue.org/watch-warning-signs-prostate-problems/>

Alopecia (hair loss) is another common concern for men as they age. There are a variety of factors that influence hair loss including:

- Heredity
- Hormones
- Stress
- Poor diet/missing nutrients
- Chemical hair styling services
- Certain medications
- Surgery or high temperature

Men also have to decide how they are going to treat hair loss and baldness. Depending on the type of hair loss, there may be options for an over-the-counter or prescription hair loss treatment.

<http://www.nextavenue.org/truth-about-hair-loss-and-baldness-cures/>

The possibility of heart attack, hypertension, heart disease, and high cholesterol are also of concern to men as they age. There are signs and symptoms of heart conditions that you should not ignore:

- Weak or numb feeling on one side of the face or body
- Dizziness
- Headache
- Shortness of breath

- Tiredness
- Swelling in the ankles, feet, legs, stomach, and neck.
- Fluttering in their chest or the feeling that their heart is skipping a beat or beating too hard.

If you have any of the following symptoms, dial 9-1-1. These are signs of a heart attack:

- Crushing chest pain and/or discomfort or pain elsewhere in the upper body
- Nausea
- Cold sweats
- Fainting or lightheadedness
- Shortness of breath

There are medications that are prescribed by your physician that help treat hypertension and high cholesterol. Be sure to speak with them to find out what will work best for you.

<http://www.nextavenue.org/how-stay-heart-healthy/>

D&H is now offering Harmonyx genetic testing for patients prescribed statins and antiplatelets for a fee. The testing is performed by swabbing the inside of the mouth and obtaining a sample. This allows the physician and pharmacist to consult on what medications might be best for you – a more personalized medicine approach. For more information, check out our web site:

<http://www.dhdrugstore.com/products-service/harmonyx-genetic-testing/>

Erectile dysfunction (ED), incontinence and urinary tract infections are common conditions as men age and all are treatable.

Depending on the person, ED is treated by a variety of different methods including supplements, medical devices and oral medications such as:

- Sildenafil (brand name: Viagra®)
- Vardenafil HCl (brand name: Levitra®)
- Tadalafil (brand name: Cialis®)

<http://www.nextavenue.org/erectile-dysfunction-not-inevitable-you-age/>

If you are currently taking Viagra® and it is cost prohibitive for you, consider speaking with your physician and pharmacist about Sildenafil. D&H currently has a cash option for \$80 for 10 100 mg doses (5 20 mg tablets of Sildenafil is equivalent to 1 100 mg Viagra®).

Your physician can also test and diagnose if you are having issues with incontinence or urinary tract infections. There are urine and blood tests, as well as tests that measure how well you empty your bladder. There are bladder control exercises that train the pelvic floor as well as biofeedback sensors to make you aware of your need to go.

<http://www.nextavenue.org/treatments-loss-bladder-control/>

June Dates to Remember

June 6-D Day, WWII	June 18-Ramadan Begins
June 13- Hello Baby Expo	June 19-Juneteenth Day
June 14-Flag Day	June 21-Summer Solstice
	June 21-Father's Day

20% off MSRP for LIFT CHAIR Orders
25% off MSRP for LIFT CHAIR Floor Models
***Floor Models are Cash & Carry**
Excludes accessories
and fabric upgrades or changes



June Recipe –Quick Strawberry Cheesecake

<http://www.midwestliving.com/recipe/quick-strawberry-cheesecake/>

Ingredients

- 2 ounces Brie cheese, softened
- 1 3 - ounce package cream cheese, softened
- 2 -3 tablespoons sugar
- 1 teaspoon lemon juice
- 2 cups sliced fresh strawberries
- 1/2 cup butter toffee-glazed sliced almonds
- Honey (optional)



Directions

1. Remove and discard the rind from the Brie. In a medium bowl, beat Brie, cream cheese, sugar, and lemon juice with an electric mixer on medium speed until almost smooth. Set aside.
2. Divide half of the strawberries among four parfait glasses or water goblets. Top with half of the cheese mixture and half of the almonds. Repeat layers once more. If desired, drizzle with honey.

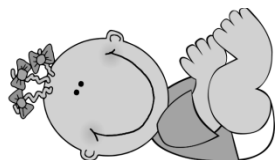
Hello Baby Expo

When: Saturday, June 13, 2015
from 8:00 a.m. – 1:00 p.m.

Where: Holiday Inn Expo Center

Details: This is a great event for families. Lots of information, products and resources for families expecting a baby or with small children. Grandparents love this event too!

D&H will be exhibiting again this year at the Hello Baby Expo. We'd love for you to come and join us!



Baby Care
10% off
CLOTH DIAPERS
Taken at Register



Father's Day Gift Ideas at D&H

Van der Hagen Premium Shave Set

- Hypoallergenic Deluxe Shave Soap
- Hand-dipped two tone ceramic shave bowl
- 100% natural boar shave brush



Sunsout My Favorite Lures Puzzle

- Does Dad like to fish?
- Do this puzzle together, even if you don't
- Perfect puzzle to glue upon completion and display together with photos and trophies



Gift Ideas for Dad
or anyone on your list!
10% off Gift Items - Taken at Register



June Specials

Enjoy the Great Outdoors!

Reg. Price **Sale Price**

	Technu Outdoor Cleanser 4 oz.	\$12.49	\$10.49
	Ivy-Dry 1 oz.	\$7.59	\$6.50
	Leader Caldyphen Clear Lotion 4 oz.	\$4.79	\$4.25
	Leader Bandage Roll 4 yds.	\$2.89	\$2.50
	Leader Waterproof Bandages 20 count	\$3.09	\$2.09

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Thank you for making us your hometown pharmacy!