


MARCH

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Sunday: 10:00 AM – 6:00 PM

### March is Save Your Vision Month

<https://www.nei.nih.gov/healthyeyes/eyehealthtips>

Here are some healthy eye tips to help keep your vision in tip top shape from the National Eye Institute.

**Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

**Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

**Eat right to protect your sight.** You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

**Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

**Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

**Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular

degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

**Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

**Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

**Clean your hands and your contact lenses properly.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

**Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

### March is National Nutrition Month "Bite Into a Healthy Lifestyle"

March is National Nutrition Month and now is the time to reevaluate your nutrition. You might think about incorporating more fruits and vegetables into every meal, consider portion control, or make sure that you eat breakfast every morning. Decreasing sodium and sugar consumption or increasing your water intake can also help in your quest to get healthy. Every step counts, so don't be too hard on yourself. There are plenty of resources at the National Nutrition Month web site to help you along the way.

<http://www.nationalnutritionmonth.org/nnm/handoutsandtips/heets/#.VOzt7fnF934>

**Healthy Recipe – Oat-Banana Breakfast Cookies**

<http://www.eatright.org/resource/food/planning-and-prep/recipes/oat-banana-breakfast-cookies>

This healthy recipe is great for kids and is from the Academy of Nutrition and Dietetics for National Nutrition Month. See recipe online for nutrition information.

**Ingredients**

3 bananas

¼ cup melted coconut oil

- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 ½ cups rolled oats (gluten-free, if needed)
- 1 tablespoon golden flaxmeal
- ½ teaspoon salt
- ¼ cup mini chocolate chips

**Directions**

1. Preheat oven to 350°F.
2. Place bananas in a medium bowl and mash well. Add remaining ingredients to mashed banana; stir well.
3. Line a baking sheet with parchment paper. Press 2 tablespoons mixture into a 2 ½-inch cookie cutter. Remove cutter to create a round shape. Repeat with remaining mixture.
4. Bake at 350° for 22-25 minutes or until cookies are golden and set. Allow to cool before serving.

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March is also National Multiple Sclerosis Education  
and Awareness Month

<http://www.msfocus.org/Symptoms-of-Multiple-Sclerosis.aspx>

**Know the Signs and Symptoms of Multiple Sclerosis**

Common symptoms of MS include: fatigue, weakness, spasticity, balance problems, bladder and bowel problems, Tremors, balance and coordination issues, depression, spasticity, bladder, bowel, vision loss, and cognitive and emotional dysfunction are also possible. These symptoms are the result of nerve lesions that cause disturbances in electrical conduction in one or multiple areas of the Central Nervous System. Symptoms vary patient to patient and no one has all the symptoms. Symptoms can be persistent or come and go. Most patients with MS have times when they experience episodic attacks and times when they are in remission.

If you or a loved one is experiencing any of these symptoms, please consult a physician to find out the best course of action.

**Poison Prevention Week - March 15-21, 2015**

Be aware in the event that you believe someone has been poisoned. The toll free number for Poison Help is 1-800-222-1222. Keep this posted at home, make sure that your daycare or babysitter has it handy, and program it into your phone. Children often mistake potentially poisonous items for food and they can ingest things quickly. Poison Help is available 7 days a week, 365 days a year. Trained professionals answer your call and translation services are available in over 150 languages.

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**March Dates to Remember**

- Daylight Savings Time Begins-March 8
- St. Patrick's Day – March 17
- First Day of Spring-March 20

March Specials		Reg. Price	Sale Price
	Leader Brand Kid's Allergy Relief – 4 oz.	\$7.79	\$6.79
	PreserVision Lutein-120 count <small>Eye Vitamin &amp; Mineral Supplement</small>	\$32.59	\$22.59
	Leader Brand Allergy 4MG-100 tablets	\$4.99	\$3.49
	Miralax Powder– 8.3 oz	\$13.37	\$11.99
	Leader Brand Allergy Eye Drops-.17 oz.	\$9.99	\$9.29

**Don't Miss Out on GREAT ITEMS!**

We have Russell Stover Easter candy already in stock as well as many great spring gifts! We personally love the peanut butter and caramel eggs. And for the healthier side of things try our Granola Jones Granola – great for a breakfast or snacking.



We also have a large selection of travel sizes for all your Spring Break needs!

**Thank you for your continued business! We appreciate each and every one of our customers!**  
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