

NOVEMBER

1001 W. Broadway
573-777-7333

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



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

November is American Diabetes Month

American Diabetes Month was created to help create awareness about how serious diabetes is and the importance of diabetes education, prevention and control after diagnosis. According to the American Diabetes Association, the common symptoms of diabetes include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
Tingling, pain, or numbness in the hands/feet (type 2) –

Early detection and treatment of diabetes is key. This can decrease the risk of developing the complications of diabetes.

For more information on symptoms of diabetes, visit:
<http://www.diabetes.org/diabetes-basics/symptoms/?loc=db-slabnav#sthash.9PCC230L.dpuf>

Daily diabetes care is up to each individual diagnosed. That care includes:

- Choosing what, how much, and when to eat
- Getting physically active
- Taking medicine (if your doctor prescribes it)
- Checking your blood glucose (if your doctor prescribes it)
- Going to your appointments
- Learning all you can about diabetes

For more information about caring for diabetes, visit:
<http://www.diabetes.org/living-with-diabetes/recently-diagnosed/where-do-i-begin/taking-care-of-your-diabetes.html#sthash.cjcle4VW.dpuf>

D&H carries diabetic skin care products as well as compression hosiery and diabetic shoes. Talk with your physician to see if these products are right for you. We have information on these items in both our Broadway and Paris Road locations.

Skin Care

10% off in November



November is Lung Cancer and Pancreatic Cancer Awareness Month

White ribbons signify Lung Cancer Awareness and Purple ribbons are for Pancreatic Cancer. This month D&H staff will be wearing these ribbons to create awareness for these two types of cancer.

Lung cancer comes in two main types:

Non-small cell lung cancer and small cell lung cancer.

Within the non-small group there are three subtypes:

Adenocarcinoma, Squamous Cell Carcinoma, and Large cell carcinoma. 5 out of 10 non-small types are adenocarcinoma. The important thing is to get diagnosed, find out your type and stage of cancer. Then you can decide on a treatment plan with your physician. Treatments include surgery, radiation therapy, chemotherapy, and targeted therapy depending on the type and stage of cancer. Clinical trials may also be an option. Whatever your route of treatment, be sure to get a second opinion if you feel like you do not understand the information or if you just want to be sure of an accurate diagnosis.

<http://www.freetobreathe.org/lung-cancer-info/understanding-a-diagnosis/what-is-lung-cancer>

Pancreatic cancer has one main type called exocrine tumors which accounts for 95% of diagnoses and a secondary type called pancreatic neuroendocrine tumors which account for 5%. Much like lung cancer, it is important to get diagnosed, find out your type and what stage of pancreatic cancer you are in. Treatments include surgery, radiation therapy, chemotherapy, targeted therapy and immunotherapy. As in lung cancer, discuss with your physician what will be the best treatment for you.

<https://www.pancan.org/section-facing-pancreatic-cancer/learn-about-pan-cancer/treatment/>

Knowing the symptoms of these types of cancer is important. too.

With lung cancer symptoms are (BREATHE):

- Blood when you cough or spit
- Recurring respiratory infections
- Enduring cough that is new or different
- Ache or pain in shoulder, back or chest
- Trouble breathing
- Hoarseness or wheezing
- Exhaustion, weakness or loss of appetite

<http://www.freetobreathe.org/lung-cancer-info/facts/symptoms>

With pancreatic cancer symptoms are:

- Jaundice
- Weight loss
- Pain
- Digestive difficulties
- Change in stools

Blood clots
 Diabetes
 Ascites-abnormal accumulation of fluid in the abdomen
 Neuroendocrine tumors

<https://www.pancan.org/section-facing-pancreatic-cancer/learn-about-pan-cancer/symptoms/>

November Holidays and Special Days

November 1-All Saints Day November 11-Veteran’s Day
 November 1-Dia de los Muertos November 13-Sadie Hawkins Day
 November 2-Daylight Savings Ends November 26-Thanksgiving
 November 2-All Souls Day November 27-Black Friday
 November 7-Book Lovers Day November 28-Small Bus. Saturday



FLU SHOTS STILL AVAILABLE! Flu Shots are available for adults at D&H Drugstore. Stop in and get yours! We have trivalent, quadrivalent, high dose and preservative free. The CDC recommends that everyone 6

months and older get a vaccination to protect against influenza.

Looking for Local Gifts & Products from Missouri Artisans and Companies?



Here are just a few:

- **Backer’s Potato Chips** –Fulton, MO
- **IB Nuts and then some mixes** – Columbia, MO
- **Russell Stover Candies**–Kansas City, MO
- **Norma Crow Cards**–Columbia, MO
- **Niobrara Farms**–Sugar Scrub and All Natural Deodorant – Columbia, MO
- **Giddy-Up Soy Candles**–Freeburg, MO
- **Harmony Hill Goat Farm**-Soaps and Lotions – Hallsville, MO

November Recipe – Gluten-Free Pumpkin Muffins

Do you like to bake with the kids, but have issues with gluten? Here is an easy and yummy recipe that even they will like. It won’t take too long! Total prep and cook time is 32 minutes.

Ingredients:

- 1 package gluten free muffin mix
- 1 cup canned pumpkin puree
- 3 large eggs
- ½ cup unsweetened almond milk
- Optional add-ins: 1-2t pumpkin pie spice, ½ cup mini dark or milk chocolate chips



1. First, preheat oven to 375°F and line a muffin tin with paper liners. Then, lightly spray with nonstick cooking spray (this will prevent the muffins from sticking to the paper liners).
2. In a medium size bowl, whisk eggs. Then add in milk and pumpkin puree and mix again. Next, add in gluten free muffin mix and mix until there are no more lumps.
3. Add in optional ingredients such as pumpkin pie spice or chocolate chips.
4. Fill each muffin about ¾ of the way full. 5. Bake at 375°F for 18-22 minutes or until you do the toothpick test and it comes out clean! Make sure to add your chocolate chips and pumpkin pie spice to the mix before filling the muffin pan.

New OTC Items at D&H

Kids Relief – Cough & Cold

- *Dye free and Sugar Free*
- *Expectorant*
- *Also soothes dry, irritating cough*
- *For babies 6 months or older*



Neat Feet Foot Scrub

- *Kiwi and Walnut*
- *Exfoliates*
- *Removes dirt and dead skin*



Cold Weather Wear
(gloves, mittens, hats, scarves)

20% off

What’s New in Gifts?

-Mr. Christmas- Carousels and Music Boxes
 -About Face Designs-Great holiday ornaments, bells, and mugs with cute and funny sayings
Stop in and find that perfect and unique gift!
 There are only 54 days until Christmas.

Walkers and Walker Accessories

15% off in November
(not billable to insurance)

November Specials		Reg. Price	Sale Price
	Cepacol Mouth Wash – 24 oz.	\$4.89	\$4.49
	LDR Muscle Rub Ultra 2 oz.	\$4.09	\$3.89
	Abreva Pump-2 GM	\$22.89	20.49
	Children’s Cold and Cough-Red Grape 4 oz.	\$5.23	\$4.49
	Anti-Nausea 4 oz.	\$6.29	\$4.89
	Azo Cranberry – 50 tablets	\$7.89	\$6.89

*D&H Drugstore – Serving you since 1956
 Thank you for making us your hometown pharmacy!*