

OCTOBER

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Mon–Fri: 8:00 AM – 8:00 PM
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Good Health is Just Around the Corner 

www.dhdrugstore.com

October Is Breast Cancer Awareness Month

How you can help

*October is
Breast
Cancer
Awareness
Month*

According to www.nationalbreastcancer.org the purpose of Breast Cancer Awareness Month is to raise awareness **to remind people to take steps to insure early detection.** It's a worthy cause and here are 3 ways you can support it...

#1. Create an early detection plan. All the girls and ladies in your life need one of these because it's easy to get busy and put off important preventative and early detection appointments. Step one of an early detection plan is to make sure you schedule regular physical exams. Your doctor or health care provider can help you determine the best schedule for you. Also, hanging a reminder card in your shower that promotes self-examinations can be another part of an early detection plan. Go to www.earlydetectionplan.org for more information and to find out how you can get an early detection App that creates a plan for you.

#2. Hold a fundraiser. If you or a loved one has fought the battle of breast cancer, then you know more than anyone how crippling the expenses can be. Here is a chance to help a breast cancer warrior or to help someone pay for preventative care. Today, holding a fundraiser can mean anything from a bake sale to a concert to an online funding campaign and everything in between. With websites like www.gofundme.com and www.giveforward.com you can hold virtual fundraisers that can be supported by people from around the globe. It doesn't matter if you are raising funds online or offline, social media is a wonderful platform for spreading the word. Whether you are helping one person, supporting a family, or if you are choosing to raise money for the general cause, be sure to spread the word through social media with stories, pictures and hashtags. For tips on how to promote your fundraiser you can find tons of information online. A great article from 2011 can be found at www.redbirdonline.com. To access the article, click on the tab that says "blog," then search "16 Powerful Online Fundraising Tools For Raising Money And Awareness."

#3. Reach out to someone with breast cancer. Probably the easiest and most profound way you can show your support in October is to be a friend to someone with breast cancer. It doesn't take much to show your support to someone with a life-changing illness. You can send a card, make a meal, or sit and have a cup of coffee with them. Even sending a thoughtful text message to bring cheer can sometimes pull a person out of a moment of despair.

According to www.cancer.org in 2014, an estimated 232,670 new cases of breast cancer were diagnosed and of that estimate 4,610 were in Missouri. That's too many grandmothers, mothers, daughters, sisters and friends!

American Pharmacists Month



October Is Also American Pharmacists Month

**Know Your Pharmacist –
Know Your Medicine**

Get to know our experienced pharmacists here at D&H

Drugstore. There are 7, soon to be 8, who are happy to discuss your medications and answer your questions. If you are on multiple monthly medications, ask how to join the SYNC My Meds Program and streamline pick-ups to one or two times a month. SYNC My Meds provides patients that join with the benefit of a monthly consultation to discuss medication details and/or changes. Pharmacists provide a wealth of knowledge and experience in all areas of medication management and can help to eliminate confusion about your medications. We appreciate you choosing D&H – your hometown pharmacy since 1956.

October is Also Dental Hygiene Month

The American Dental Hygienist's Association has the best recommendations on dental hygiene. Make sure that you have all the proper tools for brushing, flossing, rinsing and chewing. D&H carries a full line of dental hygiene products to meet everyone's oral health care needs. <http://www.adha.org/national-dental-hygiene-month>

Brush-Always brush two minutes, two times a day, every day

Research shows that brushing for two minutes is the single most important method for reducing plaque and preventing cavities, gingivitis and other plaque-related diseases. Brushing for two minutes twice a day is crucial to maintaining healthy smiles. Proper brushing technique cleans teeth and gums effectively. Here are some links to help you find out more about how to brush your way to a healthier smile and mouth. There is a great video for kids at:

<https://www.youtube.com/watch?v=hDZXSMU2IAk>

Floss-Ensure Flossing is a Daily Habit

Daily flossing (or other methods of interdental cleaning) removes plaque and food particles that cannot be reached by a toothbrush, particularly under the gumline and between teeth. Failure to do so can allow for plaque buildup in these areas - which in turn can lead to tooth decay and gum disease.

Getting into the routine of daily flossing can be a challenge. Making flossing easier can improve compliance with recommendations for daily flossing. If you resist flossing, try to determine why and tell your dental hygienist. Knowing the precise reason you are not flossing will enable them to recommend floss with the right thickness, coating or filaments so you might be encouraged to floss more often. Here are some additional education information sources and resources to assist in making sure to floss each day.

Rinse-Use mouthwash to improve oral health

Rinsing your mouth with an anti-microbial mouth rinse each day is another important step you can take to prevent gum disease (gingivitis). Remember that the teeth themselves account for less than

half of your mouth, so brushing and flossing alone cannot eliminate all plaque and germs. Be sure to finish your oral care routine with an antiseptic mouthwash that carries the ADA Seal of Acceptance. You also should talk with your dental hygienist to determine which mouth rinse is right for you. The following educational information and resources can provide with you additional insight into the proper use of mouthwash.

Chew-Chewing sugar-free gum after eating helps fight tooth decay
Chewing sugar-free gum after eating is clinically proven to be an important part of good oral health. The action of chewing sugar-free gum stimulates the most important natural defense against tooth decay — saliva — which in turn helps fight cavities, neutralizes plaque acids, remineralizes enamel to strengthen teeth and washes away food particles. Scientific evidence clearly shows that chewing sugar-free gum, especially after eating and drinking, has a positive impact on oral health. Help your body naturally fight against tooth decay by chewing sugar-free gum after meals. Chewing sugar-free gum after eating and drinking, has a positive impact on oral health.



20% off Purses and Bags

October Holidays, Wacky and Special Days

October 1-Int'l Day-Elderly	October 16-Boss's Day
October 2-World Smile Day	October 17-Sweetest Day
October 3-Virus Appreciation Day	October 24-UN Day
October 4-Nat'l Frappe Day	October 24-Make a Difference Day
October 12- Columbus Day	October 27-Sukkot
	October 31-Halloween

SHOUT OUT! Thanks to all our hardworking folks for continuing to take good care of our patients! Also, a big thank you to our pharmacist-in-charge at Broadway, Erica Hopkins, for her tenure as Missouri Pharmacy Association President.



DON'T FORGET! Flu Shots are available for adults at D&H Drugstore. Stop in and get yours! The CDC recommends that everyone 6 months and older get a vaccination to protect against influenza. We have trivalent, quadrivalent, high dose and preservative free options this year.

LOVE LOCAL? D&H continues to provide Missouri made gifts. Stop in and check them out. They make the perfect addition to your holiday shopping list.

Just a Few Missouri Products for you:

- **Niobrara Farms** –Columbia, MO – Sugar Scrub – Smells Divine!
- **Norma Crow** - Columbia, MO - Hand Painted Cards for all occasions
- **Russell Stover Candies** – St. Joseph, MO – A wide variety of Halloween and Mizzou Tiger chocolates for your trick-or-treat bags.

Dental Hygiene

10% off in October



Halloween Gifts (excludes candy)

20% off in October



October Recipe – National Popcorn Month

Perfect for those snuggly movie nights at home or making popcorn balls for Halloween. Step out of the microwave comfort zone and make popcorn on the stovetop – old fashioned style.

Stovetop Popcorn Options

2-3 TBS Organic Coconut Oil or Bacon Fat
 ½ Cup Organic Yellow Popping Corn
 2-3 TBS Organic butter (melted)-If using bacon fat, butter may not be necessary)
 Himalayan Sea Salt



Heat the oil in a large stockpot over medium to medium-high heat with a few kernels of popping corn. Cover and stay close. When you hear those couple kernels pop it's time to put in the ½ cup popping corn. Cover with a lid and with potholders on your hands, and the lid held tightly in place, gently shake your pot every minute or so until you hear the popping slowing down and finishing up. Should take about 3-4 minutes. Remove immediately from the heat and pour it into a bowl. Toss the popped corn with butter and salt to taste.

Try different spices and add-ins to mix it up:

Pepper, Parmesan, Caramel, Almonds, Wasabi Peas, Raisins, Cumin, or Paprika to name a few. **Get some great flavor ideas here:**
<http://www.redbookmag.com/food-recipes/recipes/g1520/flavored-popcorn-recipes/?slide=1>

New OTC Items at D&H

Dr. Cocoa Cough & Cold Relief

- *Non-drowsy Cough*
- *NightTime Cough & Cold*
- *Real Cocoa for a real chocolate taste*



Electro Mix Instant Sports Water

- *By Makers of Emergen-C*
- *Sodium Free, Sugar Free, Calorie Free*
- *Includes potassium, magnesium, calcium, chromium, and manganese*



October Specials

		Reg. Price	Sale Price
	Boiron Oscillocochinum 6 count	\$11.49	\$10.49
	Leader Ear Wax Removal Drops .5 oz	\$5.39	\$3.49
	Little Tummies Gripe Water 4 oz.	\$11.29	\$9.49
	Leader Cough Drops 30 lozenges	\$1.59	\$1.29
	Mucinex Sinus Max Severe Congestion 20 Caplets	\$12.89	\$11.89

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