

OCTOBER

1001 W. Broadway  
573-777-7333

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



1814 Paris Road  
573-777-7373

Mon–Fri: 8:00 AM – 7:00 PM  
Saturday: 8:00 AM – 4:00 PM  
Sunday: CLOSED

Good Health is Just Around the Corner 

[www.dhdrugstore.com](http://www.dhdrugstore.com)

**October Is Breast Cancer Awareness Month**  
*How you can help*



According to [www.nationalbreastcancer.org](http://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](http://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](http://www.gofundme.com) and [www.giveforward.com](http://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](http://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](http://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. They 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 and DISPILL Convenience Packaging Programs. These programs help with streamlining pick-ups to one or two times a month and assist with remembering to take your medications. 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.



**10% off Insoles & Shoes**

**October Holidays, Wacky and Special Days**

- |                                  |                                  |
|----------------------------------|----------------------------------|
| October 1-Int'l Day-Elderly      | October 15-Sweetest Day          |
| October 2-Name Your Car Day      | October 16-Boss's Day            |
| October 3-Virus Appreciation Day | October 22-Make a Difference Day |
| October 4-Nat'l Frappe Day       | October 24-UN Day                |
| October 7-World Smile Day        | October 25-World Pasta Day       |
| October 10-Columbus Day          | October 31-Halloween             |

**SHOUT OUT!** Thank you to everyone for getting this last quarter started off right. Putting patients first and offering them personalized services is what we do best! Congratulations to Jess Crane, our newest pharmacist!

**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 as soon as they are available. We have quadrivalent, high dose and preservative free options for 2016.



**LOVE LOCAL?** D&H continues to provide Missouri made gifts. Stop in and check them all out! These are the perfect addition to your holiday shopping list.

**A Few Missouri Made Products for you:**

- **NEW! Farm Fresh Hand Made Cards**—Kim Carr —New Florence, MO—Missouri Made cards for every occasion. Animals and outdoor themes with typeface sayings. Made with love.
- **Mama Jane's Creations** - Brookfield, MO – Creations for dips, cheeseballs, snack mixes, seasoned pretzels and more.
- **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**



**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>

**Halloween Gifts**  
**(excludes candy)**  
**20% off in October**



**October Specials**

Reg Price      Sale Price

|  |   |        |        |
|--|---|--------|--------|
|  | Pure Epsom Salt Soaking Solution, 3lb.            | \$5.99 | \$5.24 |
|  | Chest Congestion Relief PE Tablets, 50 ct         | \$9.19 | \$7.29 |
|  | Effervescent Health Formula Orange Tablets, 10 ct | \$4.79 | \$4.49 |
|  | Chest Congestion Relief Plus DM Tablets, 50 ct    | \$9.97 | \$7.29 |
|  | Sleep Aid Max Strength, 50 mg, 32 ct              | \$7.59 | \$6.39 |
|  | Cold Head Congestion Nighttime Caplets, 24 ct     | \$3.89 | \$3.49 |

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