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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

1814 Paris Road
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Mon–Fri: 8:00 AM – 8:00 PM
Saturday: 8:00 AM – 6:00 PM
Sunday: 10:00 AM – 6:00 PM

September is Baby Safety Month



The Juvenile Products Manufacturers Association (JPMA) highlights safety in every room for Baby Safety Month 2015. Check out <http://babysafetyzone.org/campaigns/baby-safety-month> for additional information.

Always look for the JPMA Certification.

The JPMA also lists the **Top 10 Hidden Hazards for Babies.**

Magnets

Small magnets can be easily swallowed by children. Once inside the body, they can attract to each other and cause significant internal damage. Keep magnets high enough on your refrigerator that they are out of reach. If you fear your child has swallowed magnets, seek medical attention immediately.

Recalled Products

Know if a product you own has been recalled, including second-hand products. The best way to ensure your products are safe is to fill out your product registration card and check for recalls at www.recalls.gov.

Loose Change

Change can easily wind up on tables or in couch cushions, where curious children could ingest them. A great way to ensure this doesn't happen is to assign a tray or jar for loose change and keep it out of a child's reach.

Tipovers

Tipovers are a leading cause of injury to children. The best way to avoid them is to make sure all furniture and televisions are secured to the wall.

Pot Handle Sticking Out From Stove

When cooking, it is best that pot handles turn inward instead of sticking out from the stove where little ones may reach up and grab the hot handle. In addition, if holding a child while cooking, remember to keep the handles out of the child's reach.

Loose Rugs or Carpet

Area rugs or carpet that is not secured to the floor causes a tripping hazard for little ones who may already be unstable on their feet. Make sure that all corners are taped down and bumps are smoothed out.

Detergent Pods

It is estimated that thousands of children have been exposed to and injured by detergent pods. Easily mistaken by children as candy, these pods pose a risk to the eyes and, if ingested, to their lives. It is important to keep these items out of reach of children.

Hot Mugs

A relaxing cup of coffee or tea can quickly turn into an emergency if hot mugs are left unattended or are placed near the edge of tables where little hands can grab them. Beware of tablecloths that can be pulled down with hot items on top as well.

Cords

Cords can pose strangulation hazards to children, whether they are connected to blinds, home gym equipment or baby monitors. Keep cords tied up and out of reach of children. Remember to keep cribs away from cords that the child may reach while inside the crib.

Button Batteries

Button batteries are flat, round batteries that resemble coins or buttons. They are found in common household items such as flashlights, remotes or flameless candles. Similar to coins and magnets, they pose a serious risk if ingested

September is also Healthy Aging Month

Here are **10 Tips for Seniors during Healthy Aging Month from Healthy Aging Magazine** - <http://healthyaging.net/healthy-aging-month/10-tips-for-september-is-healthy-aging-month/>



1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it.

Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)

2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Orthopaedic Support Items

15% off Cash Sales



September Holidays and Special Days

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|--------------------------|------------------------------|
| Sept. 2 – VJ Day, WWII | Sept. 13-Grandparents Day |
| Sept. 7-Labor Day | Sept. 16-American Legion Day |
| Sept. 8-Pardon Day | Sept. 17-Constitution Day |
| Sept. 11-911 Remembrance | Sept. 25-Native American Day |



Don't Forget! FREE Gummy vitamins to children ages 4-12. Stop by, fill out the form for all of your children and visit us 2x a month for your 15-day supply.

Kids love having their own individual bottle of vitamins!

Do you like local products? Did you know D&H is striving to provide more and more Missouri Made products for you?

Local Gift and Tailgating Items at D&H:

- Three Belles –Hair Bows, Scarves and Accessories
- Wind & Willow-Table for 2-Gluten Free Products and Soup for One
- Mama Jane's Creations-Sweet and Savory Dips



FLU SEASON is Just Around the Corner
Make sure to get your flu shots to help prevent illness. We will have flu vaccine by Mid September, so start looking for the signs and come on in!

Fashion Smart Tablet Sleeves

25% off



Mama Jane's Creations

Sweet & Savory Dips and More

25% off



September is also Fruits and Veggies – More Matters Month
And National Childhood Obesity Month

- <http://www.fruitsandveggiesmorematters.org/>
<http://www.healthierkidsbrighterfutures.org/home/>

Here is some basic nutrition information and tips to help with getting in more fruits and veggies every day.

- 1) Fill half your plate with fruits and veggies to help you eat more.
- 2) Vitamin A, C, and K, potassium, fiber and magnesium are under consumed in the U.S. Fruits and veggies help fulfill these nutrients
- 3) Consumption of fruits and veggies reduce the risk of chronic disease.
- 4) Low in calories, veggies and fruits can help replace higher calorie alternatives.

New Items at D&H

Lice Ice

- Powerful, effective, Easy to Use, Safe, Economical, Prevents Re-infestation
- Natural Ingredients
- \$4.99 per application
- Smothers lice and releases the eggs.



Melissa & Doug Wooden School Bus

- Customized with Columbia Public Schools
- 7 play figures
- Classic Toy



Reg. Price	Sale Price
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September Specials

	Florajen for Kids 30 count	\$20.73	\$18.00
	Olbas Inhaler	\$6.99	\$5.50
	Olbas Oil .32 oz.	\$9.59	\$8.50
	Centrum Silver 150 Tablets.	\$18.47	\$17.50
	Benefiber 8.3 oz.	\$14.99	\$14.25

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