



▶RETAIL AND ASSISTED LIVING HOMES PHARMACY SERVICES



▶HEALTH AND WELLNESS SERVICES



▶IN-HOME MEDICAL EQUIPMENT - SALES AND RENTAL



▶VACCINE CLINIC



300 AMERICAN STREET, CATASAUQUA PA 18032
610/264-5471 1/800/325-6856 WWW.HARTZELLS.COM

- ▶September 21 to 27 - National Adult Immunization Awareness Week
- ▶September 13 - Grandparent Day ▶September 19 - Rosh Hashanah ▶September 22 - Fall begins
- ▶October - American Pharmacist Month and National Physical Therapy Month
- ▶October 18 - 24 - Pharmacy week ▶October 12 - Columbus Day ▶October - 31 - Halloween
- ▶November 1 - Daylight savings time ends

Give Your Child's Immunity a Boost

September means back to school and possibly back to sharing germs. It is a fact that once our children return to school, the chance of infections and illness increases. Children miss more school than adults due to illness from common ailments such as colds. Listed here are immune building suggestions for the whole family to help keep your resistance strong and limit the amount of time missed from work or school.

- ▶ Keep a regular schedule for bedtime.
- ▶Moderate exercise helps children

to achieve immune boosting REM sleep.

- ▶Offer children plenty of fruits and vegetables. Reduce or eliminate processed snacks and sugary foods and drinks.
- ▶Add probiotics to your supplement program
- ▶Eat yogurt
- ▶ Wash hands frequently but not necessarily with an antibacterial soap. Just washing with warm water and scraping the hand is a benefit.
- ▶Use Xylitol instead of sugar. Xylitol is a naturally occurring sugar found in many fruits and vegetables and produced in small amounts by the human body. It has a wide variety of uses and benefits, from improving the health of your teeth to maintaining upper respiratory health.

Vitamins & Supplements to help build a strong immune system
On sale September and October

Flora Boost - is a probiotic specially formulated for kids. It needs no refrigeration and will help promote and maintain intestinal health and healthy bowel function
reg. 15.90 **Sale price - \$ 12.72**

Quantum Immune Complex - reg. 19.95 **Sale price \$15.96**

Nat.Stim - reg. 29.98 **Sale price \$23.48**

Immune C Plus Zn, Echinacea- reg. 7.98 **Sale price \$6.38**

Esberitox chewable - reg. 17.98 **Sale price \$14.36**

Acai Juice 32 oz. - reg. 31.99 **Sale price \$23.99**

New products to ask our staff about are:

Baxyl - A bioactive hyaluronan - helps protect joints and fights arthritis.

CellPower - boosts the immune system, speeds healing inside and out and maybe useful for allergies, arthritis and joint pain.

H1N1 (Swine Flu) Update

Information regarding H1N1 Influenza ("Swine Flu") is constantly evolving. The vaccine distribution will be controlled by the Public Health Department. For more information regarding this vaccine, please visit www.hartzells.com under Vaccine Clinic, or call Amelia Arnold at the number below.

Amelia Arnold, Pharm.D
Community Pharmacy Practice Resident
Hartzell's Pharmacy/Wilkes University
300 American St., Catasauqua, PA 18032
610-264-5471 x236 (voicemail only)

Flu Vaccine Clinic

Begins October 1st

Or as soon as our shipment arrives
Walk-in Monday thru Saturday
Mon. - Fri. 9am - 8pm Sat. 10am - 2pm
Other times call for appointment

Before Oct. 1st - call first for availability and to make an appointment

\$30.00 per shot

No charge to Medicare Beneficiaries - 18+ years old only



610/264-5471
Ext 247 for Vaccine Clinic

The Belly and the Brain

A big middle, in middle age, may mean big trouble for your older brain. Scientists studied more than 6,500 members of the Kaiser Permanente of Northern California health plan for 36 years. The researchers measured each person's sagittal abdominal diameter (SAD). That's the distance from your back to the front of your belly (measured halfway between the bottom of your ribs and the top of your pelvic bone). The risk of dementia was 2.3 times higher in people who had a big belly (sad of at least 10 inches) and were overweight when they entered the study than in those who had normal weight and a smaller belly. Dementia was 3.6 times more likely in those who had a big belly and were obese when they started the study. People who were overweight or obese - but not big-bellied - were 1.8 times more likely to be diagnosed with dementia. Having large thighs had no impact on the risk of dementia, regardless of weight.

New study on *Gymnema sylvestre* and blood sugar

- Grown primarily in the Indian sub-continent, *Gymnema sylvestre*, has been used in India for centuries as a traditional folk remedy to help maintain optimal health. In a recent study researchers using a patented extract declared, "we found that the extract may help regulate blood glucose levels through a direct effect on the pancreatic beta cells to stimulate insulin release".

Vitamin K

Vitamin K supplements are now being used in some patients taking warfarin (Coumadin). Warfarin works to decrease coagulation by inhibiting vitamin K-dependent clotting factors. In the past, clinicians often advised warfarin patients to steer clear of foods and supplements high in vitamin K for fear warfarin wouldn't work as well. But it turns out that a diet to low in vitamin K makes it *MORE* difficult to manage warfarin therapy. When vitamin K intake is unusually low, any change in dietary vitamin K translates into big fluctuations in bleeding time. If you are having problems with your levels you may want to discuss this with your physician.

Super Foods - Super you!

People in need of an immune enhancing program may experience some of the following symptoms: chronic fatigue, chronic swollen glands, sore throat, repeated infections, chronic allergies and inflammation. In addition to the supplements suggested above here are the true Super Foods, packed with protective substances that may guard your heart, keep cancer at bay, boost your bone strength, save your sight and improve your mood: Avocados, blueberries, brazil nuts, broccoli, butternut squash, edamame, flaxseed, kale, kiwifruit, lentils, onions, quinoa, sardines, tomato and yogurt.



Is a revolutionary dietary ingredient that is creating an entirely new category of immune health products. It is an all-natural, high-metabolite immunogen that nourishes the body's immune system. EpiCor is an all natural yeast-based product manufactured through a proprietary, multi stage fermentation and drying process - ask Bob, Donna or Shelly for more information.

Vitamin C

There are many tales about vitamin C, but here is one that is true and establishes this vitamin as an important nutrient. In 1747 a group of sailors received rationed food from a surgeon in the British Navy. The surgeon discovered that the sailors that received citrus fruits (limes) were not stricken with scurvy. Scurvy is a disease causing fatigue, loose teeth, slow wound healing and other conditions. Routine use of lime juice by the British Navy caused the soldiers to be known as "limeys". Recent research shows that an increased dose of vitamin C may help reduce the duration of symptoms in some people with colds.

Vitamin C, or ascorbic acid, is responsible for a number of functions in your body; proper iron absorption, speedy wound healing, collagen production, which strengthens bones, teeth and blood vessels, antioxidant action that attacks cancer-causing free radicals, cataract prevention and osteoarthritis prevention in the knee. It's best to take a good absorbable form of vitamin c. Hartzell's trained staff can help you with the best selection. Food high in vitamin C include: Cantaloupe, blackberries, grapefruit, honeydew melon, kiwi, oranges, strawberries, grapes, cabbage, cauliflower, broccoli, sweet potatoes and tomatoes.



Hartzell's trained nutrition staff design a food

and supplement program to fit your individual needs. Talk to Bob, Donna or Shelley today!

Mediterranean Diet

Researchers found that increased fruit and vegetable intake was associated with significantly lower risk of a weight gain over 10 years among adults of a Spanish Mediterranean population. The researchers concluded that dietary patterns associated with a high intake of fruits and vegetables in Mediterranean populations may reduce long-term risk of subsequent weight gain and obesity among adults.



Joint Commission

on Accreditation of Healthcare Organizations

HARTZELL'S HOME MEDICAL EQUIPMENT

A Division of Hartzell's Pharmacy, Inc.

Hours: Monday to Friday CALL or VISIT
9:00am to 7:00pm
Saturday: 9am-5pm

- ▶ **LEG HEALTH WEEK - OCT. 12 - 16**
25% OFF **JOBST** MEDICAL LEGWEAR
20% OFF **JOBST** SUPPORT LEGWEAR
15% OFF all other therapeutic vascular supports

- ▶ **Pre-Book Offer UNTIL - September 30th**
on phone and fax orders for the Sale Price

610/264-5471, 1/800/325-6856, Fax - 610/264-8774

We can UPS your prepaid order for a charge of \$9.95

Orders received after Sept. 30th cannot be guaranteed for pick-up the week of Oct. 12 - 16.

Call with credit card number to order—(no personal checks please) - All orders must be pre - paid - NO C.O.D. orders , No third party insurance billings due to discounts being offered, Offer not applicable on custom stockings- Purchases must be prepaid or paid for on the day of the sale.

- ▶ **October 13-10am - 4pm FREE VEIN CIRCULATION SCREENING - Call for appointment**

AWAKE IN THE VALLEY CPAP GROUP MEETING

SEPT. 30 - 6:30pm

Guest Speaker:

Dr. J. Harris Kaufman, MD
Dir. Of Muhlenberg Sleep Lab.

Topic:

Compliance

Everyone is welcome whether or not you are currently on CPAP therapy

Light refreshments will be served
CPAP team from Hartzell's will be present to answer your questions

Please call and let us know how many will be attending. 610/264-5471

FOOT FACTS - METATARSALGIA



METATARSALGIA is a general term used to denote a painful foot condition in the metatarsal region of the foot (referred to as the ball-of-the-foot). METATARSALGIA is often caused from improper fitting footwear; most frequently

in women's dress shoes and other restrictive footwear. It is common to experience acute, recurrent, or chronic pain with this foot condition. Hartzell's carries a complete line of Lynco® Orthotics which can help relieve pain, reduce friction and shear forces, transferring forces from sensitive to tolerant areas.

For more information or for an appointment call and ask for JEFF.

Anti-Shox® Metatarsal Bandages were designed by a doctor to relieve discomfort at the ball-of-the-foot. The soft pads within the bandage reduce pressure and protect your metatarsals. Fits in all footwear styles.



Anti-Shox® Gel Metatarsal Cushions are designed to provide Gel comfort at the ball-of-the-foot. The unique Gel formation provides unsurpassed cushioning and shock absorption, while eliminating irritating calluses. Fits in all footwear styles.



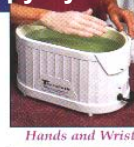
Ask Jeff
At the Foot Comfort Center
about shoes that look good
and feel great!

THERABATH®

Paraffin Heat Therapy System

- **Fast-Acting Heat Therapy**
- **Soothes Pain and Stiffness**
- **Effective on**
Arthritis
Joint Stiffness
Muscle Spasms
Inflammation
Sports Injuries
Dry, Cracked Skin

- ✓ Lifetime Guaranteed
- ✓ CUL-Listed
- ✓ Professional Quality



Hands and Wrists



Feet and Ankles



Elbows and More

Since 1962, physicians, physical therapists, arthritis specialists, and athletic trainers have recommended the Therabath® because paraffin therapy is one of the most effective methods of applying heat to relieve pain.

The Therabath® transfers the heat that goes into melting the paraffin into the affected joint or area. Each dip in a Therabath® delivers a layer of fast-acting heat therapy.

\$50.00 OFF

Using the simple hand controls you'll get a smooth and comfortable ride to the relaxing position of your choice. There are many



different styles and fabric designs to choose. Bring this coupon with you to save on the chair of your choice. **SEPT-OCT 2009**

\$100.00 OFF

Travel in safety and comfort either upstairs or downstairs. Increase your mobility around your house. Several seating styles and fabrics to choose.



Bring this coupon with you **SEPT- OCT 2009**

Call today for your **FREE ESTIMATE**

Events Re-cap for September & October



From the Health and Wellness Department:

- ▶ See the supplement specials on page - to Stay Healthy and Boost your Immunity
- ▶ FREE SEMINAR - Tuesday - Sept. 22—6:00pm Ultralite Weight Management
 - ▶ OSTEOPOROSIS SCREENING SPECIAL
\$15.00 save \$10.00 off regular price
September 29 - and Tuesday - October 20 - 9am to 3pm
Call for Appointment



From the Home Medical Equipment Department:

- ▶ Sept. 30th - 6:30pm - Awake CPAP group meeting - see page 3
- ▶ Leg Health week and JOBST stocking sale - October 12 to 16 - see page 3
- ▶ \$100.00 off all Stairway lifts, \$50.00 off all Seatlift Recliners - see page 3 for coupons



From the Vaccine Clinic:

- ▶ Regular Hours: Mon - Thurs. 9a to 7p, Fri. 9a to 5p, Sat./Sun. by appointment
 - ▶ FLU Shot Clinic—Starting Oct. 1st - see page 2 for extended hours and details
- Reminder: Zostavax is back in stock - Call Amelia, Kristen or Vince for more information