

## HAVE YOU OR A LOVED ONE FALLEN IN THE LAST YEAR?

### Tips to prevent falls

- Get a cane and or walker
- Have a pharmacist review your medication list
- Get an assistance bar to aid in bathing
- Get a no-slip mat for the bathroom
- Get out of bed slowly in the morning
- Hold on to a cane or walker when first standing up
- Wear proper footwear or no-slip socks
- Remain active and keep your muscles strong
- Take a calcium and vitamin D supplement
- Be sure to have good lighting inside and outside
- Get rid of any extension cords or rugs that could cause a fall



Talk to your pharmacist today to be sure  
you are doing everything possible to  
prevent a FALL!

  
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## Common Health Tips

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## BE HEART HEALTHY

### \*Did you know?:

- Heart disease is the #1 cause of death in men and women in the United States
- Heart disease was the cause of 50% of all deaths in women in 2006.
- 11.8% of adults in the United States have been diagnosed with heart disease

### Risk factors for heart disease:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight or Obesity
- Poor diet
- Physical inactivity
- Alcohol use



### Tip for healthier living:

- Stop smoking
- Cut down on salt intake
- Eat healthier
- Reduce or eliminate alcohol use (limit to 1-2 drinks)
- Get active (30 minutes most days of the week)

### What can your pharmacist do for your heart health?

- Administer blood pressure tests
- Monitor for risk factors for heart disease
- Help you manage medications for blood pressure, diabetes, and cholesterol
- Provide more information and tips for healthier living

## DO YOU HAVE DIABETES?

### 14 tips

#### for taking care of your feet

1. Inspect your feet for cracks, calluses, and wounds daily.
2. Be gentle when washing your feet.
3. Moisturize your feet with alcohol free moisturizer-but not between your toes.
4. Cut nails carefully and always straight across.
5. Never trim corns or calluses.
6. Wear clean, dry socks.
7. Avoid socks that are loose or too tight.
8. Protect your feet from extreme temperatures.
9. Shake out your shoes and inspect the inside before putting them on.
10. Keep your feet warm and dry.
11. Never walk barefoot.
12. Slowly break new shoes in.
13. Wear proper diabetic footwear!
14. Get periodic foot exams.



Talk to your pharmacist today and see how they can help!!

## SPOT A STROKE FAST



If someone shows any of these symptoms, even if they go away, call 911 immediately.

- F** **FACE DROOPING**  
Does one side of the face droop or feel numb? Is the smile uneven?
- A** **ARM WEAKNESS**  
Is one arm weak or numb? When lifting arms, does one drift downward?
- S** **SPEECH DIFFICULTY**  
Is speech slurred/hard to understand? Can a simple sentence be repeated?
- T** **TIME TO CALL 911**  
Call 911 right away. Note the time symptoms first started.