

SIERRA INTERNATIONAL PHARMACEUTICAL CORP PATIENT NEWSLETTER

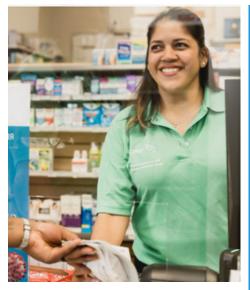
Sierra International Pharmaceutical Corp

Hello SIPC Patients!

Hello, valued patients of SIPC at Columbia Heights Pharmacy!

We're excited to bring your essential information to aid your health and wellness journey.

From updates on the newest medications to practical health tips and exclusive insights into our pharmacy programs, we've got everything you need.



In this Newsletter, you'll discover:

- Pharmacy News and Updates: Stay informed about the newest medication approvals, key regulatory updates, and our latest milestones and accomplishments.
- Exclusive Programs and Promotions:

 Referral Program, Weight Loss Program, and Loyalty

 Program—each designed to offer outstanding value and support.
- Innovative Health Solutions: Experience our cutting-edge virtual consultations, providing exceptional pharmacy care right from your home. Find out how our pharmacy app can simplify your medication management, and discover the benefits of electronic prescriptions.

Highlights from this Month's Newsletter

This June, we're spotlighting three vital health observances that raise awareness, promote advocacy, and encourage compassionate care. Learn how you can make a difference:

- Alzheimer's & Brain Awareness
 Month Brain health plays a
 vital role in overall well-being.
 Learn how to recognize early
 signs of cognitive decline and
 explore pharmacy resources for
 memory support and caregiver
 assistance.
- Professional Wellness Month –
 Healthcare professionals work
 tirelessly to care for others.
 Discover ways to support their
 mental and physical wellness
 with pharmacy-recommended
 stress relief tools, supplements,
 and self-care solutions.
- World Sickle Cell Day (June 19)

 Sickle cell disease affects
 millions worldwide. Understand
 the symptoms, support early
 diagnosis, and explore how
 pharmacy care can help manage
 pain and improve quality of life.



ALZHEIMER'S & BRAIN AWARENESS MONTH



memory, thinking, and behavior. It's the most common cause of dementia, and while there is no cure, early detection and support can make a big

difference.

WHY BRAIN HEALTH MATTERS?

Our brain controls everything we do—from remembering names to solving problems and enjoying everyday moments. As we age, it's important to take simple steps to keep it strong and active.

WE ARE HERE TO HELP

Pharmacy-Approved Tips for a Healthier Brain

Taking care of your brain doesn't have to be complicated. Start with these simple, everyday habits:

- 1. **Stay Mentally Active**: Challenge your brain with puzzles, reading, or learning something new. Even a few minutes a day helps keep your mind sharp.
- 2. **Move Your Body**: Exercise boosts blood flow to the brain. A daily walk, stretch, or light workout can support both mood and memory.
- 3. **Eat Brain-Friendly Foods**: Add more leafy greens, berries, fish, and nuts to your meals. These foods are rich in nutrients that support brain health.
- 4. **Connect With Others**: Social interaction helps fight memory loss and boosts emotional well-being. Call a friend, join a group, or simply chat with a neighbor.
- 5. **Get Good Sleep**: Quality sleep helps the brain store memories and recharge. Aim for 7–8 hours a night, and keep a regular sleep schedule.

Larly Signs to Watch For:

keep your brain healthy.

• Forgetting recently learned information

June is **Alzheimer's & Brain Awareness Month**, a time to care for our brains and support those living with memory loss. At our pharmacy, we're here to help with memory support, caregiver tips, and ways to

WHAT IS ALZHEIMER'S?

Alzheimer's is a progressive brain disease that affects

- · Difficulty completing familiar tasks
- Confusion with time or place
- Trouble finding the right words
- Mood or personality changes

If you notice any of these signs in yourself or a loved one, talk to a healthcare provider.

Support for Caregivers

Caring for someone with memory loss is a loving but challenging journey. We're here to help with:

- · Medication reminders and refills
- Supplement options that support memory
- Tools to help manage daily routines

Second Proof Eat Smart for Your Brain

Fuel your brain with smart food choices:

- **Leafy greens** Boost memory with folate and vitamin K
- Fatty fish Omega-3s support brain function
- Berries Antioxidants protect brain cells
- Nuts & seeds Healthy fats and vitamin E aid memory
- Whole grains Help with focus and steady energy
- Dark chocolate In moderation, supports blood flow and mood

🕊 Tip: A balanced diet combined with daily movement, sleep, and mental activity helps keep your brain sharp and healthy.



WORLD SICKLE CELL AWARENESS DAY

June is **World Sickle Cell Awareness Month**, with World Sickle Cell Day observed on June 19. It's a time to raise awareness about sickle cell disease, a serious genetic blood disorder that affects millions of people around the world. Early care, proper education, and community support can make a life-changing difference.

WHAT IS SICKLE CELL DISEASE?

Sickle cell disease (SCD) causes red blood cells to become hard, sticky, and shaped like a "sickle." These misshapen cells can block blood flow, causing pain and long-term damage.

It mostly affects people of African, Mediterranean, Middle Eastern, and South Asian descent.



WHAT ARE THE COMMON SYMPTOMS?

- Episodes of severe pain (called pain crises)
- Fatigue or low energy
- Swelling in hands and feet
- Frequent infections
- Delayed growth in children
- Vision problems

Early diagnosis and consistent care are key to improving quality of life and preventing complications.

HOW TO SUPPORT THOSE WITH SCD

- Learn the signs and help spread awareness
- Encourage regular checkups and early testing
- Donate blood it's often needed for treatment
- Support local sickle cell organizations and events



EARLY DETECTION SAVES LIVES

- **Newborn Screening** Standard blood test done at birth to detect sickle cell disease early.
- Carrier Testing Identifies if a person carries the sickle cell trait, especially useful for family planning.
- Prenatal Testing During pregnancy, tests like CVS or amniocentesis can detect the disease in the unborn baby.
- **Genetic Counseling** Helps families understand their risk and explore testing options.
- Hemoglobin Electrophoresis A lab test that identifies abnormal hemoglobin types in the blood.

in How Your Pharmacy Can Help

Medication Support

We offer prescription refills, pain management options, and counseling on how to take medications safely and consistently.

• g Hydration & Nutrition Essentials

Proper hydration and nutrition can help manage symptoms. We stock electrolyte drinks, iron-rich supplements, and vitamins tailored for chronic care.

• **\$** Caring Conversations

Whether you're living with sickle cell disease or caring for someone who is, our pharmacists are here to answer questions and offer support.

Ask us for handouts on symptom management, pain tracking, and wellness routines that support daily health.



PROFESSIONAL WELLNESS AWARENESS MONTH



June is **Professional Wellness & Awareness Month.** It's a time to recognize the hard work and emotional toll many professionals face—especially those in caregiving roles like healthcare, education, and public service. This month, we're shining a light on burnout prevention, mental health, and self-care strategies that help you stay strong for others and yourself.

WHAT IS PROFESSIONAL WELLNESS?

Professional wellness refers to the mental, emotional, and physical well-being of those working in high-stress environments — especially healthcare providers, educators, first responders, and frontline workers.

Key areas it includes:

- Burnout prevention
- Work-life balance
- Stress management
- Mental health awareness
- Physical self-care

Anyone can experience workplace stress, but it's often overlooked in caregiving professions where the focus is always on helping others.

COMMON SIGNS TO WATCH FOR

- · Feeling emotionally drained or detached
- Decreased job satisfaction or performance
- Trouble sleeping or constant fatigue
- Increased irritability or mood swings
- Feeling unappreciated or overwhelmed
- Physical symptoms like headaches or tension

Note: These are signs that the body and mind need rest, care, and support — not failure. Seeking help is a sign of strength.

HOW YOUR PHARMACY CAN HELP?

As a trusted community healthcare partner, we're here to support professionals in staying well — both on and off the job:

- Stress Relief Products: From calming teas to sleep aids and aromatherapy, we offer pharmacyapproved tools to support mental clarity and rest.
- Supplement Support: We carry vitamins and supplements that support energy, immunity, and mood — including B-complex, magnesium, and adaptogens.
- Confidential, Caring Conversations: You don't have to go through it alone. Our team is here to listen, share helpful resources, and guide you toward wellness options.
- Education & Prevention Tools: Ask about our wellness handouts, self-care tips, and mental health screenings — small steps that make a big difference.





Our Mobile App's Pill Identifier Feature

At Sierra International Pharmaceutical Corp, we're dedicated to streaming your medication management. Our mobile app's key feature, the Pill Identifier, allows you to effortless identify your medications, so you can be sure you're taking the correct pill at the right time.

How it Works:

- Snap a Photo: Take a picture of any pill with your phone's camera.
- **Upload the Image:** Go to the Pill Identifier feature in our app and upload the photo.
- **Receive Immediate Information:** The app will display detailed details about the pill, such as its name, dosage and manufacturer.





Benefits:

- Safety: Prevents risky mix-ups, especially when managing multiple medications.
- Peace of Mind: Helps you ensure accurate medication management.
- Prescription Refills: Easily reorder and monitor your prescriptions.
- Medication Reminders: Set alerts to remember your medication times.
- Drug Information: Access comprehensive details about your medications.
- **Health Tracking:** Keep track your health progress and adherence.

Our app, with the innovative Pill Identifier, is like having a mini-pharmacist in your pocket. Download it today for a safer, more convenient medication management experience.

Refilling your prescriptions is now easier than ever with our FREE app.







Refill 24/7, set reminders, save on medications and access your account from the new PocketRx mobile app.

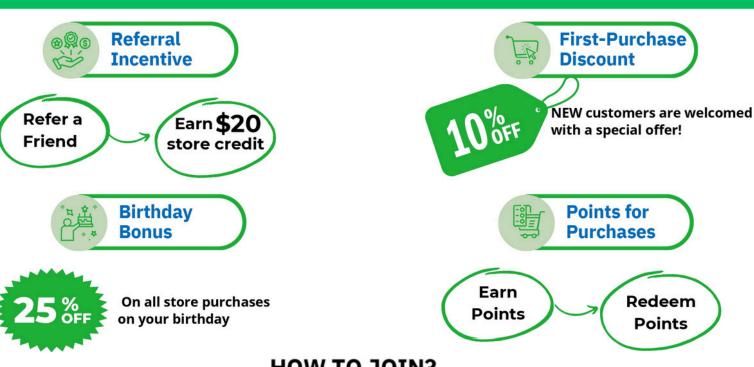
Text me the FREE app now

You'll receive a one-time text with a link to PocketRx app pre-configured for Sierra International Pharmaceutical Corporation.





At Sierra International Pharmaceutical Corporation we value your loyalty and we strive to reward you for choosing us as your healthcare provider.



HOW TO JOIN?

Join our Loyalty Program Today! Call us to enroll or visit us anytime to sign up and start enjoying the benefits.

THANK YOU FOR CHOOSING US!

Our Location

COLUMBIA HEIGHTS PHARMACY

202-232-1455 M-F 9:30am-6:00pm 3316 14th St NW, Washington, DC 20010



YOUR WEIGHT LOSS JOURNEY STARTS HERE WITH GLP-1 SEMA INJECTIONS!

CLINIC HIGHLIGHTS:

- Expert guidance on nutrition and exercise
- Regular virtual check-ins to monitor progress
- Once-weekly tailored GLP-1 Sema injections for safe and efficient weight loss.

WHY CHOOSE OUR TELEMEDICINE CLINIC?

Access top-notch weight loss support from the comfort of your home.

Convenient telehealth consultations with experienced weight loss specialists.

Personalized GLP-1 Sema injection plans for effective and sustainable results.



BOOK A FREE CONSULTATION HERE TO LEARN HOW SIERRA WEIGHT LOSS CLINIC CAN HELP YOU ACHIEVE YOUR GOALS



MORE INFORMATION

sierraweightloss.co



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Sierra Weight Loss Clinic





LOVE SIPC PHARMACY?

REFER US!

& YOU SAVE!

Refer a friend or family member, and you will get \$20 store credit for OTC purchases when they have 2 or more prescriptions transferred.*

Refer

Transfer

Save







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COLUMBIA HEIGHTS PHARMACY

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