

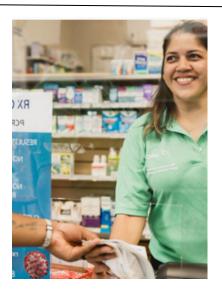


SIERRA INTERNATIONAL PHARMACEUTICAL CORP PATIENT NEWSLETTER

<u>Sierra International Pharmaceutical Corp</u>

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 March, we're focusing on three crucial health topics to help you make informed lifestyle choices and safeguard your well-being:

- National Kidney Month: Learn how to protect your kidneys with proper hydration, balanced nutrition, and regular checkups. Discover the signs of kidney disease and effective prevention strategies.
- National Nutrition Month:
 Explore the benefits of balanced eating, mindful food choices, and proper hydration. Get practical tips on planning nutritious meals that fuel your body and support overall health.
- Save Your Vision Month:

 Understand the impact of digital eye strain, age-related vision issues, and lifestyle habits on eye health. Learn effective ways to protect your vision through regular eye exams and a nutrient-rich diet.



The kidneys are vital organs responsible for filtering waste and excess fluids from the blood, balancing electrolytes, and regulating blood pressure. They also play crucial roles in:

- Producing Hormones: Kidneys produce hormones like erythropoietin, which stimulates red blood cell production, and renin, which regulates blood pressure.
- Regulating pH Levels: They maintain the body's acid-base balance by excreting hydrogen ions and reabsorbing bicarbonate.
- Activating Vitamin D: Kidneys convert vitamin D into its active form, which is essential for calcium absorption and bone health.

TOP TIPS FOR KIDNEY HEALTH:

- Stay Hydrated: Drinking 8-10 glasses of water daily helps kidneys flush out toxins. Avoid excessive intake of sugary drinks and sodas.
- Balanced Diet: Opt for low-sodium meals, reduce red meat intake, and include kidney-friendly foods like berries, apples, cauliflower, and fish rich in omega-3.
- Regular Checkups: If you have diabetes or high blood pressure, get routine kidney function tests to monitor your health.
- Medication Awareness: Use over-the-counter pain relievers, like ibuprofen, sparingly as they can harm the kidneys over time.

QUICK TIPS TO PREVENT CHRONIC DISEASE

Schedule an annual kidney function test.

Limit your intake of salt and processed foods to reduce blood pressure.

Exercise regularly to maintain a healthy weight and improve kidney function.



- Chronic Kidney Disease (CKD) affects about 37 million adults in the U.S., and many are unaware they have it.
- Leading causes include diabetes, high blood pressure, and a family history of kidney failure.
- Symptoms often go unnoticed until the disease progresses, which is why early detection through regular screenings is crucial.

Did You Know?

- Chronic Kidney Disease (CKD) affects about 35.5 million adults in the U.S., which is 1 in 7 people. It's more common in women (14%) than men (12%), and nearly 20% of non-Hispanic Black adults have CKD compared to 12% of non-Hispanic White adults.
- Main Causes: Diabetes and high blood pressure are the leading causes in adults, while genetic conditions and kidney inflammation are common causes in children.
 - Prevention Tip: Early detection is crucial, as symptoms often don't appear until the disease is advanced. Regular check-ups, a healthy lifestyle, and managing diabetes or hypertension can help protect your kidneys.



NATION MONTH





- Whole grains reduce the risk of heart disease, type 2 diabetes, and obesity, but most people consume refined grains instead.
- Sugar-sweetened beverages are the leading source of added sugars in the American diet, contributing to obesity and type 2 diabetes.
- Nutrient-dense foods like leafy greens, nuts, and berries provide essential vitamins and minerals without excess calories.
- Physical activity and balanced nutrition work together to improve overall health and reduce chronic disease risk.
- Only 1 in 10 adults eat the recommended amount of fruits and vegetables daily.

Fuel Your Health – Celebrate National Nutrition Month!

National Nutrition Month is the perfect time to focus on healthy eating and lifestyle habits. Proper nutrition plays a crucial role in maintaining overall health, boosting immunity, and enhancing daily performance. This month, let's commit to making smarter food choices!

NUTRITION BASICS

- Macronutrients: Carbohydrates, proteins, and fats provide energy and are essential for bodily functions.
- Micronutrients: Vitamins and minerals support immune function, energy production, and bone health.
 - More than 70% of Americans do not meet the daily recommended intake for fruits and vegetables.
 - A balanced diet can reduce the risk of chronic diseases such as heart disease, diabetes, and

WHY NUTRITION MATTERS

A well-balanced diet provides essential nutrients that our bodies need for energy, growth, and disease prevention. Poor nutrition can lead to chronic conditions such as obesity, diabetes, heart disease, and malnutrition.

Top Nutrition Tips:

- **Eat a Rainbow:** Include colorful fruits and vegetables to ensure a variety of vitamins and minerals.
- Whole Grains Matter: Choose whole grains like brown rice, oats, and quinoa for better digestion and sustained energy.
- Mindful Eating: Slow down and savor each bite. This practice improves digestion and prevents overeating.
- Limit Sugar and Salt: Excessive intake can lead to diabetes, hypertension, and heart disease.
- Hydration: Drink at least 8 glasses of water daily to aid digestion and nutrient absorption



SAVE YOUR VISION MONTH

MARCH 2025

Keep Your Vision Clear and Bright

Your eyes are essential for daily life, yet they are often neglected. Save Your Vision Month emphasizes the importance of protecting your vision and maintaining good eye health.

VISION CARE TIPS:

- 20-20-20 Rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds to reduce digital eye strain.
- Protective Eyewear: Use sunglasses with UV protection outdoors to guard against harmful rays.
- Annual Eye Exams: Early detection of vision problems can prevent complications.
- Blue Light Filters: Reduce exposure from digital screens to minimize eye strain.
- Healthy Diet: Include eyefriendly nutrients like omega-3 fatty acids, lutein, and vitamins C and E found in leafy greens, fish, nuts, and citrus fruits.

COMMON VISION ISSUES

- Digital Eye Strain: Caused by prolonged screen use, leading to eye fatigue, headaches, and blurred vision. Follow the 20-20-20 rule to reduce symptoms.
- Age-Related Macular
 Degeneration (AMD): Affects
 central vision in older adults.
 No cure, but lifestyle changes
 and treatments can slow
 progression.
- Cataracts: Clouding of the eye's lens, causing blurry vision. Common with aging and treatable with surgery.
- Glaucoma: Optic nerve damage from increased eye pressure, leading to blindness if untreated.
 Regular eye exams are crucial for early detection

Tor early detection

March is Save Your Vision Month, a time dedicated to raising awareness about the importance of eye health and the steps you can take to protect your vision. With increased screen time and digital device usage, it's more crucial than ever to prioritize eye care. In this month's newsletter, we provide valuable tips on maintaining healthy vision, including the importance of regular eye exams, proper nutrition, and practices to reduce digital eye strain. Stay informed and take proactive steps to preserve your eyesight for years to come.

Protect Your Sight: Save Your Vision Month Tips Inside!

DID YOU KNOW?

- Over 2.2 billion people globally have vision impairment, with nearly half of these cases being preventable.
- Digital eye strain affects more than 60% of adults who spend over 6 hours daily on digital devices.











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.

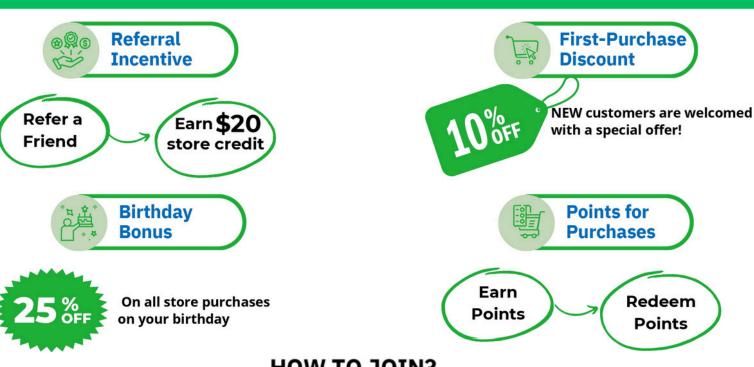
Text me the FREE app now

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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