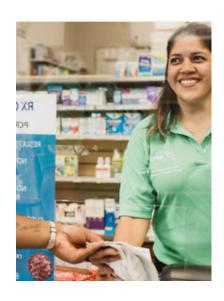


Hello SIPC Patients!

Hello, valued patients of SIPC at Columbia Heights Pharmacy, Neighborhood Pharmacy, and Capitol Hill 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

When it comes to your health and wellness, awareness is the first step toward prevention and action. This February, we're shining a spotlight on three vital health topics that can empower you and your loved ones to take control of your well-being:

- American Heart Month: Learn how a heart-healthy lifestyle, including proper diet, exercise, and stress management, can reduce your risk of heart disease, the leading cause of death in the U.S.
- National Self-Check Month: Regular self-exams are key to early detection.
 We'll guide you through essential checks like breast, testicular, and skin exams to help you stay proactive about your health.
- National Cancer Prevention Month:

 Discover how simple lifestyle changes—
 like healthy eating, regular exercise, and
 skin protection—can lower your cancer
 risk, plus the importance of regular
 screenings for early detection.



AMERICAN HEART MONTH



WHAT IS AMERICAN HEART MONTH?

American Heart Month is observed every February to bring awareness to the importance of cardiovascular health. This initiative encourages people to adopt healthy habits to prevent heart disease, which remains the number one cause of death in the U.S.

WHY IT MATTERS:

- Heart disease is the leading cause of death for both men and women in the United States.
- Nearly 50% of Americans have at least one risk factor for heart disease, such as high blood pressure, high cholesterol, or smoking.



QUICK TIPS FOR BETTER HEALTH



HEALTHY EATING HABITS:

- Reduce sodium intake to lower blood pressure.
- Avoid trans fats and limit saturated fats to improve cholesterol levels.
- Incorporate heart-healthy foods like salmon, walnuts, avocados, and berries.



EXERCISE REGULARLY:

- Engage in at least 30 minutes of moderate aerobic exercise five days a week.
- Try walking, swimming, cycling, or even dancing to keep it fun.



QUIT SMOKING:

 Smoking significantly raises your risk of heart disease, stroke, and other severe health issues. It damages blood vessels, increases blood pressure, and reduces oxygen levels, straining your heart. Quitting is one of the best ways to improve your heart health and overall well-being.



KNOW YOUR NUMBERS:

- Always monitor your blood pressure, cholesterol levels, and BMI regularly.
 - **697,000** Americans died from heart disease in 2021, accounting for 1 in every 5 deaths (CDC).
 - Every 40 seconds, someone in the U.S. has a heart attack.

- DID YOU KNOW? -

NATIONAL CANCER PREVENTION MONTH

National Cancer Prevention Month is observed every February to raise awareness about preventing cancer and to inspire individuals and communities to take proactive steps toward reducing their cancer risk. The month emphasizes education, early detection, and the importance of healthy lifestyle choices in lowering cancer rates.

WHY IS CANCER PREVENTION IMPORTANT?

Cancer remains one of the leading causes of death worldwide, but research shows that at least 30-50% of cancers are preventable. By addressing modifiable risk factors and promoting regular screenings, we can significantly reduce the burden of cancer, improve survival rates, and enhance quality of life.

Spread Awareness About Risk Factors:

Understanding what increases your risk of cancer is the first step in prevention. Major risk factors include:

- Tobacco Use: Smoking is the leading cause of lung and other cancers, responsible for about 22% of cancer deaths worldwide.
- Physical Inactivity and Obesity: Sedentary lifestyles and excess weight contribute to cancers like breast, colon, and uterine cancers.
- *Alcohol Consumption:* Excessive drinking is linked to cancers of the mouth, throat, liver, colon, and breast.
- **Environmental Exposure:** Exposure to harmful substances like asbestos, radon, and UV radiation from the sun or tanning beds increases the risk of various cancers.
- *Infections:* Certain infections, such as HPV and hepatitis B or C, are known to cause cancer.

Advocate for Lifestyle Changes:

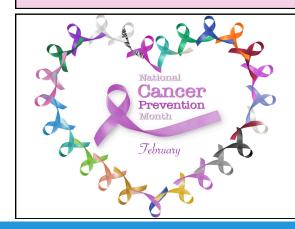
- *Healthy Diet:* Focus on plant-based foods, lean proteins, and healthy fats while reducing processed and red meats.
- Exercise Regularly: Aim for at least 150 minutes of moderate-intensity exercise per week.
- Quit Smoking: Tobacco use is the most preventable cause of cancer. Resources like nicotine replacement therapy, counseling, and quit-smoking apps can support you in quitting.
- *Limit Alcohol:* Stick to moderate drinking—one drink per day for women and two for men—or avoid alcohol altogether.
- *Get Vaccinated:* Vaccines like HPV and hepatitis B can prevent cancers caused by infections.

FACTS ABOUT CANCER PREVENTION:

- Experts estimate that 30–50% of all cancers can be prevented through lifestyle changes.
- About 9.5 million cancer deaths were recorded globally in 2020, with a significant portion linked to preventable causes like smoking, obesity, and infections (World Health Organization).

HOW TO GET INVOLVED DURING NATIONAL CANCER PREVENTION MONTH:

- Get Screened: Schedule any overdue cancer screenings and encourage friends and family to do the same.
- Adopt Healthier Habits: Make a personal commitment to improve your diet, exercise more, or quit smoking.
- Share Knowledge: Use platforms like social media to spread awareness about cancer prevention tips and encourage others to prioritize their health.
- Donate or Volunteer: Support cancer prevention initiatives by donating to organizations like the American Cancer Society or volunteering for local health events.



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What is National Self-Check Month?

This initiative encourages individuals to take control of their health by performing regular self-examinations and monitoring their bodies for early signs of potential health issues.



WHY SELF-CHECKS ARE CRUCIAL:

- **Early Detection Saves Lives:** Early identification of health problems like cancer, diabetes, and skin disorders can lead to better treatment outcomes.
- **Convenience:** Self-checks can be done at home with no cost involved.

SIMPLE SELF-CHECKS YOU CAN DO:



BREAST SELF-EXAM (FOR WOMEN):

- Best done a few days after your menstrual cycle.
- Look for lumps, changes in size or shape, or unusual discharge.
- Use a mirror to check for visible skin changes.



TESTICULAR SELF-EXAM (FOR MEN):

- Perform monthly after a warm shower.
- Roll each testicle gently between your fingers to feel for lumps or unusual changes.



SKIN CHECKS (FOR ALL):

- A: Asymmetry—One half of the mole doesn't match the other.
- B: Border—Edges are irregular or blurred.
- C: Color—Multiple colors in one mole.
- D: Diameter—Larger than a pencil eraser (6mm).
- E: Evolution—Changes in size, shape, or color over time



SKIN CHECKS (FOR ALL):

• Look for white patches, sores, or unusual growths inside your mouth.



BLOOD PRESSURE MONITORING:

• Use a home blood pressure monitor. A normal reading is less than 120/80 mmHg.

Take charge of your health today! Set monthly reminders for self-checks and make a note to visit your doctor if you notice any changes or abnormalities. Early detection can save lives!



Our Mobile App's Pill Identifier Feature

At Sierrra 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.

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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.



Capitol Hill Pharmacy



At Sierra International Pharmaceutical Corporation,

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SIPC Loyalty Program





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 Locations

Capitol Hill Pharmacy © 202-548-0008 © M-F 9:30am-5:30pm © 650 Pennsylvania Ave SE, Washington, DC 20003 Columbia Heights Pharmacy © 202-232-1455 © M-F 9:30am-6:00pm © 3316 14th St NW, Washington, DC 20010

Neighborhood Pharmacy © 202-889-1119 © M-F 9:30am-5:30pm © 1932 MLK Ave JR Ave SE, Washington, DC 20020

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9:30am-5:30pm

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Columbia Heights Pharmacy Neighborhood Pharmacy

Phone: 202-232-1455

M-F 9:30am-6:00pm

Washington, DC 20010

Phone: 202-899-1119

M-F 9:30am-5:30pm

1932 MLK Ave JR Ave SE.

Washington, DC 20020