

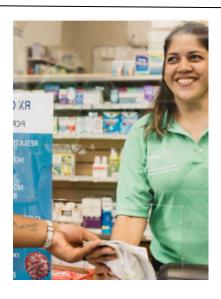


SIERRA INTERNATIONAL PHARMACEUTICAL CORP PATIENT NEWSLETTER

<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 April, we're bringing awareness to four important health topics that impact lives worldwide. Learn how you can make a difference and take action:

- Global Child Nutrition Month Proper nutrition is vital for children's growth and development. Addressing malnutrition helps build a healthier future.
- National Minority Health Month

 Minority communities face
 higher health risks due to
 disparities. Awareness and
 better healthcare access can
 improve outcomes.
- Parkinson's Awareness Month A progressive disorder affecting movement and cognition. Early detection and treatment enhance quality of life.
- Donate Life Month Organ donation saves lives. One donor can give multiple people a second chance at life.

SIPC

GLOBAL CHILD NUTRITION MONTH



Global Child Nutrition Month (April 1–30) is a time to raise awareness about the importance of proper nutrition in childhood development. Nutrition is a critical factor in a child's physical health, brain development, and academic performance. A well-balanced diet provides the essential nutrients that support a strong immune system, prevent malnutrition, and set the foundation for a lifetime of good health.

WHY IS CHILD NUTRITION IMPORTANT?

Children require a variety of nutrients to grow and thrive. Proper nutrition:

- ✓ Boosts Brain Development Essential nutrients like omega-3 fatty acids, iron, and zinc play a crucial role in cognitive functions, memory, and concentration.
- ✓ Strengthens the Immune System Vitamins A, C, and D, along with minerals like zinc and selenium, help the body fight infections and diseases.
- ✓ Supports Physical Growth Protein, calcium, and vitamin D contribute to strong bones, muscles, and overall development.
- ✓ Prevents Malnutrition & Disease Lack of proper nutrition can lead to stunted growth, anemia, and weakened immunity, increasing the risk of infections and long-term health issues.

THE GLOBAL CHALLENGE OF CHILD NUTRITION

Despite the importance of nutrition, millions of children worldwide suffer from hunger and malnutrition. According to UNICEF:

- 45 million children under age five suffer from wasting (severe malnutrition).
- 149 million children experience stunted growth due to poor nutrition.
- Over 1 billion people globally struggle with access to nutritious food, affecting children the most.



THE BOTTOM LINE

Proper child nutrition is not just about food; it's about a child's future. By raising awareness and taking action, we can help ensure that every child has the opportunity to grow up healthy, strong, and ready to reach their full potential.

HOW CAN WE HELP?

- Y Support School Meal Programs Access to school meals has been shown to improve attendance, academic performance, and overall health.
- Educate Families Promoting healthy eating habits within families ensures children receive the necessary nutrients at home.
- Donate to Child Nutrition
 Organizations Nonprofits like the
 Global Child Nutrition Foundation
 (GCNF), UNICEF, and the World Food
 Programme work to provide food and
 resources to children in need.
- Encourage Sustainable Food Solutions – Community gardens and local food programs can help families grow and access fresh, nutritious food.

Want to learn more? Visit www.gcnf.org or www.unicef.org to explore ways you can contribute!

APRIL 2025

NATIONAL MINORITY HEALTH MONTH

ADVANCING HEALTH EQUITY

National Minority Health Month (NMHM) is observed every April to raise awareness about health disparities affecting racial and ethnic minority communities in the U.S. and to promote health equity—the idea that everyone deserves a fair and just opportunity to be as healthy as possible.



THE IMPORTANCE OF NATIONAL MINORITY HEALTH MONTH

This observance was established to:

- Raise Awareness Educate communities on preventative care, disease management, and healthy living.
- ◆ Encourage Health Screenings Many diseases are preventable or manageable when detected early. Regular check-ups, blood pressure screenings, and cancer screenings can save lives.
- Promote Health Equity Initiatives Healthcare providers and policymakers use this month to address systemic issues and implement programs aimed at reducing health disparities.

THE IMPORTANCE OF NATIONAL MINORITY HEALTH MONTH

How Can You Take Action?

- Place Educate Yourself & Others Learn about the health issues affecting minority populations and share resources with your community.
- ightharpoonup Get Screened & Encourage Others Regular health check-ups, vaccinations, and screenings can prevent serious health conditions.
- Support Minority Health Organizations Groups like the Office of Minority Health (OMH), National Institute on Minority Health and Health Disparities (NIMHD), and the NAACP Health Programs work to improve healthcare access and outcomes for underserved communities.
- Advocate for Policy Change Speak up about healthcare access, research inclusion, and policies that address social determinants of health.

BREAKING BARRIERS, BUILDING HEALTHIER COMMUNITIES

Health disparities are not just a healthcare issue—they are a social justice issue. National Minority Health Month reminds us that everyone deserves quality healthcare, early detection, and preventive care. By spreading awareness and taking action, we can help close the health gap and build stronger, healthier communities for all.





NATIONAL DONATE LIFE MONTH



Every April, National Donate Life Month (NDLM) raises awareness about the critical need for organ, eye, and tissue donation. It is a time to honor donors, celebrate recipients, and encourage more people to register as organ donors. With more than 100,000 people in the U.S. currently waiting for a lifesaving transplant, one donor can make a life-changing impact.

WHY ORGAN DONATION MATTERS

Organ donation is a lifesaving medical gift that can restore health and improve quality of life for individuals suffering from organ failure, vision loss, severe burns, and other medical conditions. Here are some key facts:

- ✓ One donor can save up to 8 lives by donating organs like the heart, liver, kidneys, and lungs.
- ✓ Tissue donors can help restore sight, mobility, and healing for over 75 people.
- ✓ Every 9 minutes, another person is added to the transplant waiting list.
- ✓ 17 people die each day waiting for an organ that never comes.

THE IMPACT OF ORGAN DONATION

Organ donation is a selfless act that transforms lives. For those suffering from organ failure, severe injuries, or vision impairment, receiving a donation can mean the difference between life and death.

- ✓ Families find comfort knowing their loved one's legacy lives on through others.
- ✓ Recipients gain a second chance at life, allowing them to reunite with family, chase dreams, and regain health.
- ✓ Medical advancements continue to improve transplantation success rates, making organ donation more effective than ever.



HOW YOU CAN GET INVOLVED:

- Spread Awareness Share facts about organ donation on social media using #DonateLifeMonth.
- Participate in Local Events
 Join a Donate Life walk, run,
 or awareness campaign in
 your community.
- Support Donor Families & Recipients Express gratitude and support to those who have given or received the gift of life.

WHAT CAN BE DONATED?

- Organs: Heart, liver, lungs, kidneys, pancreas, intestines
- Tissues: Skin, bones, tendons, heart valves, veins
 9 Eyes: Corneas to restore
- ▲ Living Donations: A kidney, part of the liver, or bone marrow can be donated while alive



PARKINSON'S AWARENESS MONTH

WHAT IS PARKINSON'S DISEASE?

Parkinson's is a neurodegenerative disorder that occurs when nerve cells in the brain stop producing dopamine, a chemical responsible for smooth, controlled movements. The exact cause of Parkinson's is unknown, but genetics and environmental factors may play a role.

COMMON SYMPTOMS OF PARKINSON'S

UNDERSTANDING THE DISEASE & SUPPORTING THE FIGHT

Parkinson's Awareness Month is observed every April to raise awareness about Parkinson's disease (PD)—a progressive neurological disorder that affects movement, balance, and coordination. With more than 10 million people worldwide living with Parkinson's, this month is dedicated to education, early detection, research, and support for those affected.

PD symptoms develop gradually and vary from person to person. **The most common signs include:**

- ✓ Tremors Uncontrollable shaking, usually starting in the hands or fingers.
- ✓ Bradykinesia (Slowness of Movement) Difficulty with simple movements like walking or standing up.
- ✓ Muscle Rigidity Stiffness that makes movement painful and difficult.
- ✓ Impaired Balance & Coordination Increased risk of falls due to instability.
- ✓ Non-Motor Symptoms These include sleep disturbances, depression, anxiety, memory issues, and digestive problems

THE IMPORTANCE OF EARLY DIAGNOSIS

There is no cure for Parkinson's, but early detection and treatment can improve quality of life. Early signs may include:

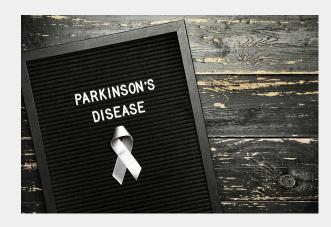
- Changes in handwriting (smaller, cramped letters)
- Loss of smell
- Trouble sleeping (acting out dreams, sudden movements)
- Soft or muffled speech

If you or someone you know is experiencing these symptoms, consult a healthcare professional for evaluation.

TREATMENT & MANAGEMENT

While Parkinson's cannot be cured, treatments help manage symptoms:

- implementations Drugs like levodopa help replenish dopamine levels.
- '¥' Physical Therapy & Exercise Activities like yoga, tai chi, and strength training improve mobility and balance.
- Poep Brain Stimulation (DBS) A surgical treatment that uses electrical impulses to regulate brain activity.
- Healthy Diet Nutrient-rich foods can help manage symptoms and overall well-being.





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.

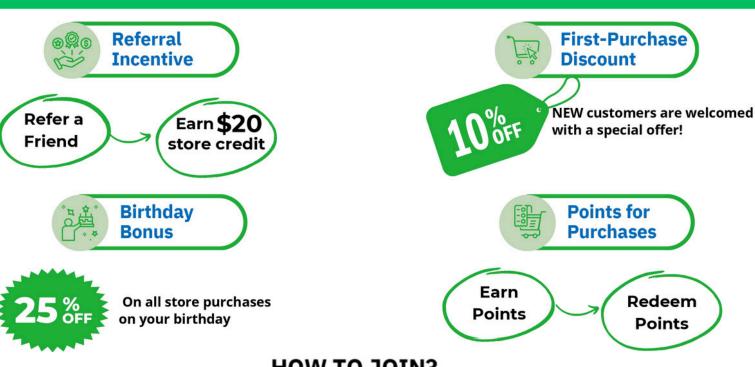
Text me the FREE app now

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



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MORE INFORMATION

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