

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 August, we're raising awareness about three timely health topics that encourage prevention, self-care, and community support. Here's how you can take action:

- National Grief Awareness
 Month Grief is a natural part of loss, and support can make a difference. Learn about resources for coping with grief, local and virtual support groups, and ways to check in with friends or family who may be struggling.
- National Immunization
 Awareness Month Vaccines
 remain a vital tool in protecting
 public health. Pharmacies and
 clinics offer easy, walk-in options
 for many vaccines.
- Summer Sun Safety Month Protecting your skin and staying
 cool in the summer heat are key
 for long-term health. Learn how
 your pharmacy can help with
 summer essentials and advice.



NATIONAL GRIEF AWARENESS MONTH

August is **National Grief Awareness Month**, a time to recognize how loss — whether of a loved one, a relationship, health, or any major life change — impacts us all. At our pharmacy, we're committed to supporting your well-being with practical grief resources, compassionate care, and a safe space for healing conversations.

WHAT IS GRIEF?

Grief is a natural response to loss. It can affect your emotions, mind, body, and daily life. There's no "right" way to grieve—everyone's process is different.

Common experiences include:

- · Sadness, anger, guilt, or numbness
- Difficulty sleeping, changes in appetite, or feeling physically drained
- Trouble concentrating or feeling disconnected

YOUR PHARMACY IS HERE TO HELP

You're not alone, and help is always available. Here are steps to support yourself or someone you care about:

- 1. **Talk About Grief**: It's brave to share how you feel. Our pharmacy team listens without judgment and can connect you with local or virtual support groups.
- 2. **Explore Resources**: Ask us about books, self-care tools, and grief counseling services. We can suggest helpful apps or organizations for all ages.
- 3. **Support Your Body**: Small routines—like staying hydrated, taking gentle walks, or sticking to a sleep schedule—help your body cope with stress.
- 4. Check In With Others: Sometimes a simple call or message makes a big difference. Don't hesitate to reach out, even just to say "I'm thinking of you."

WHY DOES GRIEF MATTER?

Grief can impact overall health. Unresolved grief may lead to anxiety, depression, or other health issues. Support and understanding can help people move through loss and regain balance.

Studies show:

- Many people feel pressure to "move on" too quickly
- Access to grief support improves mental and physical wellness
- Shared stories and safe conversations help reduce isolation

SUPPORT FOR EVERYONE, ALL JOURNEYS

ALWAYS REMEMBER:

There's no single way to grieve. Healing takes time. Whether you need resources, someone to listen, or just a moment of comfort, we're here for you.

Let's make support and kindness available to all—because everyone deserves to be cared for through life's hardest moments.

AUGUST 2025



NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month is observed every **August** to highlight the importance of routine vaccinations for all ages. Vaccines protect individuals and communities from serious diseases. Staying up to date on recommended immunizations helps prevent outbreaks and saves lives.



National Immunization Awareness Month (NIAM) is a yearly campaign led by the CDC to remind everyone that vaccines aren't just for children. Immunizations are a safe and proven way to keep families, schools, and communities healthy—now and in the future.

RECOMMENDED VACCINES FOR EVERY STAGE OF LIFE

- Infants & Children: DTaP, polio, MMR, chickenpox, hepatitis A & B, rotavirus, flu
- Teens: HPV, meningococcal, Tdap booster, flu, COVID-19
- Adults: Flu, COVID-19, Tdap booster, shingles, pneumonia, hepatitis, travel vaccines
- Seniors: Flu, shingles, pneumonia, RSV, COVID-19, tetanus booster

Vaccination needs may change due to health conditions, travel, or new CDC guidelines. Check with your healthcare provider for your personal schedule.

HOW YOUR PHARMACY CAN HELP

- Vaccine Access: We offer convenient, walk-in vaccinations for all ages. No appointment needed for most routine vaccines.
- Immunization Records: Need proof of vaccination?
 We'll help you access, update, and store your immunization records securely.
- Travel & Special Vaccines: Planning a trip or have special health needs? Ask us about travel vaccines and boosters for chronic health conditions.
- Education & Reminders: We provide up-to-date information on vaccine schedules, answer your questions, and offer reminders so you never miss a shot.

HOW TO PROTECT YOURSELF & YOUR COMMUNITY

- Stay Up to Date: Follow the recommended vaccine schedule for your age and risk factors.
- Ask Questions: Our team is ready to answer concerns about safety, side effects, or eligibility.
- **Protect Others:** When you're vaccinated, you help shield those who can't be—like infants or those with weakened immune systems.
- Keep Records Handy: Bring your vaccination card or records to each appointment.





SUMMER SUN SAFETY MONTH

Summer Sun Safety Month encourages everyone to protect their skin and health from the sun's harmful ultraviolet (UV) rays. Sunburn, dehydration, and heat exhaustion are risks at any age — prevention is key for enjoying summer safely. Discover practical sun safety tips, like using broad-spectrum sunscreen, wearing protective clothing, and hydrating throughout the day. Learn how your pharmacy can help with summer essentials and advice.

RISKS OF TOO MUCH SUN EXPOSURE

Overexposure to the sun's rays can damage your skin and health, sometimes with serious long-term effects. Too much sun exposure can cause sunburn and skin irritation, increase your risk of skin cancer (including melanoma), and speed up signs of aging like wrinkles and dark spots. It can also lead to eye damage, such as cataracts or sunburned corneas, and puts you at risk for heat exhaustion or heat stroke. Taking steps to protect yourself can help prevent these health problems.

EARLY SIGNS OF SUN OR HEAT-RELATED ISSUES

Spotting early warning signs helps prevent sunburn and heat illness from getting worse. Watch for:

- Red or blistered skin
- Dizziness, headache, or nausea
- Excessive sweating or muscle cramps
- Confusion, rapid pulse, or fainting

Act quickly if you notice these signs, move to shade, cool down, and hydrate.

HOW TO PROTECT YOURSELF & YOUR FAMILY

- Use Sunscreen: Apply SPF 30+ to all exposed skin. Reapply every 2 hours, or after swimming/sweating.
- Cover Up: Wear hats, sunglasses, and light, longsleeve clothing when outdoors.
- **Seek Shade:** Avoid direct sun between 10am–4pm, when UV rays are strongest.
- **Stay Hydrated:** Drink water regularly, even if you don't feel thirsty.
- Watch for Warning Signs: Respond to heat and sun symptoms right away.

HOW YOUR PHARMACY CAN HELP

Our pharmacy offers the products and advice you need for a safer, healthier summer — whether you're at home or on the go.

- **Sun Protection Essentials:** Find broad-spectrum sunscreens (SPF 30+), sun hats, sunglasses, and aftersun care in-store.
- **Hydration Support:** Ask us about water bottles, electrolyte drinks, and tips for staying hydrated during summer activities.
- Summer Health Advice: Our team can recommend remedies for sunburn, bug bites, and minor heat symptoms. We're here for summer safety questions, big or small.
- Travel & Outdoor Safety: Planning a trip or outdoor adventure? We offer tips on sun safety, bug protection, and first-aid essentials for all ages.
- First Aid Solutions: We carry a range of first aid supplies for minor sunburns, heat rash, and insect bites. Our staff can guide you on the right products and when to seek medical care for more serious symptoms.

If you have questions about sun safety, summer health, or the best products for your needs, our pharmacy team is here to help.

Use Healthy sun habits today mean safer summers for years to come. Protect your skin and enjoy the sunshine responsibly.

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.

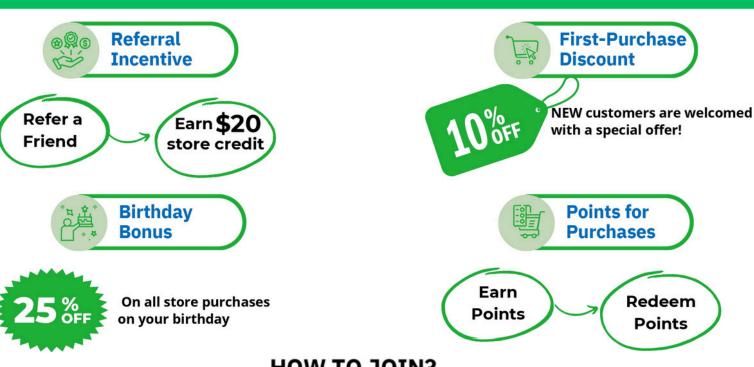
Text me the FREE app now

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







EASY TRANSFERS, JUST CALL!

COLUMBIA HEIGHTS PHARMACY

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