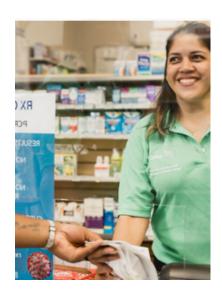


#### **Hello SIPC Patients!**

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 January, we're focusing on three critical health topics to help you and your loved ones start the year informed and empowered:

- Cervical Health Awareness Month:
   Learn how regular Pap smears and HPV vaccinations play a vital role in preventing cervical cancer, one of the most preventable yet impactful health concerns for women.
- National Blood Donor Month:
   Discover the life-saving impact of blood donations and how one simple act can save up to three lives. Winter is a critical time for blood donations—your contribution matters.
- Glaucoma Awareness Month: Protect your vision by understanding the risk factors of glaucoma, the "silent thief of sight," and why early detection through regular eye exams is essential.







Did you know that cervical cancer is one of the most preventable cancers with regular screenings and HPV vaccination? By staying proactive with Pap smears and discussing vaccination with your healthcare provider, you can reduce risks and promote cervical health. Early detection saves lives—schedule your screening today.

#### **3 FACTS ABOUT CERVICAL CANCER**

#### Cervical Cancer is Preventable

- Nearly all cervical cancer cases are linked to persistent infection with high-risk types of human papillomavirus (HPV), a common virus transmitted through sexual contact.
- precancerous changes in cervical cells, which can be treated before they develop into cancer.

- Symptoms Often Appear Late
   Cervical cancer typically shows no symptoms in its early stages. Advanced stages may present with signs like

#### Communities



#### **HOW TO PREVENT CERVICAL CANCER**

#### **Get Vaccinated Against HPV**

- The HPV vaccine protects against the types of HPV most commonly linked to cervical cancer.
- The vaccine is most effective when given before exposure to the virus, typically recommended for preteens aged 11-12 but available up to age 45.

#### **Regular Screenings**

- Women aged 21–65 should get routine Pap smears and HPV tests as per their healthcare provider's recommendations.
- Early detection is highly effective in preventing progression to cervical cancer.

#### **Practice Safe Behaviors**

- · Reduce the risk of HPV infection by using condoms and limiting the number of sexual partners.
- Smoking cessation is also essential, as smoking increases the risk of cervical cancer.

#### **Healthy Lifestyle Choices**

 Maintaining a healthy immune system through proper diet, regular exercise, and avoiding excessive alcohol consumption can support overall cervical health.



## CELEBRATE NATIONAL BLOOD DONOR MONTH

January is National Blood Donor Month, a time to recognize the lifesaving impact of blood donation and encourage individuals to start the year by giving the gift of life. Blood donations are essential for patients undergoing surgeries, cancer treatments, accident recoveries, and more. Every donation can save up to three lives!



#### **HOW YOU CAN PARTICIPATE:**

- 1. Find a Donation Center: Locate a nearby blood drive or donation center through organizations like the American Red Cross or local hospitals.
- 2. Spread Awareness: Share your donation story or encourage others to give by posting on social media.
- 3. Volunteer: If you're unable to donate, consider volunteering at a blood drive to support the cause.

## WHY DONATE BLOOD?

Constant Need: Blood cannot be manufactured; it must come from donors

Health Benefits: Regular donation can help maintain healthy iron levels and improve cardiovascular health.

Community Impact: By donating, you directly support those in critical need in your community.





Stay Hydrated: Drink plenty of water before and after donating.



Eat a Nutritious Meal: Ensure you've had a balanced meal rich in iron to prepare your body for donation.



Bring an ID: Most donation centers require identification.

### **SPECIAL THANKS TO OUR HEROES**

ES THAM

We want to extend heartfelt gratitude to all blood donors for their generosity and commitment. You are the unsung heroes who make a difference every day.

This National Blood Donor Month, let's unite as a community to ensure a steady blood supply for those in need. Every drop counts!



## SIPC Siera International Pharmaceutical Corporation Opposite Pharmacy Columb Halphar Researcy Registered Pharmacy

# GLAUCOMA AWARENESS MONTH

#### **Protect Your Vision: Early Detection is Key**

January is Glaucoma Awareness Month, dedicated to spreading knowledge about this "silent thief of sight." Glaucoma is a group of eye conditions that damage the optic nerve, often caused by increased pressure in the eye. It can lead to irreversible vision loss if left untreated.



## FAST FACTS ABOUT GLAUCOMA

- **Common but Serious:** Over 3 million Americans have glaucoma, yet many are unaware they have it.
- **No Warning Signs:** Glaucoma typically has no symptoms in its early stages, making regular eye exams crucial.
- Irreversible Damage: While vision loss cannot be restored, early detection and treatment can prevent further decline

#### WHO IS AT RISK?

- Age: Individuals over 60 are at higher risk.
- Family History: A family history of glaucoma increases susceptibility.
- Ethnicity: African Americans, Hispanics, and Asians are more likely to develop certain types of glaucoma.
- Medical Conditions: Diabetes, high blood pressure, and severe nearsightedness can contribute to higher risk.





#### **HOW TO TAKE ACTION:**

- Schedule a Comprehensive Eye Exam: Ensure you include a test for intraocular pressure and optic nerve evaluation.
- Know Your Family History: Inform your eye doctor about any history of glaucoma in your family.
- Adopt a Healthy Lifestyle:
   Regular exercise, a balanced
   diet, and avoiding smoking
   can support eye health.
- Protect Your Eyes: Wear protective eyewear during activities that could harm your eyes.

#### SPOTLIGHT ON RESEARCH AND TREATMENTS

Advancements in glaucoma treatments, including medications, laser therapy, and surgical options, continue to offer hope for those affected. Stay informed and consult with your ophthalmologist to explore the best options for managing the condition.



#### 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.

## 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.



Capitol Hill Pharmacy



At Sierra International Pharmaceutical Corporation,

we value your loyalty and we strive to reward you for choosing us as your healthcare provider.

## **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



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



info@sierraweightlossclinic.com

@sierraweightlossclinic

Sierra Weight Loss Clinic







### LOVE SIPC PHARMACIES?

## REFERUS!

## & 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!

**Capitol Hill Pharmacy** Phone: 202-548-0008

9:30am-5:30pm

650 Pennsylvania Ave SE, 3316 14th St NW, Washington, DC 20003

**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