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August 2022 Vol 17 Issue 9

Secrets For Living
A Healthy, Wealthy
& Happy Life

National Immunization Awareness Month

National Immunization Awareness Month is sponsored by the National Public Health Information Coalition (NPHIC) and is observed in August annually across the USA. The campaign aims to raise awareness of the importance of vaccinating people of all ages against a number of serious and sometimes deadly diseases. The awareness month also celebrates the successes of the different immunizations that have been created in the 20th century and beyond.

Every year, the National Public Health Information Coalition (NPHIC), in collaboration with CDC's National Center for Immunization and Respiratory Diseases, has developed a communication toolkit for use in your communities, schools and work places and encourages people to become involved, raise awareness and most importantly of all, get immunized. There are 4 key messages of the toolkits that are produced annually:

- Vaccines protect against serious diseases.
- These diseases still exist and outbreaks do occur.
- Vaccines are recommended throughout our lives.
- Vaccines are very safe.

There are many debates around the safety of many of the vaccinations available; however, governments across the world, acting upon the advice of leading scientists and medical professionals overwhelmingly support immunization schemes.

Despite this, the growing voice of the anti-immunization supporters (and some other factors) has led to a decrease in the number of people becoming vaccinated. There is little surprise that the number of people that are affected by diseases that had been eliminated from some countries is on the rise again. For more information about available immunizations, visit one of the official websites.

<https://www.nphic.org/>

<https://www.cdc.gov/vaccines/index.html>

<https://www.niaid.nih.gov/research/vaccines>



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August



Website to visit this month:

The Onion

If you haven't spent some quality time reading the online satirical newspaper The Onion, then you're seriously missing out on a good laugh. The publication started in 1988 and they've managed to successfully maintain a high standard for humor and writing ever since. Their headlines are laugh-out-loud funny in and of themselves.

<https://www.theonion.com/>

Visit us on **facebook** for more tips and interesting articles throughout the month. Give us a Like!

<http://www.facebook.com/YourGordonsvillePharmacy>

Also, check out our interesting posts and health tips!

Your Pharmacist Tip of the Month!



Brooks Tune, PharmD

Cannabis: Potential Drug Interactions

With the increasing access to cannabis products through various means and the popularity and use to treat medical conditions, it is wise to let your primary care providers and your pharmacist know if you use these products. Cannabis is a psychoactive drug and can be consumed for a variety of reasons. Other than the recreational use, there are medical reasons people consume cannabis. Cannabis can be used to treat disease states including pain, glaucoma, Parkinson's Disease, fibromyalgia, PTSD, and seizures.

The chemicals in cannabis can interfere with other medications that you might be taking. These chemicals called cannabinoids are eliminated from your body by your liver. Prescription medications you might take may compete for elimination by your liver with these cannabinoids. This can cause increases or decreases in the medications desired effects.

Some of the medications that are known to be effected are blood thinners like warfarin, seizure medications, anti-anxiety medications, organ rejection drugs, pain medications, and some antifungal medications. There is the potential for many other drugs to be effected by cannabis use, but further study is needed.

Understand that the effects of cannabis use need to be better understood. The chemicals it contains, cannabinoids, are potent and might affect your other medications and your therapy outcomes.

Make sure to discuss this information with your pharmacist or medical providers. We want you to be healthy and informed.

4 Healthy Beverages

With the August heat, here are four healthy beverages - experiment to find the best ways to incorporate them into your daily routine:



1. **Green tea** is a potent source of catechins - healthy antioxidants that can inhibit cancer cell activity and help boost immunity. Look for an organic and fair trade version. Replace your morning coffee with a cup of tea for a healthier wake-up, and drink iced green tea throughout the day.
2. **Cranberry juice.** Cranberries are a rich source of vitamin C and contain a substance that hinders the attachment of bacteria to bladder walls, which can help prevent urinary tract infections. Go for the unsweetened cranberry juice concentrate and dilute with water or sparkling water. Diluted blueberry juice is a healthy choice as well.
3. **Red wine.** The antioxidant activity of red wine has been linked to heart health benefits, reduced stress, and even preserving memory. If you enjoy an occasional drink, limit your intake to one to two glasses a day. If you don't drink, don't start - there are other ways to get antioxidants in your diet, including fresh whole fruits and vegetables.
4. **Pure, filtered water.** Staying well hydrated is essential to optimal health and overall functioning. Sip water throughout the day, and be sure to drink water before and after exercising to avoid dehydration.

Trouble Sleeping?

3 Natural Ways To Get Better Rest

If you are having trouble sleeping, you aren't alone – about one-third of the adult population worldwide experiences insomnia at least occasionally. For most of us, the quality of our sleep will decrease at some point in our lives. While different types of insomnia have different causes, most people can find relief through the following, regardless of the source of their sleeplessness:



- Avoid large meals late in the evening.
- Learn and practice a relaxation technique regularly: Breathing exercises, meditation and gentle yoga are good examples.
- Do not obsess about not sleeping. Occasional sleeplessness is part of life, and does not represent a hazard to health. Consider each night as a new one, and try to expect a good night's rest with each attempt.

For more information check out this website:

<https://www.sleepfoundation.org/>

August Quotes

“August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time.” ~ Sylvia Plath

“I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind.” ~ Albert Einstein

“To sit back hoping that someday, some way, someone will make things right is to go on feeding the crocodile, hoping he will eat you last - but eat you he will.” ~ Ronald Reagan

“Rudeness is the weak man's imitation of strength.” ~ Eric Hoffer

Water Safety Tips from the Red Cross

Summer is here! With the rise in temperatures comes a rise in the desire to hit the local pools or beaches to try to keep cool and have fun. Whatever water-related fun you plan to have this summer, remember these important water safety tips from the Red Cross, to reduce the risk of mishap:



- **Learn to Swim:** The first tip may seem like a no brainer, but it is the best thing a person can do to stay safe in the water. The Red Cross has swimming courses for those wanting to learn, no matter your current age or skill level. Contact your local Red Cross chapter to check on availability and to enroll.
- **Swim with a buddy** – Never swim alone.
- **Rules** are meant to be followed. Posted rules aren't designed to put a damper on your fun – they are in the best interest of you and those you care about!
- It's always best to swim under the supervision of **trained lifeguards**.
- Avoid drinking alcohol while swimming, as it affects your judgment, balance and coordination.
- In addition, remember the age-old adage of getting out of the water if summer storm clouds move your way.
- Drowning is a leading cause of death for children. Together, we can change that.

Red Cross website link: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>

Did You Know? August Fun Facts

In the northern hemisphere, August is considered the last month of summer. In the southern hemisphere, it's the opposite of course, so it's the last of the winter months!



Many countries in Europe see August as a holiday period. So much so in fact, that you'll find major European cities such as Paris almost completely empty of locals. Don't get your hopes up too much though, these cities are still packed full of tourists at this time of year!

Back in the days of the Anglo-Saxons, the month was called Weod Monath. Its translation of "weed month" is quite literal – in this month weeds and other plants grow the fastest in the northern hemisphere.

The US also has some delicious-sounding observances for the month relating to food! In August, the US celebrates National Goat Cheese Month, National Panini Month, Peach Month, and Sandwich Month.

On August 6, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it.

LOOK FOR THE HOT PRICE TAGS ON DEEPLY DISCOUNTED ITEMS THROUGHOUT OUR STORE!

COME IN AND CHECK OUT OUR SALE ITEMS THIS MONTH

\$6⁶⁹

Benadryl
Allergy Plus
Congestion
Ultratabs Tablets
24 ct



\$3⁷⁹

Johnson's
Head-to-Toe
Wash & Shampoo
13.6 oz



\$4⁰⁹

BAND-AID
Skin-Flex
Adhesive Bandages
Extra Large
7 ct



\$5¹⁹

Neosporin
+ Pain Relief
Dual Action Ointment
0.5 oz



\$7⁶⁹

Tylenol
Children's Cold + Flu
Grape Flavor
4 oz



\$27⁹⁹

Cosamin
ASU for Joint Health
Advanced
Capsules, 90 ct



Offers valid from August 1-31, 2022
Offers may not be available in all locations

August Savings

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National CBD Day

August 8 is National CBD Day. This is a special day to recognize and celebrate the many benefits of CBD – the natural hemp product everyone’s talking about! Hemp-derived CBD (cannabidiol) has experienced a huge surge of interest in the health and wellness world over the past few years, with many people praising the benefits of the hemp-derived oil.



In general, you’ll find two types of CBD oil on the market:

Full spectrum extract, which produces an oil with CBD and a range of other cannabinoids. Full spectrum CBD oil also contains cannabis terpenes, which are said to give the oil certain anti-inflammatory properties. The second is CBD isolate, which only contains CBD and no other cannabinoids or terpenes. CBD is non-psychoactive and contains little or no levels of THC. The legal THC limit for CBD products is 0.3%.

We have a wide variety of CBD products we have in the store. CBD continues to be shoppers’ #1 choice for holistic alternatives for things like pain relief, anxiety, and helping sleep. CBD is available in a variety of forms, including oil drops, capsules, skin creams, and muscle rubs. Come in to see our assortment of products.

Enjoy the natural relief and recovery of CBD and join everyone on #NationalCBDDay

Summer Rx Tips

Summertime means we’re spending more time outdoors. Daily routines and schedules are disrupted by vacations, holidays and summer camp. While we all welcome the lifestyle changes that come with the season, it’s important that patients taking chronic medications consider how these changes may affect them.



When it comes to sun exposure, what we don’t hear often enough is that it can adversely affect a person using an over-the-counter, prescription or chronic medication.

Some medications affect the body’s ability to stay hydrated and respond appropriately to heat, while others may cause skin sun sensitivity. For example, exposure to excessive sunlight can lead to adverse skin reactions with antibiotics, blood pressure medications, hormones and oral diabetic medications.

Patients should check their medication labels for information about sun exposure, or ask their pharmacist if their medications make them more susceptible to heat exhaustion or sunburn.

Summer schedules can also impact daily routines, which could affect medication adherence. Patients should pack a full supply of medication, plus a little if possible extra when traveling, and should be aware of how time zone changes may affect their dosing regimen.

Who Wants To Win?

Take our Trivia Challenge and you could win too! This is one of our favorite parts of the newsletter! Each month we will give you a new trivia question. *Each month we randomly select 3 people who e-mail or call us with the correct answer by the 20th of the month.* This Month you can win **Two FREE movie tickets or a gift Certificate to East of Maui.**

Enjoy it with someone special in your life! Take your best guess, and then call the store (540) 832-0000 or better yet e-mail us at: gvillepharmacy@yahoo.com

Remember, your chances of winning are better than you think!

This month’s Mega Trivia Question:

Can the chemicals in Cannabis, cannabinoids, interfere with medications?

A) Yes B) No

Hint: You will find the answer in the newsletter.

Make sure to get your newsletter each month. Register here for the color e-mail version. Send your name and e-mail address to gvillepharmacy@yahoo.com

Last Month’s Winners and Answer

After July, we’ll no longer print and mail the newsletter. Where will you be able to get your monthly newsletter?

F) All of the above

Lorraine B. – Sue S. – Lorriane D.

You could be the next winner, take your best shot at August Trivia Contest