

Your Local Pharmacy

May



8.79

Bio True
Multi-Purpose Solution,
300 mL



8.99

Renu
Multi-Purpose Solution,
355 mL



16.99

Aspirin
Daily Low Dose,
81 mg,
180 Tablets



10.99

One A Day
Men's or Women's,
60 Gummies

healthOne

Compare & Save!



1.29
**Examination
Gloves**
Nitrile, 8's

4.99

Ibuprofen
Extra Strength,
400 mg,
12 Liquid Gels



15.99
**Fluconazole
150**
1 Oral Capsule



5.99
**Muscle
And
Back**
Extra
Strength,
18 Caplets

Osteoporosis



Osteoporosis is a disease of the bones, characterized by low bone mass and the weakening of the bone tissue.

This leads to an increased risk for breaking a bone which commonly occurs at the wrist, spine, shoulder, and hip areas. Women who are at highest risk are those who are older of Caucasian or Asian descent and are past menopause.

There are no symptoms until the later stages of osteoporosis which include:

- A hunched posture
- Bone fractures that occur easily
- Loss of height
- Back pain

Your physician can have your bone density measured through a Bone Mineral Density test. You can also check your local pharmacy to see if they hold osteoporosis screening clinics.

Your physician will determine the best treatment for you but the most commonly prescribed medications are the bisphosphonates which include drugs known as:

- Alendronate (Fosamax)
- Risedronate (Actonel)

You can make lifestyle choices to keep your bones healthy through:

Calcium - women who are between 18 and 50 years of age require 1,000mg daily which increases to 1,200mg after 50 years of age. Natural sources of calcium can be obtained from:

- Low fat yogurt or milk
- Soy products such as tofu
- Dark leafy green vegetables
- Almonds
- Canned salmon or sardines with bones
- Cereals and orange juice that have been calcium fortified

Vitamin D - helps your body absorb calcium and improves the function of muscles. The recommended dose for those over 50 years of age is 800 to 1000IU daily. Ask your pharmacist about calcium and vitamin D supplements as they come in a variety of forms and strengths.

Other - you can help build strong bones and slow osteoporosis by incorporating exercises and as well as other lifestyle changes:

- Weight bearing exercises - walking, jogging, running, stair climbing, and skipping rope
- Strength training exercises
- Quit smoking
- Reduce alcohol intake
- Prevent falls

Webber Naturals
Calcium Vitamin D3,
500mL

8⁹⁹



Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.com ; www.osteoporosis.ca. It is intended for information purposes only and should not be used in place of consultation with a health care professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

Prices in effect until Friday, May 31, 2019 or while quantities last.

Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

Next time you're in our pharmacy, please feel free to speak to one of our Pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



12⁹⁹

Dr. Scholl's
Massaging Gel
Insoles, Men's or
Women's,
One Pair



7⁹⁹

Cetaphil
Gentle Skin
Cleanser,
250 mL



17⁹⁹

Depend
Shields for Men, 58's,
Briefs with Tabs
Medium 20's, or Briefs
with Tabs, L/XL, 16's

Lactaid
Extra Strength,
40 Tablets

9⁷⁹



5⁹⁹

Phillips'
Milk of
Magnesia,
Original,
Cherry, or Mint,
350 mL



8⁹⁹

Ovol
Drops
30 mL



5⁹⁹

Benlyn
DM Extra Strength
or for Children
All-in-One Cold &
Fever,
100 mL

Imodium
Liqui-Gels,
6 Capsules

5⁹⁹



3⁴⁹

Summer's
Eye
Deodorant
Spray, Island
Splash or Ultra,
63g

healthOne



9⁹⁹

**Calcium
Carbonate**
250 Tablets



9⁹⁹

**Digital
Thermometer**
10 Second Read



1⁹⁹

**Glass
Medication
Dropper**
2 Droppers



9⁹⁹

**Pregnancy
Test**
One Test

Transferring Your Prescriptions is Easy. Ask Us How Today!



7⁴⁹

Formedica
Disposable Underpads,
23" x 36",
20 Underpads



6⁹⁹

Pediatric Electrolyte,
Grape,
Unflavoured, or
Fruit,
1L



11⁹⁹

Jamieson Mega Cal
Calcium + D3,
Swiss Chocolate
or French Caramel
Cream,
60 Soft Chews

Tylenol
Arthritis Pain,
24 Caplets

4²⁹



Vicks
DayQuil, Cold & Flu,
16 Liquid Capsules

6⁴⁹



Vicks
DayQuil,
Cold & Flu or Sinus,
24 Liquid Capsules

8⁹⁹



6⁴⁹

Nature's Bounty
Calcium with
Vitamin D3,
60 Gummies



7⁴⁹

Webber Naturals
Calcium
Magnesium
Vitamin D3 or
Calcium
Magnesium Zinc,
100 + 100% Bonus



9⁹⁹

Vita Fusion
Fiber Well,
90 Gummies

The Benefits of Calcium

Did you know?...your body needs calcium to build and maintain strong bones. Your heart, muscles, and nerves also need calcium to function properly. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes, and high blood pressure.



12⁹⁹

Nature's Bounty
Absorbable
Calcium,
200 Softgels