LONDON DRUGS®

bettercare™

HEALTHY LIFESTYLES

Fall | Winter 2021



Vaccine facts & fictions

Cold & flu season

Winter first aid

Cigarettes vs. vaping

To our valued customers:



Your health and the health of your whole family are very important to London Drugs.

Our pharmacy team carefully monitors your medications and is always available to answer your health questions.

In addition, we have created this magazine to provide you with information that will help you and your family live healthy lives. In this issue, you'll find articles that will:

- Explain what you need to know about vaccines
- Help you determine whether your symptoms are due to a cold, the flu, or COVID
- Inform you about seasonal sadness and how to deal with it
- Assist you in strengthening your immune system
- Provide tips on heart-healthy living
- Describe how to perform cancer self-exams
- Help you determine if you have diabetes without knowing it
- Tell you about cigarettes, e-cigs, and vaping
- Help you prepare to deal with winter first aid emergencies
- Provide information on nasal irrigation
- Explain probiotics and prebiotics
- Discuss inflammatory bowel disease (IBS) management
- Outline how to properly measure your blood pressure
- Describe how to protect your eyesight as you age
- Help you get a better night's sleep

We hope you enjoy this magazine. If you have any questions about your health, ask us.
We're here for you.

From your London Drugs Pharmacy Team









LONDON DRUGS betterCare™

HEALTHY LIFESTYLES

Fall | Winter 2021

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Please note that the people shown throughout this publication are models. As such, their services are provided for illustrative purposes only and should not imply they suffer from the medical condition described in the associated article. Pharmacy shots portray our own pharmacists unless otherwise noted.

RAYACOM PRINT DESIGN

THE SUSTAINABLE SOLUTION



Vaccination: the healthy choice

Vaccines save lives. In fact, in the last 50 years, vaccines have saved more Canadian lives than any other medical intervention.

While vaccines have made many diseases rare in Canada, the organisms that cause them are still out there. If vaccination rates drop, we could see outbreaks of diseases such as measles, mumps, and pertussis (whooping cough) return. And diseases that are rarely seen in Canada are still prevalent in other countries, only a plane ride away, and it's not possible to know where every person you come in contact with has been.

When you get vaccinated you are not only protecting yourself, you are also protecting the people you are around—including babies who are too young to be vaccinated and people who cannot receive vaccines for medical reasons (such as undergoing cancer treatment or having a weak immune system).

Childhood immunization

Babies' immune systems can fight off many germs, but there are some deadly diseases that they can't handle. Children are exposed to thousands of germs every day through the food they eat, the air they breathe, and the items they touch. This is why childhood vaccinations are so important. Vaccines use tiny amounts of substances that help a child's immune system learn to recognize and fight off serious diseases.

The Canadian Paediatric Society and the National Advisory Committee on Immunization currently recommend the following vaccines for children.

- **5-in-1 (DTaP-IPV-Hib) or 6-in-1 vaccine (DTaP-HB-IPV-Hib)** protects against diphtheria, tetanus, pertussis, polio, and Hib disease; 6-in-1 vaccine also protects against hepatitis B.
- **Rotavirus vaccine** protects infants against rotavirus, the most common cause of serious diarrhea in babies and young children.
- **Pneumococcal vaccine** protects against infections caused by *Streptococcus pneumoniae*, including meningitis (a brain infection), pneumonia, and ear infections.
- **Meningococcal vaccine** protects against diseases caused by the *meningococcus* bacteria, including meningitis and septicemia, a serious blood infection.
- **MMR vaccine** protects against measles, mumps, and rubella.
- **Varicella vaccine** protects against chickenpox, a very uncomfortable and sometimes serious infection.
- **Hepatitis B vaccine** protects against hepatitis B, a serious infection of the liver.
- **dTap vaccine** protects adolescents against diphtheria, tetanus, and pertussis (whooping cough).
- **HPV vaccine** protects against the human papillomavirus, the cause of a variety of cancers (anus, cervix, penis, vagina, vulva, mouth, and throat) and genital warts.

Your child's healthcare provider can advise you on which vaccines your child should have and when to have them.

Not just kid stuff

Vaccines aren't just for children. Adults need vaccines, too. The vaccinations you may need can vary depending on what vaccines you have had in the past, whether you are pregnant or planning to become pregnant, the type of work you do, if you are planning to travel, and if you have any health conditions.

Commonly recommended vaccines for immunization of healthy adults include:

- **Td (diphtheria, tetanus):** for adults who haven't previously received the vaccine, plus a booster dose every ten years
- **Herpes zoster (shingles):** adults 50 years and older
- **Human papillomavirus (HPV):** women up to 45 years old and men up to 26 years of age (or older if at risk)
- **Influenza (the flu):** annually
- **Measles, mumps:** susceptible adults born in 1970 or later
- **Meningococcal conjugate:** adults up to and including 24 years of age who were not immunized in adolescence
- **Pertussis:** one dose of pertussis-containing vaccine in adulthood; adults who will be in close contact with young infants should be immunized as early as possible; one dose of Tdap vaccine should be administered in every pregnancy, ideally between 27 and 32 weeks of gestation
- **Pneumococcal polysaccharide 23-valent:** adults 65 years of age and older should receive one dose
- **Pneumococcal conjugate 13-valent:** adults at high risk
- **Polio:** Previously unimmunized adults
- **Rubella:** susceptible adults should receive one dose; if vaccine is indicated, pregnant women should be immunized after delivery (or one month before pregnancy)
- **Varicella (chickenpox):** susceptible adults up to and including 49 years of age should receive two doses
- In addition to routinely recommended immunization, certain vaccines are recommended for adults in specific risk situations.

As an added benefit, some vaccines can lower your chances of getting other diseases in addition to protecting you from the diseases they are designed to prevent, for example:

- **Hepatitis B vaccine** lowers the risk of liver cancer.
- **HPV vaccine** lowers the risk of cervical and anal cancers.
- **Flu vaccine** lowers the risk of flu-related heart attacks and other flu-related complications from existing health conditions.

Vaccine misinformation

Some people are afraid to get vaccinated, because they believe false stories about vaccines that they have heard from friends or have read in the media. Don't be fooled by this misinformation and let it lead you to putting your health and that of your family at risk.

Here are the facts that help clear up some of this misinformation.

- **The MMR (measles, mumps, rubella) vaccine does <u>not</u> cause autism.** This story began 20 years ago when a British doctor published an article that supposedly made the connection. It was later discovered that his research was seriously flawed and that he had a financial interest in a company that was going to come out with a competing vaccine. The doctor lost his license to practice medicine, and many studies have disproved any link between autism and the vaccine.
- **Vaccines <u>are</u> safe.** In Canada, there are very strict guidelines governing the way vaccines are made. As with other medicines, vaccines are tested thoroughly before Health Canada approves them for use. Even after vaccines are in use, Health Canada continues to monitor them to see if any side effects appear.
- **Vaccines <u>do</u> work.** The fact that some people get the disease after being vaccinated doesn't mean that vaccines are ineffective. Like just about everything else in life, vaccines are not absolutely 100% effective, so there is a chance that some people will not develop immunity to the disease after receiving the vaccine. However, even if a person does contract the disease, it is likely to be less severe than if the person had not been vaccinated.



Cold & flu season



Colds and the flu are both respiratory diseases caused by viruses and can spread through respiratory droplets released when a person breaths, coughs, sneezes, talks, or sings. You can catch the virus when it lands on your mouth or by breathing it in through the nose. Touching an object the virus has landed on and then touching your mouth, nose, or eyes can also introduce the virus into your body.

Cold & flu: what's the difference?

While a cold and the flu share many of the same symptoms, there are differences, and it is important to know what they are. Currently, flu season is being complicated by COVID-19, a respiratory infection that produces similar symptoms to the seasonal flu. The following table will help you determine if your symptoms are due to the common cold, seasonal flu, or COVID-19.

Symptom	Cold	Flu	COVID-19
Cough	Usually	Usually	Usually (dry)
Sore throat	Usually	Sometimes	Sometimes
Runny or stuffy nose	Usually	Sometimes	Rarely
Sneezing	Usually	No	No
Shortness of breath	No	No	Sometimes
New loss of taste or smell	Sometimes	Rarely	Usually
Fatigue	Sometimes	Usually	Sometimes
Muscle aches	Sometimes	Usually	Usually
Headache	Rarely	Usually	Sometimes
Fever	Rarely	Usually	Usually
Diarrhea	No	Sometimes in children	Rarely
Nausea or vomiting	No	Sometimes	Sometimes



Cold symptoms usually appear one to three days following exposure to a cold-causing virus.



Flu symptoms usually appear one to four days after exposure to an influenza virus.



COVID-19 symptoms usually appear between two days and two weeks after exposure to the SARS-CoV-2 virus.

Because the flu and COVID-19 cause such similar symptoms—or in some cases may cause no symptoms at all—it can be difficult to diagnose which condition a person has based solely on symptoms. There are tests that can determine which disease a person has. It is important to contact a health professional for an assessment if you are experiencing any of these symptoms. They may suggest testing for COVID-19 or self-isolation. Stay home from school or work if you are feeling unwell to prevent the spread of infections.

Relieving symptoms

There are no medicines that can cure a cold or the flu. If you think antibiotics can help, you're mistaken. Antibiotics kill bacteria, but they have no effect on viruses. There are some prescription antiviral medicines that can help make symptoms milder and help you feel better faster, but they don't actually cure the disease.

There are also a variety of over-the-counter medicines that can help relieve symptoms.

- Analgesics can help relieve aches and pains.
- Antihistamines can help dry out a runny nose.
- Decongestants can help unclog a stuffy nose.
- Expectorants can help loosen mucus, making it easier to remove it through blowing your nose or coughing.
- Antitussives can help suppress a cough.
- Lozenges and analgesics can help relieve a sore throat.
- OTC cold medicines can also help provide relief.



Not every product is right for every person. It is important to read the product labels carefully and follow the directions exactly. If you aren't sure which products might be right for you, our pharmacists will be happy to answer your questions and advise you on appropriate medications.

Prevention is the best option

It's always better to prevent a problem than to try to fix it after it happens. Fortunately, there are steps you can take that will help you avoid getting a cold, the flu, or COVID-19.

While there is no vaccine that can prevent the common cold, there are vaccines that can drastically reduce your chances of getting the flu or COVID-19. If there are no medical reasons prohibiting you from getting vaccinated, you should seriously consider vaccination. Your healthcare provider can advise you on whether this is the right decision for you.

There are also other steps that you can take to protect yourself against contracting a respiratory disease.

- Stay at least two metres (six feet) away from anyone who isn't a member of your household.
- Wear a mask or other face covering in indoor public spaces and outdoors if you are in a crowd.
- Avoid close contact with anyone who appears to be sick with a cold or the flu.
- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect high-touch surfaces such as light switches, doorknobs, countertops, telephones, and other electronic devices daily.
- Wash children's toys periodically.
- Don't share drinking glasses or eating utensils with anyone, not even family members.



Nasal irrigation: the nose knows

We all have our morning routine. We brush our teeth, wash our face, and see to our general hygiene needs—well, most of them anyway. How many of us clean our nasal passages?

The nose is the body's filter. It is the first line of defense against the mold, dust, pollen, and contaminants in the air that can cause irritation, congestion, swelling, and post nasal drip. When mucus persists in building up in the sinus cavity, it can lead to inflammation of the sinuses that can cause discomfort and even infections.

It may be time to add one more step to your morning routine: nasal irrigation.

What is nasal irrigation?

Nasal irrigation, sometimes referred to as sinus irrigation, is a simple procedure that clears mucus and other debris from the nasal passages to reduce inflammation and allow you to breathe more easily.

The benefits of nasal irrigation include:

- By helping to keep your nasal passages clean, nasal irrigation supports your overall respiratory health.
- Nasal rinsing can help provide soothing relief to people who experience frequent nasal dryness.
- People who snore due to nasal congestion may snore less after nasal irrigation helps clear away the congestion.

Nasal irrigation aids

Using a neti pot can do wonders for nasal congestion by pushing a stream of saline solution through the nasal passages. Saline solution is preferable to plain tap water because it helps prevent irritation.







- Helps relieve sinusitis, allergies, post-nasal drip, nasal congestion
- Irrigates nasal/ sinus, throat

- Temporary nasal relief from seasonal discomfort
- Energizing blend of essential oils





- Extra strength carbonated saline
- Better cleansing with bubbles

NeilMed Pharmaceuticals has a range of nasal irrigation products that are all natural and drug-free to help you along your journey to respiratory health. NeilMed is the #1 brand in North America for large volume saline nasal irrigation devices. The NeilMed goal is to ensure the highest levels of quality, safety, effectiveness, and ease of use at affordable prices.

Seasonal sadness: don't be SAD



Seasonal sadness—also known as seasonal affective disorder or SAD—is a type of depression that relates to the changing seasons. In most cases of SAD, the symptoms start in the late autumn and continue through the winter months, which is why the condition is often referred to as the winter blues. In some cases, though, the symptoms begin in the spring or summer. In either case, symptoms may be mild when they begin and become more severe as the months move on.

Symptoms of SAD may include:

- Feeling depressed most of the day nearly every day
- Feeling hopeless, worthless, or guilty
- Having low energy
- Feeling sluggish or agitated
- Having difficulty sleeping
- Losing interest in activities that were usually enjoyed
- Experiencing changes in appetite or weight
- Having trouble concentrating
- Having frequent thoughts of death or suicide

Symptoms that are specifically connected with SAD that occurs during the fall and winter include:

- Oversleeping
- Craving foods that are high in carbohydrates
- Gaining weight
- Feeling tired or having low energy



The shorter days in the fall and winter appear to be the main triggers for the winter blues, because the reduced hours of sunlight can disrupt the body's internal clock. During the daylight hours, our brain sends signals to the other parts of our body to help keep us awake and alert. At night, our brain produces a chemical called melatonin that helps us sleep. As the days get shorter and the nights get longer, our bodies get out of balance.

Treating SAD



A first line of treatment for SAD is often light therapy. In light therapy the person generally spends at least 30 minutes a day in front of a box that shines a light much brighter than ordinary indoor lighting. As many as 70% of people find relief after a few weeks of treatment; some find relief even sooner. However, light therapy doesn't work for everyone.

Antidepressants can be effective in some cases, either alone or in combination with light therapy. There is growing evidence to support cognitive behavioural therapy (CBT) as a viable treatment for SAD. CBT is a type of talk therapy that helps people identify negative thoughts and reframe them into something more positive. It also helps them discover new behaviours to engage in to make them feel better when they are depressed.

Some behaviours that may help are:

- Taking a walk, watching a movie, or engaging in other activities you enjoy
- Getting outdoors early in the day when the sun is shining or spending time in brightly lit spaces
- Eating a healthy diet and limiting the amount of carbohydrates, such as cookies and candy
- Spending time with a trusted friend or relative you can share your feelings with
- Getting together with friends
- Volunteering in the community to help others

If self-help measures don't relieve the problem, consult your doctor. This is especially important if your sleep patterns have changed, if you find yourself drinking more alcohol for comfort or to help you relax, or if you feel hopeless or think about suicide.





Irritable bowel syndrome & probiotics

Almost everyone experiences abdominal cramping at some point, but if you have had abdominal cramping or pain at least one day per week during the last three months along with changes related to your bowel movements, you may be suffering from irritable bowel syndrome (IBS). An estimated 18% of Canadians are affected by IBS, and the lifetime risk of a Canadian developing IBS is 30%, with three times as many women affected as men.

Understanding IBS

IBS can begin at any age—early in life or later in adulthood. It can disappear unexpectedly from time to time during a person's lifetime, and then recur.

There are several types of IBS:

- IBS-C: IBS with predominant constipation
- IBS-D: IBS with predominant diarrhea
- IBS-M: IBS with both constipation and diarrhea

About 40% of people with IBS have IBS-D, and 25% of patients report that the condition poses serious challenges that keep them from fully enjoying life.

The most common symptoms of IBS-D are:

- sudden urges to have bowel movements
- abdominal pain or discomfort
- gas
- loose stools
- frequent stools
- feeling unable to completely empty the bowels
- nausea

The symptoms of IBS are caused by a malfunction of the gastrointestinal (GI) system. The GI system is home to many types of bacteria, some good and some bad. The good bacteria play a variety of important roles, including helping our bodies digest the food we eat. It is critical to the proper functioning of the GI system to keep the good bacteria and bad bacteria in balance.

The role of probiotics

These good and bad bacteria line our intestinal tract, creating a micro-ecosystem called the microbiome, which plays a very important role in our health. The key to a healthy microbiome is to nourish and encourage a balance among the nearly 2,500 different types of bacteria in our gut. That's where probiotics come in. Probiotics are living strains of bacteria that add to the good bacteria in the GI system. You can adjust the balance of good and bad bacteria in your microbiome in two ways. One is to adjust your diet. The other is to add probiotics through supplements.

Discovering the important role of the microbial environment in triggering IBS symptoms led to research on the possible use of probiotics in preventing GI disorders.

Many studies have investigated the effect of foods for the dietary management of IBS, and more than 60% of patients with IBS report that they experience symptoms after they eat certain foods, most notably wheat and fermentable carbohydrates (sugars that are easily fermented in the digestive system). These substances provide food for the colonies of good bacteria that live in the intestines. However, some people are particularly sensitive to fermentable carbohydrates.

While dietary changes have been shown to help manage IBS, an increasing number of studies are pointing to the beneficial effects of probiotics. It is important to note that the different strains of probiotics have different effects. A large study done in 2018 on a combination of *Lactobacillus acidophilus* CL1285, *Lactobacillus casei* LBC80R, and *Lactobacillus rhamnosus* CLR2 revealed that this combination cut both the number of days people with IBS experienced abdominal pain and reduced the number of daily stools they had in half while improving their quality of life by 65% when compared with their quality of life before taking these probiotics.

Bio-K Plus

Bio-K is a probiotic supplement that contains all three of the probiotic strains that were shown to be so beneficial in the 2018 study.

All Bio-K products are gluten-free and are backed by over 20 years of research that provide clinically proven benefits, and they are effective in promoting intestinal and digestive health. Vegan, organic, and non-GMO probiotic product options are available to accommodate specific dietary needs and lifestyle preferences.



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Canada's #1 pharmacist and physician recommended probiotic brand in Canada.

Strengthen your immune system

The immune system is the body's main defence against organisms that cause diseases. A healthy immune system is key in keeping us from becoming ill. That makes boosting our immune system a worthy goal, but there is still much that remains unknown about how to achieve this goal. Unfortunately, there is no magic formula that improves immune function. However, that doesn't mean we should give up on it. There are some things that we know can keep our immune systems working properly.

As with every other part of our body, our immune system functions better when we choose healthy lifestyle habits that help protect it from attack by organisms present in our environment.



Healthy habits

Among the lifestyle choices that will help promote the health of your immune system are:

- Not smoking
- Eating a healthy diet high in vegetables and fruit
- Limiting alcohol consumption
- Getting regular physical activity
- Maintaining a healthy weight
- Getting enough sleep
- Dealing with stress in a healthy manner
- Practicing careful hygiene to prevent infection (such as frequent hand washing with soap and water, avoiding close contact with people who appear to be ill, and cooking meats thoroughly)
- Getting all of the vaccines your healthcare team recommends for you

Diet and immune function

To work properly, the immune system needs nourishment. Scientists believe this is why people who live in poverty and are malnourished are more likely to contract infectious diseases.

There also seems to be a connection between nutrition and immune function in the elderly. Our immune response lessens as we age, and older people are more likely to experience what is known as micronutrient malnutrition—a situation in which a person doesn't get enough of some essential vitamins and trace minerals, either through their diets or from taking supplements.

If you suspect that your diet is not providing you with all of the nutrients you need, taking a daily multivitamin and mineral supplement may be of benefit, but taking mega doses of a single vitamin will not. If you have questions about whether you should take a supplement or about which supplement would be right for you, our pharmacists are available to advise you.

Stress and immune function

Science has come to recognize how closely the mind and body and linked, but there are still a lot of unknowns. Some researchers are investigating how stress affects the immune system. Most of the research is looking at constant, frequent stressors such as those caused by relationships with family, friends, and coworkers, or sustained career challenges rather than at a sudden, short-lived stressor.

There are healthy and unhealthy ways of dealing with stress. Consuming alcohol to help you relax is an example of an unhealthy way. Examples of healthy options include meditation, yoga, tai chi, practicing mindfulness, and seeking professional counselling.

Physical activity and immune function

Just as eating a healthy diet contributes to general good health and, therefore, a healthy immune system, so does getting regular physical activity.

Following general guidelines for healthy living is the single best thing you can to do strengthen your immune system and safeguard yourself from disease-causing organisms.

Understanding prebiotics & probiotics



Our intestinal tract is lined with microscopic organisms, primarily bacteria, that create a system called the microbiome, which plays a significant role in our health. There are over 1,000 different types of bacteria in our microbiome—some good and some bad—and it is very important to keep them in the proper balance, because the healthier our microbiome is, the better our overall health will be.

You can balance your microbiome either through diet or by taking prebiotic or probiotic supplements. Probiotic supplements contain specific strains of bacteria, and they provide different benefits. It is important to take the right probiotic to address your specific needs.

Benefits of prebiotics & probiotics

The health benefits of prebiotics include stimulating the immune system, preventing diseases, relieving constipation, lowering cholesterol, and improving the absorption of nutrients.

Potential benefits of probiotics have been noted in the prevention and treatment of digestive diseases, eczema in children, recurrence of bladder cancer, and urinary tract and vaginal infections.

Align® probiotics

Sometimes a small change can make a big difference—for example, adding a daily prebiotic or probiotic supplement to your daily regime can help prevent or correct digestive issues. Here's how the Align® products can help you.



Align® Digestive Support is the only probiotic supplement that contains the probiotic strain *Bifidobacterium* 35624™, shown to relieve and manage symptoms of irritable bowel syndrome (IBS) such as abdominal discomfort, gas, and bloating. The probiotic strain in Align® was developed by gastroenterologists and is backed by over 20 years of research.



Align® Digestive Support Advanced also contains the probiotic strain *Bifidobacterium* 35624™, but with five times as many good bacteria as are in regular Align® Digestive Support.

Both Align® Digestive Support and Digestive Support Advanced are freeze-dried to keep the probiotic dormant until it reaches your gut, so it retains its full potency. Because no refrigeration is required, these products are very convenient for travel.

Also from the #1 Doctor Recommend Probiotic brand†:



Align® Probiotic Gummies are great-tasting, strawberry-flavour gummies that help support gastrointestinal health. They're the good-for-you supplement that you'll actually look forward to taking!



Align® DualBiotic Prebiotic + Probiotic Gummies help support a healthy digestive system with prebiotics that stimulate the growth of healthy bacteria in the gut as well as probiotics that add more good bacteria.



Align® Women's Health Prebiotic + Probiotic Gummies are made with cranberry to help prevent urinary tract infections (UTIs).* These easy to take daily gummies also contain a combination of **pre**biotics and **pro**biotics to help support a healthy digestive system.

Before using any supplement, check with your doctor to make sure it is right for you. Always read product labels and follow the directions carefully.

*Use for at least four weeks to experience the benefit from this product
†Among gastroenterologists and doctors who recommend a brand of probiotic in a ProVoice survey 2015 to 2020.

Could you have diabetes?

On average, every day
480 Canadians
are diagnosed with diabetes

More than
20 Canadians
die of diabetes-related complications

And
14 Canadians
have a lower limb amputated due to diabetes



Could you have diabetes and not know it? It is important to know whether you have diabetes, because If you are aware of it, you can take steps to manage your condition and lead a healthier life. However, if left untreated, diabetes can cause very serious complications.

Different types of diabetes

There are several different types of diabetes.

- **Type 1 diabetes** is a condition in which the body's immune system destroys the insulin-producing cells of the pancreas, making the affected people dependent on injecting insulin into their bodies. Type 1 diabetes usually develops in children and youths, but it can occur in adults as well.
- **Type 2 diabetes** occurs when the pancreas does not produce enough insulin or the body cannot properly use the insulin it produces. In some cases, type 2 diabetes can be managed with oral medication, but some people with type 2 will need to inject insulin.
- **Gestational diabetes** may develop during pregnancy if a woman's blood sugar reaches too high a level. It usually disappears following delivery of the baby, but it increases the woman's chances of developing type 2 diabetes.

What causes diabetes?

There is a lot of misinformation about diabetes floating around. For example, diabetes is **not** caused by eating too much sugar, and people do **not** give themselves diabetes.

The causes of diabetes depend on the type of diabetes the person has—type 1 diabetes, type 2 diabetes, or gestational diabetes. Among the possible causes are your genes, family medical history, ethnic background, and your general health.

Symptoms

Some people with diabetes don't experience any obvious warning signs, but those who do may have some of the following symptoms:

- cuts and bruises that are slow to heal
- lack of energy or extreme fatigue
- frequent or recurring infections
- unusual thirst
- frequent urination
- tingling or numbness in the hands or feet
- trouble achieving or maintaining an erection
- blurred vision
- weight loss or weight gain

Prediabetes

Prediabetes is a condition in which blood glucose (blood sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes. Nearly six million Canadians have prediabetes.

If left untreated, prediabetes can develop into type 2 diabetes. If you have prediabetes, taking steps to manage your blood glucose levels can help prevent you from developing diabetes.

Managing blood glucose

There are several measures you can take to help manage your blood glucose levels.

- Eat a healthy diet.
- Be physically active.
- Achieve and maintain a healthy body weight.
- Monitor your blood glucose levels regularly.
- Take any medication your doctor prescribes exactly according to the directions.

Diagnosing diabetes

If you think you or someone you know may have diabetes, seek medical attention as soon as possible, so you can begin managing the condition and prevent complications. There are several tests used to diagnose diabetes.

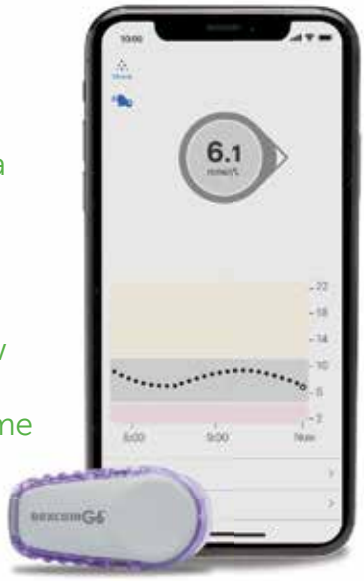
- **Fasting blood glucose test**
- **Random blood glucose test**
- **A1C test**
- **Oral glucose tolerance test**

While diabetes cannot be cured, it can be managed, and people with diabetes can lead happy, fulfilling lives.

THE POWER TO CHANGE HOW YOU LIVE WITH DIABETES



The Dexcom G6 Continuous Glucose Monitoring (CGM) System allows you to monitor your glucose levels with exceptional accuracy.[1] You see your glucose number in real time, with just a quick glance at your compatible smart device.† No fingersticks* or scanning required.



Smart devices sold separately

The Dexcom G6 predictive, Urgent Low Soon alert can warn you in advance of serious hypoglycemia—allowing you time to take steps to prevent it.

Dexcom CGM use is also clinically proven to lower A1C, reduce hyper- and hypoglycemia, and increase time in range.[2,3]



And did you know? It's now available in Pharmacy.

Covered by many provincial health care programs and most private insurers.‡



To learn more about the Dexcom G6, visit **dexcom.com**

* If glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.
† Smart devices sold separately. For a list of compatible devices, visit dexcom.com/compatibility.
‡ Conditions apply. Visit dexcom.com for more information.
§ The back of the upper arm insertion site is for ages 18 and older. The upper buttocks insertion site is for ages 2 to 17.

1. Shah VN, et al. Diabetes Technol Ther. 2018;20(6):428-33.
2. Beck, RW, et al. JAMA. 2017;317(4):371-378.
3. Welsh JB, et al. Diabetes Technol Ther. 2019;21(3):128-32.

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Dexcom G6



Tips for heart-healthy living

Did you know that heart-healthy living could prevent up to 80% of the cases of premature heart disease and stroke? Sounds great, but just what does heart-healthy living mean?

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of developing heart disease.

UNDERSTAND YOUR RISK

Factors that raise your risk of heart disease include:

- high blood pressure
- high cholesterol
- having diabetes or prediabetes
- being overweight or obese
- smoking
- being physically inactive
- unhealthy eating habits
- being 45 or older for males or being 55 or older for females
- family history of early heart disease (a father or brother diagnosed before age 55 or a mother or sister diagnosed before age 65)
- history of preeclampsia (sudden rise in blood pressure along with too much protein in the urine during pregnancy)

Each risk factor increases the chance of developing heart disease. The more risk factors a person has, the higher the risk. Some risk factors——such as our age and family medical history——are beyond our control, so it is particularly important to control the ones we can.

HEART-HEALTHY EATING

Here are some tips that will help you make healthier food choices.

- Limit the amount of processed foods you eat.
- Select brightly coloured fruits and vegetables, and include a variety of them in every meal.
- Eat protein-rich foods such as fish, lean meats, eggs, nuts, seeds, soy products, and legumes.
- Pick oils and foods that are high in monounsaturated and polyunsaturated fats, such as vegetable oils (not coconut or palm), nuts (almonds, walnuts, pine nuts), avocados, tofu.
- Choose whole grains more often.
- Choose fat-free or low-fat dairy products.
- Pick healthy plant-based fats, such as olive oil or canola oil, instead of animal fats, such as butter.
- Fill half your plate with vegetables and/or fruits, one-quarter of your plate with whole grain foods, and one-quarter of your plate with protein foods.

HEART-HEALTHY ACTIVITY

There are four main types of physical activity: aerobic, stretching, muscle-strengthening, and bone-strengthening. Aerobic activity is the type that provides the greatest benefit to your heart and lungs.

Any level of aerobic activity——light, moderate, or vigorous——can benefit your heart, but moderate- and vigorous-intensity aerobic activity done on a regular basis strengthens your heart muscle and improves your heart's ability to pump blood to your lungs and throughout your body. This delivers greater blood flow to your muscles and raises the oxygen level in your blood.

Examples of aerobic activities include:

- aerobic dancing and ballroom dancing
- bicycling, skateboarding, rollerblading, and jumping rope
- gardening, such as digging and hoeing
- hiking, walking, jogging, and running
- hockey, basketball, soccer, and tennis
- pushing a grocery cart around a store

MAINTAINING A HEALTHY WEIGHT

Eating a healthy diet and being physically active will help you achieve and maintain a healthy weight, but it may not be enough. Even at a healthy weight, excess fat around the waist can increase your risk of high blood pressure, high cholesterol, and diabetes——health issues that contribute to your risk of developing heart disease.

SMOKING AND HEALTH

Smoking and exposure to second-hand smoke increases the risk of developing heart disease. You can find more information on how smoking affects health and the benefits of quitting in the article "Tobacco: What you need to know" on page 19.

If you smoke and want to stop, your London Drugs pharmacists can advise you on products and strategies that can increase your chances of quitting successfully.

MANAGING STRESS

Stress can increase the risk of heart disease, as well as leading to anxiety and depression. But practicing relaxation techniques such as yoga and tai chi for just a few minutes each day can help you manage your stress in a healthy manner.

Heart disease is a very common problem, but you have the power to reduce your risk by making some heart-healthy choices. If you have any questions about heart health, your London Drugs pharmacists will be happy to answer them.

Blood pressure monitoring for a healthy heart



Almost a quarter of Canadian adults 20 years of age and older are reported to have unhealthy blood pressure, and many of them are unaware of it. Measuring your blood pressure regularly and keeping track of any changes is key to discovering what your blood pressure level is and managing it if it is outside the healthy range.

Understanding your readings

Blood pressure is categorized by the level of risk it presents to heart health.* According to the Canadian Heart and Stroke Foundation, the risk categories are:

- Low risk: 120/80 mmHg
- Medium risk: 121–134/80–84 mmHg
- High risk: >135/85 mmHg
- High risk for people with diabetes: >130/80 mmHg

Measuring your blood pressure at home

Following these simple guidelines will help you get accurate measurements.

- Ensure that you are using a validated blood pressure device. Hypertension Canada provides a list of recommended devices that have been proven accurate in research studies. Visit: https://hypertension.ca/bpdevices
- Avoid smoking, drinking alcohol or caffeinated beverages, or exercising for 30 minutes before taking your blood pressure.
- Five minutes before taking your blood pressure, empty your bladder and rest in a seated position with your back supported and your feet firmly on the ground. Do not talk.
- If you are anxious or in pain, wait to take your blood pressure.
- When you are ready to measure your blood pressure, place the cuff on your bare upper arm and rest your arm on a hard surface such as a table.
- Take two separate readings, one minute apart, in the morning and in the evening at the same times each day.
- Use the same arm each time you take your blood pressure, because blood pressure may vary by a few points between your arms.
- Record your results so you can track your blood pressure over time. An easy way to do this is by using the PreCardix® app available on precardix.com/tracking-app/, or print a chart at https://guidelines.hypertension.ca/patient-resources/.

* Target blood pressure depends on a number of other risk factors. Speak to your health care provider to identify your blood pressure target.

Supporting Healthy Blood Pressure

Eating a healthy diet, being physically active, and maintaining a healthy weight are crucial to heart health, but they're not always enough to manage blood pressure. PreCardix® is a safe and effective non-prescription natural health product that supports healthy blood pressure and cardiovascular health.

PreCardix® contains unique bioactive marine peptides (small fragments of protein) that are derived from cold-water shrimp shells. Clinical research has found that these peptides have a statistically significant effect on blood pressure health. The peer-reviewed clinical study showed that 31% of adults with mild to moderately elevated blood pressure experienced significant benefits within two weeks; 89% of them showed significant benefits within eight weeks. Read the study in the *International Journal of Hypertension*, Article ID 2345042, available online at https://www.hindawi.com.

Ask your London Drugs pharmacist about PreCardix® and if it's right for you. Follow the steps in this article to establish your baseline blood pressure before introducing PreCardix®. Continue to measure and monitor regularly for eight weeks. Discuss your results with your London Drugs pharmacist after eight weeks. It is very important to monitor your blood pressure regularly to know if PreCardix® is the right product for you.

Take two tablets of PreCardix® together daily as directed, allow eight weeks to achieve results, and continue to take it daily to maintain results.

Always consult with your health care provider before making a change to your blood pressure management plan. PreCardix® does not treat, cure or prevent blood pressure related conditions. Measure and monitor blood pressure regularly. Know the signs of heart attack and stroke. Do not take PreCardix® if you are pregnant, breastfeeding, have renal artery stenosis, history of angioneurotic edema or shellfish allergy.

Ask your London Drugs pharmacist.

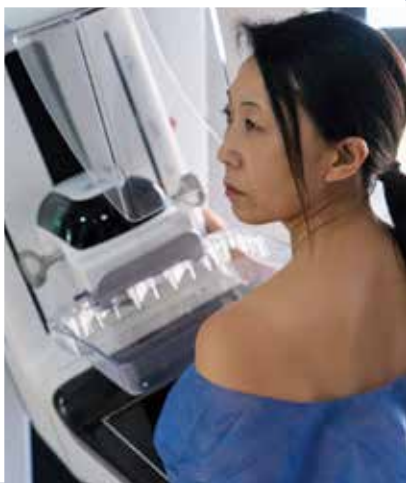


Know yourself: cancer self-exams

Early diagnosis of cancer improves outcomes by starting treatment at the earliest possible stage when treatment is most likely to be successful. An important step in early diagnosis is spotting changes in your body and bringing them to the attention of your doctor so the reason for the changes can be identified. Self-exams play an important role in helping you spot changes. A good place to start is with your skin.







Skin self-exam

When caught early, skin cancer is highly curable. The best way to recognize changes to your skin is to examine yourself head-to-toe every month.

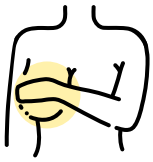
What to look for:

- A new growth or an existing growth that changes in size and appears pearly, transparent, tan, brown, black, or multicoloured
- A mole, birthmark, or brown spot that gets larger than a pencil eraser, becomes thicker, or changes in texture or colour
- A spot or sore that continues to itch, hurt, bleed, crust, or scab
- An open sore that does not heal within three weeks

How perform a skin self-exam

- Inspect your face, especially your nose, mouth, and the front and back of your ears. Use mirrors to get a clear view.
- Thoroughly inspect your scalp. Use a blow dryer to separate your hair and expose every section of your scalp so you can view it with a mirror. It may be easier if you can get a family member or friend to help.
- Scan your hands and arms. Look at your palms, the back of your hands, and between your fingers. Continue up your wrists and arms, and don't forget your underarms.
- Check your torso. Start with your neck and move down to your chest, including the undersides of your breasts, then your abdomen.
- Inspect your back. Stand with your back to a full-length mirror and hold a hand mirror, moving it as needed so you can view your whole back, including your neck, shoulders, upper back, lower back, and buttocks.
- Examine your genitals using a hand mirror.
- Scan your legs, front and back, using a hand mirror where necessary. Start at your thighs, move down your shins to your ankles, and finish with your feet, including the soles and your toes.





Breast self-exam

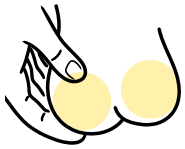
There is some debate about the value of breast self-exams in detecting breast cancer early when treatment has the best chance of being successful. While some healthcare professionals question the value of these exams, many physicians and health-related organizations firmly believe that breast self-exams are an important screening tool, especially when used in combination with regular physical exams by a doctor, mammograms, and sometimes ultrasound or an MRI.

What to look for:

- A change in size, colour, or shape of the breast
- Any lump, swelling, or distortion
- Breasts that are unevenly shaped
- Dimpling, puckering, or bulging skin
- Redness, soreness, or rash
- A nipple that has changed position or turned inward instead of sticking out
- Signs of fluid coming out of one or both nipples

How to perform a breast self-exam

- Begin by standing in front of a mirror with your shoulders straight and your hands on your hips, and inspect your breasts carefully, turning from side to side so you can see all areas of your breasts. Alternatively, you can perform the exam while lying down using a hand mirror. If you do it lying down, your breast tissue will spread out and become thinner, making it easier to feel what's below the skin. Another option is to do it in the shower with your breasts lathered, making it easier for your fingers to glide smoothly across your skin.
- Using the pads of your fingers, not your finger tips, examine your left breast with your right hand and your right breast with your left hand. Keeping your fingers flat and together, use a circular motion to feel for anything unusual. Cover the whole breast area from your collarbone to the top of your abdomen and from our armpit to your cleavage.



Testicular self-exam

A testicular self-exam is a simple pain-free test that helps a male become familiar with his testicles so he will be able to notice any changes.

What to look for:

- A lump
- Pain or swelling in the scrotum
- Any change in size, shape, tenderness, or sensation
- A soft collection of thin tubes above the testicles
- A testicle that you cannot feel because it has not properly descended into the scrotum

How to perform a testicular self-exam

- This test is best performed standing, either during or just after a shower when the scrotal skin is warm and relaxed.
- Gently feel the scrotal sac to locate the testicles.
- Using one hand to stabilize the testicle, use the fingers and thumb of the other hand to firmly but gently feel the entire surface of the testicle.
- Repeat the procedure on the other testicle.



The next step

Self-exams are just the first step in the early diagnosis of any health problem. If you notice anything unusual or anything that concerns you, see your doctor for further testing to identify the cause of the issue. That way, if there is a problem, it can be addressed at a stage when treatment is most likely to be successful.

Winter first aid



As autumn turns to winter and the snow begins to fall, we have to be prepared to deal with typical winter dangers. With ice covering sidewalks and driveways, our risk of falling increases, bringing with it an increasing number of sprains and strains. And dropping temperatures make us vulnerable to hypothermia and frostbite.

Here are some guidelines to help you deal with these winter emergencies.

Sprains and strains

Sprains and strains occur when joints, muscles, tendons, and ligaments are stretched beyond their normal range—for example, as a result of falling on an icy surface. To treat one of these injuries, remember the acronym RICE, which stands for **r**est, **i**ce, **c**ompression, and **e**levation.

Rest the injured limb. Avoid putting weight on the area until it has healed.

Ice the injury to prevent swelling, but don't apply the ice directly to the skin. Place a thin cloth between the ice and the skin, then keep the ice in place for about 20 minutes each hour.

Compress the injury with an elastic bandage or specialized sleeve. This will provide support to the injured area and help prevent swelling.

Elevate the limb to a level above the heart. This makes it difficult for the heart to pump blood to the injury and cause swelling.

In addition, nonprescription pain relievers, such as acetaminophen or ibuprofen, can ease the discomfort, but don't give ASA to anyone under the age of 18. Your London Drugs pharmacists can help you select the best medication to meet your needs.





Hypothermia

If your internal body temperature drops below 35° C (95° F), you can slip into hypothermia, a state when the body's temperature is not high enough to support normal metabolism. Children, the elderly, and people with a low percentage of body fat have a higher risk of developing this problem.

Hypothermia causes moderate to severe shivering, mental confusion, lack of coordination, and a change in the heart rate—either a significant increase or decrease. The extremities may turn blue, and the skin may become very pale, blue, or swollen.

If you suspect that someone has hypothermia, call 911 immediately. If the person either stops breathing or the breathing becomes very shallow or slow, begin CPR.

If CPR isn't necessary, try to get the person away from the cold. Take the person inside and if the clothing is wet, help the person change into dry clothing. If that isn't possible, wrap the person in a warm blanket and try to get the person off the frozen ground.

Applying heat to the body can cause injury. A better option is to apply a warm compress to the central areas of the body—head, neck, chest, groin.

Do not give the person alcohol or massages.



Frostbite

Frostbite happens when the skin and tissue beneath it freeze up and damage the cell walls. The fingers, cheeks, chin, ears, and nose are the most vulnerable areas.

Signs of frostbite include skin that has either turned red or has become very pale, skin that is hard or looks waxen, and feelings of prickling or numbness. Very severe frostbite can cause blisters and significant pain.

If someone near you appears to have frostbite, get the person out of the cold if possible. If that isn't possible, cover the part of the face that appears to be affected or tuck the hands into the armpits to warm them up. Remove any pieces of wet clothing. Do **not** rub the skin, as this can cause further damage.

Once you have the person in a warm environment, soak the frostbitten area in warm—**not** hot—water for 15 to 30 minutes. Avoid using direct heat such as a heating pad or fireplace. Over-the-counter pain relievers may be helpful, as rewarming can be uncomfortable

As frostbitten skin warms, it should turn red as sensation returns. If the area stays numb or if blisters develop, seek medical attention.



Your winter first aid kit



An important part of preparing for winter emergencies is to have a properly stocked first aid kit on hand. Here are some general guidelines for what to include, but your London Drugs pharmacists can help you customize a kit for your family's needs.

- absorbent compress dressings
- adhesive bandages (assorted sizes)
- adhesive cloth tape
- antibiotic ointment
- antiseptic wipes
- elastic bandages
- emergency blanket, mittens, socks, hat
- first aid instruction manual
- hand sanitizer
- hydrocortisone cream
- instant cold compress
- instant hand or foot warmers
- non-latex gloves
- oral thermometer (non-mercury/ non-glass)
- OTC pain reliever
- scissors
- sterile gauze pads
- tweezers

Healthy eyes protect vision



Keeping your eyes healthy is an important factor in protecting your eyesight. Some eye diseases can lead to vision loss. Fortunately, there are steps you can take to keep your eyes healthy and protect your vision. The first step is to have your eyes checked as often as your healthcare provider recommends or as soon as you develop any new vision problem.

Many of the lifestyle choices that contribute to your overall health will also have a beneficial effect on your eye health. Unfortunately, sometimes even making healthy lifestyle choices and taking precautions doesn't prevent all vision problems. Just getting older can bring changes that can weaken our eyes and affect our vision. Age-related macular degeneration (AMD) is one of the most common causes of vision loss in people over the age of 60. According to the Canadian Ophthalmological Society, AMD affects nearly two million Canadians and accounts for 90% of the new cases of legal blindness in Canada.

If not diagnosed until the condition is advanced, there is no cure for AMD, but laser surgery and injection of medication directly into the eye may help. Fortunately, though, if caught early, nutritional supplements can help preserve eyesight. Bausch and Lomb PreserVision® Eye Vitamin and Mineral Supplement AREDS 2 is designed for people with AMD. It helps maintain eyesight over the long term. The easy-to-swallow soft gel caps are 35% smaller than their leading competitor, making them easier to take.

Another benefit of AREDS 2 is that it does not contain beta carotene, as some other vitamins do. The reason this is good news is that beta carotene has been linked to higher rates of lung cancer in smokers and in people who have been exposed to asbestos. This makes AREDS 2 a better choice for these people. As with any supplement, you should always ask your doctor if it is a good choice for you.

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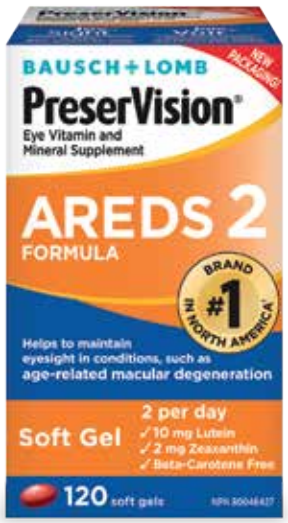
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To be sure this product is right for you, always read and follow the label. AMD = Age-Related Macular Degeneration. †Data on file for #1 Brand in North America, Bausch & Lomb. ‡Independent analytical report based on displaced volume laboratory metrics comparing PreserVision® Eye Vitamin & Mineral Supplement AREDS2 Formula gel cap and Vitalux® Advanced caplet. Vitalux is a registered trademark of Alcon Inc. PreserVision is a trademark of Bausch & Lomb Incorporated or its affiliates. ©2021 Bausch Health, Canada Inc. TP18343



Tobacco: What you need to know

People use tobacco in a variety of ways—from traditional cigarettes, cigars, pipes, and chewing to e-cigarettes and vaping. But how much do they really know about the product they are introducing into their bodies?

Tobacco contains nicotine, an addictive substance that makes it difficult to stop using tobacco. But nicotine isn't the only troublesome ingredient. Tobacco contains over 7,000 chemicals, more than 70 of which are known to cause cancer. Smoking harms nearly every organ in the body.



HOW TOBACCO AFFECTS THE BODY

- When nicotine enters the blood, it triggers the adrenal glands to release epinephrine, which stimulates the central nervous system, raises blood pressure, and increases breathing and heart rate.
- Smoking tobacco has been linked to:
  - a variety of cancers including lung and mouth cancer
  - chronic bronchitis
  - emphysema
  - increased risk of heart disease, which can lead to heart attack or stroke
  - cataracts
  - type 2 diabetes
  - pneumonia
  - poor blood circulation to the hands and feet
  - rheumatoid arthritis
  - weakened immune system
  - gum disease
  - reduced senses of taste and smell
  - irritation of the stomach and intestines
  - reduced bone density
  - fertility problems
  - erectile dysfunction
- Pregnant women who smoke risk miscarriage, stillborn or premature baby, low birth weight infant
- Smoking can also affect a person's appearance including prematurely aged, wrinkled skin and teeth that are stained yellow or brown.

Many of the problems caused by tobacco smoke don't only affect the people who smoke; the second-hand smoke can also have a significant effect on the health of the people around the smoker. For example, children exposed to second-hand smoke during their first year of life are more likely to have health problems, including sudden unexpected death.

E-CIGARETTES & VAPING

Electronic cigarettes—also known as e-cigarettes, e-cigs, and vapes among other names—are battery-powered devices that heat and aerosolize liquids so they can be inhaled in an attempt to recreate the feeling of smoking. The liquids vary in content. Some contain nicotine, THC (the main mind-altering ingredient in marijuana), or flavourings; others contain unknown chemicals or other substances.

Some research indicates that vaping nicotine may be somewhat less harmful than smoking traditional cigarettes, but that doesn't mean it is safe; recent reports have linked e-cigarettes and vaping with lung injury and death. And people who smoke or vape may have a higher risk of complications from COVID-19 due to the lung damage they cause.

WHEN IT'S TIME TO QUIT

According to Health Canada, there are five stages to quitting.

Stage 1

Not being ready. During this stage, the person isn't even thinking about quitting. If challenged about smoking, the person will probably defend the behaviour.

Stage 2

When the person begins to consider quitting but isn't quite ready to do it. During this stage, a person is more willing to receive information about smoking and thinks about what barriers might stand in the way of quitting.

Stage 3

Preparation. At this point, the smoker has made the decision to quit and may even begin smoking less. This is the time to create a quit plan and begin preparations.

Stage 4

The action stage. This is when people commit to quitting and take action. They may turn to family and friends to provide encouragement. This stage usually lasts up to six months, and it is when the former smoker needs the most help and support.

Stage 5

Maintenance. This is the stage where former smokers have learned to anticipate and deal with the temptation to begin smoking again. They have learned strategies to cope with the urge to smoke and they develop a sense of control and the ability to remain smoke-free.

DEVELOPING A QUIT PLAN



The first step in developing a successful quit plan is to select a quit date. It should be close enough so that you won't lose your motivation to quit but far enough in advance to give you time to prepare. There are some things you should do as you wait for your quit date to arrive.

- Write down a clear statement about why you want to stop smoking—for example: "I want to quit smoking to set a good example for my children." Post it someplace where you will see it to act as a reminder.
- You will have to decide if you want to quit abruptly or to gradually reduce your tobacco use up to your quite date and then stop.
- Another decision you will have to make is whether you want to use a smoking cessation aid such as a nicotine replacement therapy (NRT) product or a prescription medication. While some people try to quit "cold turkey," only about 6% of these quit attempts are successful. If you decide that an NRT product is right for you, your London Drugs pharmacists can help you select one that will work best for you.
- Dispose of all your tobacco products and ashtrays.
- Prepare for withdrawal. Have a plan for how to deal with withdrawal symptoms. Write down one or two strategies to try to deal with each withdrawal symptom.
- Stock up on oral substitutes such as sugarless gum, hard candies, and raw carrots.
- Set up a support system. Tell your friends, family, and coworkers that you will be quitting, and ask them to encourage you to succeed. Ask the smokers among them not to smoke around you.
- Think about the places and activities that trigger you to want to smoke, and try to make alternate plans. For example, if you always smoke after lunch, try making a phone call or scheduling a quick errand for that time. If going out for a drink with friends triggers your smoking, suggest going to a movie instead.

BENEFITS OF QUITTING



Quitting may not be easy, but it will be worth it. It is likely that quitting will help you live a longer, healthier life.

- **20 minutes after quitting**, your blood pressure starts to lower
- **8 hours after quitting**, the level of carbon monoxide (a dangerous chemical) in your blood drops to a normal level
- **24 hours after quitting**, your risk of having a heart attack begins to decline
- **2 weeks to 3 months after quitting**, the airways in your lungs relax and breathing becomes easier
- **1 to 9 months after quitting**, your lungs are stronger and you cough less
- **1 year after quitting**, your risk of coronary heart disease drops to half of that of a smoker
- **5 years after quitting**, your risk of having a stroke drops to that of a non-smoker
- **10 years after quitting**, your risk of dying from lung cancer is much lower, and your risk of getting cancer of the mouth, throat, esophagus, bladder, kidney, or pancreas decreases
- **15 years after quitting**, your risk of coronary heart disease is as low as that of a non-smoker

THE BOTTOM LINE



Is it time for you to think about becoming a non-smoker for your health and the health of your family and friends? Your London Drugs pharmacists will be happy to provide tips to help you achieve your goal of becoming smoke-free.

Sleep: are you getting enough?

Sleep plays a critical role in helping our body function properly, yet half of all Canadian adults have trouble falling asleep or staying asleep, one-third have difficulty staying alert during their waking hours, and one in five do not find their sleep refreshing.



Adults between the ages of 18 and 64 should get seven to nine hours of sleep each night, and those 65 and over should get seven to eight hours a night. But between 25% and 33% of adults are not getting the recommended amount of sleep.

Stress & sleep

One of the main causes of sleep deprivation is stress. Stress triggers the body to release hormones such as adrenalin and cortisol that raise heart rate and cause a heightened state of alertness. According to the National Sleep Foundation, 43% of people between the ages of 13 and 64 have reported lying awake at night at least once in the previous month due to stress.

Good sleep habits

Here are some tips that may help you get a good night's sleep so you can feel rejuvenated.

- Go to bed and wake up at the same times as often as you can.
- Create a soothing bedtime ritual. Listening to pleasant music, taking a warm bath, reading, or engaging in another relaxing activity just before bed can help you prepare your mind for bedtime by associating this ritual with sleep.
- Don't eat a heavy meal close to bedtime; don't drink alcohol within four to six hours of going to bed; and avoid caffeine and nicotine, stimulants that make sleep difficult.
- The sleep hormone melatonin is stimulated by darkness, so make sure your bedroom is dark.
- Use your bedroom for sleep only. Avoid blue lights before bed. Blue lights are on TVs, smart phones, and iPads. So stop scrolling and replace your nightly TV show with a book. Train your mind to associate your bedroom with sleeping, not with other activities.



Natural sleep aids

While good sleep habits can help in some cases, it's not always enough. When you need more help, you might want to consider a natural sleep aid such as Harmony® My Sleep.

My Sleep contains a number of natural substances that relieve restlessness and promote a restful sleep, including:

Hops has natural sedative effects that can increase sleep time.

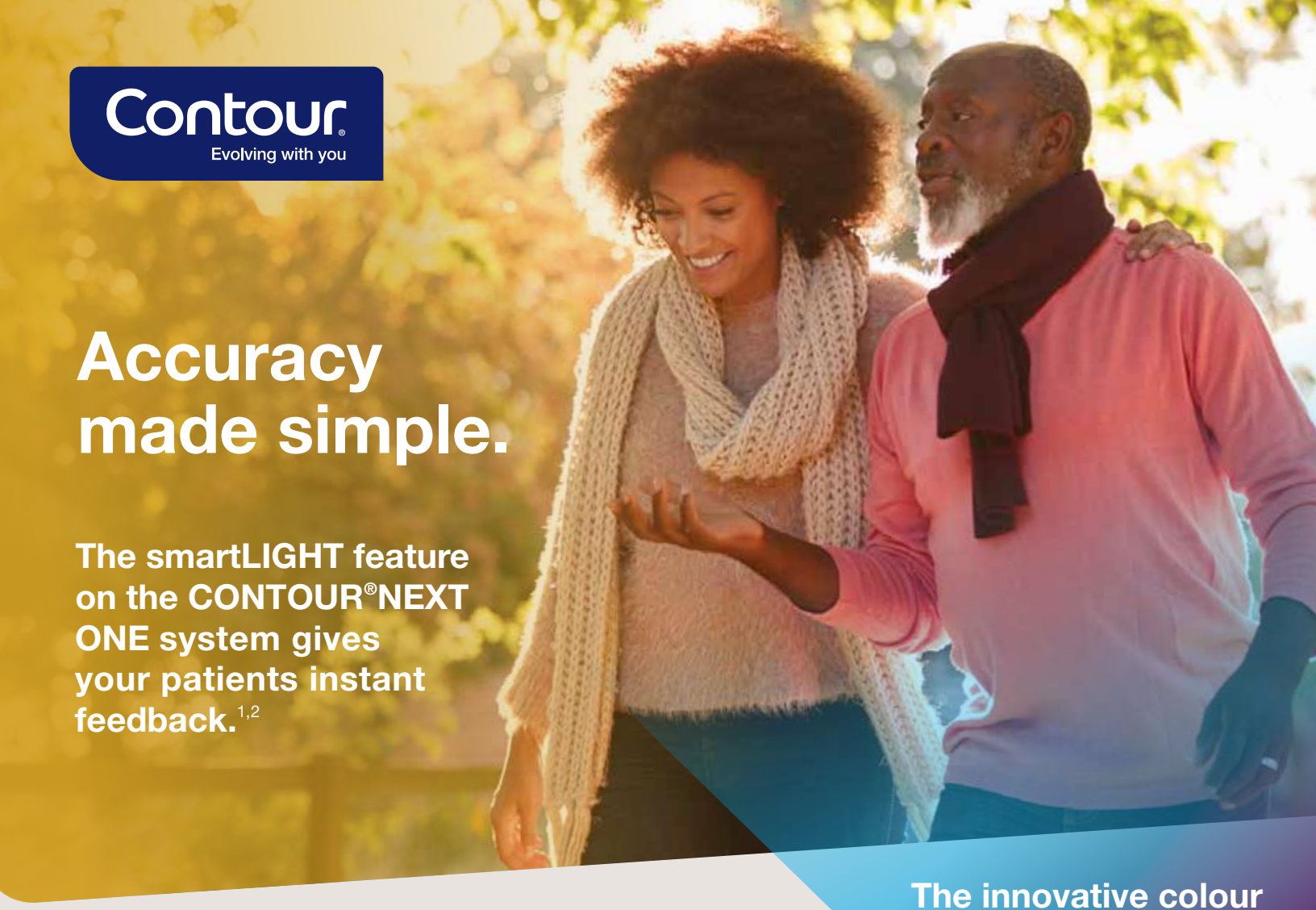
Magnesium has been shown in some studies to make it easier to fall asleep, improve sleep quality, and reduce symptoms of restless leg syndrome that can interfere with a good night's rest.

Sour cherry is rich in melatonin, a hormone that helps you fall asleep. Melatonin also helps the body create serotonin, a brain chemical involved in regulating sleep.

Zizyphus has sedative effects that can help ease you into sleep.

We can't function properly without sleep. Make sure you get the sleep you need to stay healthy, function properly, and enjoy life.

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