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Medicare Open Enrollment - November 15—December 31

The Monthly Dose

~ ~ The Neighborhood Pharmacy—proudly serving Del Ray and surrounding neighborhoods ~ ~

DECEMBER IS COLORECTORAL CANCER AWARENESS MONTH

This is the month to promote prevention and early detection of colon and rectal cancers, which is the second leading cause of cancer in the United States, taking over 50,000 lives per year. Over 90% of people diagnosed with colorectal cancer are 50 or older, however, only 40% of individuals within this age group get screened.

Researchers estimate that one-third of colorectal cancer deaths could be

prevented if everyone over the age of 50 received a colorectal cancer screening.

This is the month to encourage your employees to get tested for colorectal cancer. It may be slightly embarrassing for some to talk about, but awareness can save lives, which makes it more than worth the effort.

DID YOU KNOW? PEANUT POWER

With peanut allergies on the rise, more and more people are steering clear of nuts altogether. There's no arguing that peanut allergies are serious, however, if you're not allergic, peanuts are one nut you might want to take a second look at.

They are a great source of protein. And they're also extraordinarily high in polyphenols, a powerful antioxidant. Yes, peanuts are high in fat, but we now know that they contain the "good" kind of fat –

monounsaturated fat. They also contain magnesium, folate, vitamin E, copper, arginine, and fiber— all of which are known to reduce the risk of cardiovascular disease.

Another of peanuts' virtues is that they contain high amounts of resveratrol. Studies have shown that resveratrol can inhibit the growth of colorectal tumor cells. Another great source is red wine; so for those of us who don't drink, Thank you Peanuts!



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Caring for Our Community



HOMEMADE HOLIDAY EGGNOG

1 cup milk
1 egg
1 tbsp sugar
1 tsp vanilla
Cinnamon
Nutmeg

Combine all ingredients in a blender and blend on medium for 3-4 minutes, or until milk is frothy. Pour into a Holiday mug and sprinkle with cinnamon and nutmeg. This recipe is for an individual serving; multiply each ingredient by the number of guests, and enjoy with friends!
Happy Holidays!

PET TIP: HOLIDAY SAFETY ADVICE FOR YOUR FURRY FAMILY MEMBERS

While you are busy making your festive plans for Thanksgiving, Hanukkah, and Christmas, please don't forget to include your pets. The holidays are a time for giving, but there are some things you should not share with your little best friends. Once you know the hazards, a little precaution and prevention will make holidays a happy time for everyone. Some of the more common holiday hazards include:

– **Holiday plants:** Holly and mistletoe are extremely poisonous when eaten. The lovely poinsettia may not be truly poisonous, but its milky white sap and leaves can certainly cause severe gastric distress. With so many hybrid varieties available each year, the best approach is to keep the plants out of your pet's reach.

– **Ribbons and Tinsel:** These are of special interest to playful cats and kittens who see these materials as toys to be chased, pounced upon, chewed or swallowed. While chasing and pouncing pose no health threats, chewing and swallowing do, as these strings or "linear foreign bodies" can catch in the GI tract, leading to punching of

intestine as the body tries in vain to move the string or ribbon through. This is a life-threatening condition requiring surgery for correction. Supervise animals who play with string closely.

– **Stress and company:** With everyone coming and going, watch out for open doors and sneaky pets. Make sure your pets have collars and tags on in case of escape. Ask guests to keep an eye out for pets under foot and remind them that sometimes your normally friendly dog or cat may be less than willing to deal with enthusiastic children and rooms full of unfamiliar people. Provide a special quiet place with a blanket and fresh water for your pets to retreat to when the festivities get too stressful.

