



February 2010

In this issue:

7 Snow Shoveling Safety Tips	1
Store Coupon	1
Oozing Chocolate Lava Cakes	2
American Heart Awareness Month	2

Volume 1, Issue 5

The Monthly Dose

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

SEVEN SNOW SHOVELING SAFETY TIPS

As we work to dig ourselves out of the Blizzard of 2010, keep these seven shoveling safety tips in mind.

1. Before starting to shovel, be sure you have warmed up properly. Try using the same type of stretching you do before your regular exercise routine.
2. Start slowly, work at a steady pace and take frequent breaks.
3. When you are shoveling snow be sure to remain hydrated. Dehydration can cause dizziness and fainting as well as more serious health issues.
4. Choose a small shovel, so you are not lifting as much snow. Snow may appear light and fluffy, but it can get quite heavy when it starts to melt. A curved handle

shovel is designed to take the strain off your back.

5. Plastic shovels weigh less than metal and snow is not as likely to stick to them. These factors add less weight to your load. Spray the blade with a lubricant to keep snow from sticking.
 6. Stand with your feet apart slightly and bend your knees as you lift. Twisting your body while lifting can cause injury. Your feet should point in the direction you are lifting and throwing in.
 7. If it is cold outside, wear multiple layers for insulation, and so that you can shed layers if you become overheated.
- Enjoy the snow while it's here, and come see us for any minor aches and pains you may get along the way!

NEIGHBORHOOD PHARMACY COUPON — 20% OFF

**Bring in this month's copy of The Monthly Dose
and receive 20% off any over-the-counter item!**

Exp. Mar 2010



2204 Mt Vernon Ave
Alexandria, VA 22301

Tel: 703 836 1700

Fax: 703 836 1701

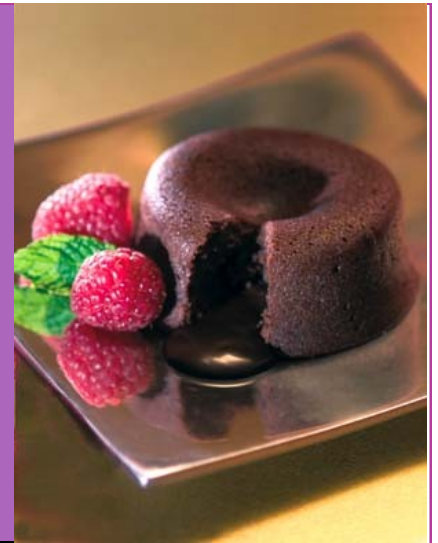
E-mail: stacey@delraypharmacy.com

E-mail: barbara@delraypharmacy.com

E-mail: allyson@delraypharmacy.com

Web: www.delraypharmacy.com

Caring for Our Community



OOZING CHOCOLATE LAVA CAKES FOR FOUR

6 oz semi-sweet chocolate

6 oz butter (diced, room temperature)

3 eggs

1/2 cup granulated sugar

1/3 cup flour

Four ramekins (butter for ramekins)

Preheat oven to 350°F

1. Melt chocolate on low flame in a double boiler.
2. Stir in diced butter, until it melts.
3. In another bowl, beat eggs and sugar until it starts to whiten.

4. Stir melted chocolate into egg & sugar mixture
5. Add flour to egg & sugar mixture.
6. Butter four individual ramekins (butter the bottom first and wipe the butter upwards to butter the sides) and pour in chocolate batter.
7. Bake for 10 minutes.
8. Tip ramekins upside down onto dessert plates and serve with your favorite fruit.

Feel free to adjust baking time for a firmer or more gooey center. Enjoy!

FEBRUARY IS AMERICAN HEART AWARENESS MONTH

About every 25 seconds, an American will have a coronary event.

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

Click [here](#) to read more about heart disease at the Center for Disease Control and Prevention's website.

WE  OUR NEIGHBORHOOD!