



November 2009

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Volume 1, Issue 3

Medicare Open Enrollment - November 15—December 31

The Monthly Dose

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

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

There are “many faces of diabetes.” Nearly 21 million children and adults in the United States are living with diabetes, and another 54 million people are at-risk. But those aren’t the only faces affected by diabetes. If you are a parent or loved one caring for someone with diabetes, your face is in the picture too.

Diabetes is more common in African Americans, Native Americans, Asian Americans, Hispanics/Latinos and Pacific Islanders. There is a strong link between diabetes and heart disease. Other complications of diabetes include vision problems, nerve damage and foot complications.

For many people, diabetes is a silent disease. The good news is that we can test for your risk and start treatment quickly.

Here are some symptoms of diabetes: frequent urination, excessive thirst, extreme hunger, and increased fatigue. One of the best ways to determine your risk for diabetes is to have your blood sugar tested periodically, especially if you have a family history of diabetes.

DID YOU KNOW? TURKEY’S EFFECT ON YOUR HEALTH

We have all heard that turkey makes you tired, especially after Thanksgiving dinner. But did you know that this myth is likely not true? Yes, there is an amino acid in turkey called tryptophan which can cause sleepiness, but your sleepiness after Thanksgiving dinner is more likely due to eating too much, drinking too much and not sleeping enough.

Truth be told, turkey is one of the healthy meats out there. One serving is only about 300 calories and is a staple of many health diets. So, don’t blame the turkey this year!





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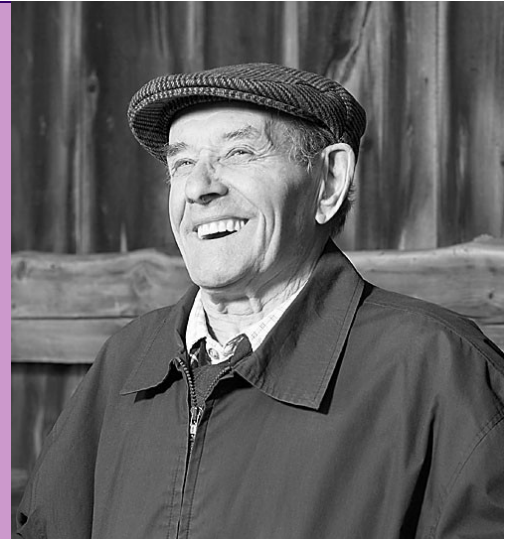
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Caring for Our Community



MEDICARE OPEN ENROLLMENT BEGINS—NOT JUST FOR SENIORS

On November 15, Medicare Part D open enrollment will begin again. While many TV commercials are directed towards seniors, many of us know that it is the children and grandchildren of seniors that will be called upon to evaluate Medicare plans. At Neighborhood Pharmacy we walk through all Medicare options with seniors and family members during the entire open enrollment season (November 15-December 31). Stop in today for details!

Important things to bring with you to the pharmacy:

- List of all medications (prescription and non-prescription)
- Current Medicare Part D prescription card
- Any financial assistance documents (from Social Security or Medicaid)

HEALTH TIP: MEDICATIONS DURING PREGNANCY

While you still can use many medicines when you are pregnant or nursing, it is best to do so with caution. Some drugs can harm your baby during different stages of your pregnancy. At these times, your doctor might tell you to stop taking your regular medicine until it is safe to go back on it. Your doctor may put you on a different medicine that is safer for your baby.

Don't take:

Aspirin—Don't take aspirin during the last three months of your pregnancy, unless your doctor tells you to. Aspirin can cause problems for your baby or cause problems when you are in labor.

Ibuprofen (Motrin, Advil)—Like aspirin, it may cause problems during the last three months of pregnancy and when you are in labor.

Products like herbs, minerals, amino acids—No one is sure if these are safe for pregnant women, so it's best not to use them. Even some "natural" products may not



be good for women who are pregnant or nursing.

Vitamins—Women who are pregnant should not take regular vitamins. They can contain doses that are too high.

If you have any questions about medications, give us a call at 703-836-1700. We are available Monday thru Friday 9 AM—7PM., Saturday 9 AM—2PM, and Sunday 10AM—1PM. After hours you can reach us at 571-217-2573.