

JULY

1001 W. Broadway
573-777-7333



1814 Paris Road
573-777-7373

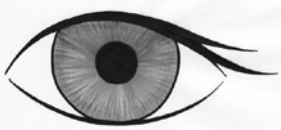
We will match any locally-owned competitor's price on compression garments.

Good Health is Just Around the Corner

Mon–Fri: 8:00 AM – 7:00 PM
Saturday: 8:00 AM – 4:00 PM
Sunday: CLOSED

www.dhdrugstore.com  

July is Eye Injury Prevention Month, Juvenile Arthritis Awareness Month, Park and Recreation Month and July 28th is World Hepatitis Day



Eye Injury Prevention Month
Preventing eye injuries is a matter of getting the right protective eyewear. Here are some things to know about eye injury and eye

protection. <http://www.geteyesmart.org/eyesmart/living/eye-injuries/preventing.cfm>

Most injuries occur in men and 44.7 percent of the injuries occur at home. More than forty percent of those injuries were due to home repairs, yard work, cleaning and cooking. Over one-third (34.2 percent) of injuries in the home occurred in the kitchen, bedroom, bathroom, living or family room and over 40 percent of eye injuries every year are related to sports and recreation activities.

Sun exposure can also injure eyes as well as dust or objects. When eye injury typically occurs, more than 78 percent of the people injured are not wearing eye protection.

Information on eye protection at home, work, or play: <http://www.geteyesmart.org/eyesmart/living/eye-injuries/protective-eyewear.cfm>

- Glasses, goggles or a face shield at home with ANSI Z87.1 marked on the lenses. This means that the protections meets the American National Standards Institute standard for eye protection.
- OSHA is in charge of eye protection at work and the appropriate eye protection to use. Most employment requires the same ANSI safety standard with the exception of welding that requires additional eye and face protection.
- At play, ASTM International formerly known as the American Standard for Testing and Materials regulates sports protective equipment. There are specific standards for different sports including racket sports, women's lacrosse, field hockey, baseball, basketball, hockey, paintball and skiing. The protection on the player's position or type of sport.

Juvenile Arthritis Awareness Month
http://www.arthritis.org/about-arthritis/types/juvenile-arthritis/?utm_source=google&utm_medium=cpc

Did you know that over 300,000 children have been diagnosed with Juvenile Arthritis?
It is one of the most common chronic illnesses affecting children, but the diagnosis is often missed. Joint pain, stiffness and swelling are the most common symptoms of JA, but early medical treatment can prevent serious damage to a child's joints. During July, get to know the signs and symptoms of juvenile

arthritis and understand that there is currently no cure. However there are new treatments that moderate and stop the progression of juvenile arthritis. This can prevent disability later on in life.



Park and Recreation Month

The National Recreation and Park Association is issuing a challenge this month. This July, you should get outside and "discover your super duper powers at your local parks and rec". The National Recreation and Park Association is on twitter at @NRPA_news and instagram at nrpa. They are only at <http://www.nrpa.org/july/>. Get out there and help celebrate 30 years of Park and Recreation month. **While you're at it don't forget and stop by D&H for the insect repellent and sunscreen!**



World Hepatitis Day (July 28th)
<http://tellmaps.com/?subject=-1137244687>

Viral hepatitis is one of the world's greatest health threats and affects over 500 million people worldwide.

Hepatitis refers to liver inflammation that is often caused by viral infection. There are five different types of Hepatitis virus (A, B, C, D & E) but only B, C and D can become chronic, leading to long-term damage to the liver. Chronic hepatitis is also the leading cause of liver cancer.

The Most common routes of transmission for hepatitis B or C viruses are the following:
<http://www.worldhepatitisalliance.org/en/viral-hepatitis>

- Blood transfusions and blood products using unscreened blood (in most developed countries blood has been screened since about 1990)
- Medical or dental interventions without adequate sterilization of equipment
- Mother to infant during childbirth
- Sharing equipment for injecting drugs
- Sharing straws, notes etc. for snorting cocaine
- Sharing razors, toothbrushes or other household articles
- Tattooing and body piercing if done using unsterilized equipment

If you suspect that you or someone that you know has contracted viral hepatitis, see a doctor. For prevention of hepatitis B, you will want consult a physician about receiving a vaccination.

Stop in this month & check out our Closeouts and mark-down items. A great way to SAVE!

**Looking for a great new pair?
We have \$10 off shoes in July**



July Dates to Remember

- | | |
|-------------------------|----------------------------|
| July 1-Canada Day | July 24-Amelia Earhart Day |
| July 4-Independence Day | July 26-Parent's Day |
| July 14-Bastille Day | July 30-Father-in-Law Day |
| July 22-Hammock Day | |



**Bug Bites & Skin Irritation
Driving You Crazy?
10% off All Anti-Itch**

July Dessert Idea – Gluten-Free

<http://www.loveandlemons.com/pavlovas-lemon-coconut-cream/>

Pavlovas with Lemon Coconut Cream

Serves: 8 4-inch pavlovas

Ingredients

Pavlovas:

- 4 large egg whites
- 1 cup fine white sugar
- 2 teaspoons cornstarch
- 1 teaspoon white wine vinegar
- ½ teaspoon vanilla
- pinch of salt

For the topping:

- solids from 2 cans full fat coconut milk, refrigerated overnight
- ½ cup sifted powdered sugar
- a few drops vanilla extract
- a few drops lemon oil
- 2 cups mixed berries & mint



Instructions

For the pavlovas, I followed the instructions from this recipe exactly (using an electric mixer to beat the egg whites). Let them cool to room temp before topping with the cream.

Make the coconut cream: remove your coconut milk from the fridge and carefully scoop the thick solid part off the top. Save the watery part for another use. Use an electric mixer to whip the coconut cream until fluffy. Add powdered sugar, vanilla and lemon and mix again.

Top pavlovas with a spoonful of coconut cream, berries and mint.

Serve immediately.



**Sunscreen & Lip Care
10% off in July**

New and Featured Items at D&H

Hydralyte Electrolyte Powder & Tablets

- Oral rehydration solution - prevention & relief
- Orange flavor
- 10 powder packets or 20 tablets



Easy Style Poncho

Coral/Turquoise

- Light & Airy
- One size fits most
- Hand wash




Band-Aids – Finding Dory

- 20 Adhesive Bandages-helps wounds heal faster
- Featuring characters from **Finding Dory**
- Two sizes included 10 each (3/4 x 3 & 5/8 x 2 ¼)
- Fun for Kids and Adults



Perform Pain-Relieving Gel & Roll-On

- Immediate Recovery Method
- Post-Workout & Activity Soreness
- Sprains & Strains
- Arthritis/Joint & Muscle Pain
- 4 oz. gel or 3 oz. roll-on

**Swim-Ear, Putty Buddies, & Ear Band-Its
15% off**

July Specials

		Reg. Price	Sale Price
	Hydralyte-Electrolyte Powder & Tablets 10 packets or 20 tablets	\$9.99	\$8.79
	Leader Instant Cold Pack 6" x 8"	\$4.99	\$3.89
	Perform Pain-Relieving Gel/Roll-On 4 oz. gel or 3 oz. Roll-On <i>From the Makers of BioFreeze</i>	\$13.49	\$11.89
	Band-Aids (20) Finding Dory	\$3.39	\$2.79
	New Skin Liquid Bandage .3 oz.	\$5.19	\$4.29

Broadway turned 60 years old on June 25, 2016.

**From Our Family to Yours,
Thank you for making us your
local pharmacy!**

