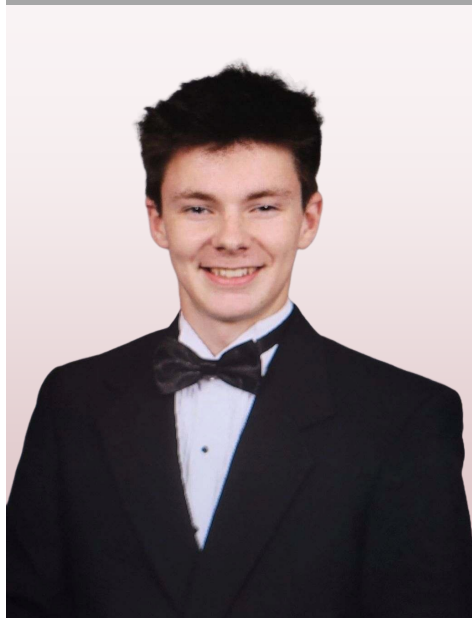


# Be Healthy, Stay Healthy NEWSLETTER



## MEET THE TEAM

### Noah Bockstie

Meet Noah, our newest customer care technician! Noah was born in Chambersburg and graduated from Waynesboro Area Senior High School. He is currently a freshman at Hagerstown Community College where he is a member of both the track and cross country teams. After graduating college, Noah plans to be an elementary school P.E. teacher.

When asked his favorite thing about working at the pharmacy so far, Noah replied, "I love the team so much. They're all unique and fun to work with."

Noah currently lives in Waynesboro with his parents, sister, and two cats. When he's not working or at school or practice, he enjoys running, gaming, and hanging out with his friends.

Be sure to say hi the next time you see him at the store!



## TAKE CARE OF YOUR ♥

February is the month of the heart for many reasons. Valentine's Day is the 14th, the holiday of love and the emotional heart. February is also designated as heart month by the Heart Foundation and the American Heart Association.

So why is there so much focus on the heart? Heart disease continues to be the number one cause of death in the U.S. It accounts for nearly one out of every four deaths in our country.

Having your cholesterol checked is one way of keeping tabs on your heart disease risk. Many patients with high cholesterol will say, "My bad genes are the cause of my high cholesterol, it's in my family." Yes, while genes play a role in your cholesterol level, the study below shows that even if your genes are not favorable, you can make changes to decrease your risk.

A 2016 study was published in the *New England Journal of Medicine* entitled "Genetic Risk, Adherence to a Healthy Lifestyle, and Coronary Disease". Here was the conclusion: across the study involving 55,685 participants, genetic and lifestyle factors were independently associated with susceptibility to coronary artery disease. Among participants at high genetic risk, a favorable lifestyle was associated with a *nearly 50% lower relative risk* of coronary artery disease than was an unfavorable lifestyle.

**There you have it, lifestyle modification can lower your risk by nearly 50%.** Making simple changes can prove big benefits in both cardiovascular and overall health. The promotion of healthy lifestyle behaviors that were listed in the study include not smoking, avoiding obesity, regular physical activity (at least once a week), and a healthy diet pattern. It really does not require a significant change to make a big difference in decreasing the risk.

Another simple change we recommend for heart health (if you don't eat much fish) is supplementing with fish oil.

**Omega-3 Fatty Acids**—Omega-3 fatty acids, primarily found in fish like salmon, mackerel, and sardines, play a critical role in promoting heart health. These essential fats are known for their anti-inflammatory properties, which help reduce inflammation in blood vessels and decrease the risk of atherosclerosis, a condition characterized by plaque buildup in arteries. Omega-3s help maintain the flexibility and function of blood vessels, ensuring smooth blood flow and reducing the risk of heart attack and stroke.

One of the most significant benefits of Omega-3s is their ability to lower triglyceride levels in the blood. Elevated triglycerides are a risk factor for heart disease. Additionally, Omega-3s have been shown to modestly lower blood pressure, further contributing to cardiovascular health. They also improve the balance between good (HDL) and bad (LDL) cholesterol, helping overall lipid profile optimization.

And just when you thought they were done, Omega-3 fatty acids also contribute to stabilizing heart rhythms. They have been shown to reduce the likelihood of arrhythmias, or irregular heartbeats, which can lead to serious complications such as sudden cardiac arrest. By addressing multiple pathways involved in heart health, Omega-3s emerge as a powerful ally in maintaining a healthy and resilient cardiovascular system.

If you already take an Omega-3 supplement, please read the "By the Numbers" article on page two. If you don't, we recommend Healthy Living Solutions' Ultra Omega-3 EPA + DHA 1000mg Softgels. **On sale for the month of February, buy one bottle, get one 50% off!** As always, let us know if you have any questions or concerns.

# FREE SEMINAR FOR WOMEN ONLY: FROM MENSES THROUGH MENOPAUSE



**DATE:** Thursday, February 20, 2025

**TIME:** 4:30pm

**SPEAKER:** Dr. Edward Fleming

**LOCATION:** Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Dr. Fleming is board certified in Family Medicine. He graduated from The University of Toledo College of Medicine (formerly Medical College of Ohio) then completed a Transitional Year Residency at Lehigh Valley Health System before completing his residency at Virginia Commonwealth University—Shenandoah Valley Family Medicine Residency.

He currently practices at MorningStar Family Health Center primarily at the Chambersburg office. There, he devotes his efforts toward a broad spectrum of outpatient family medicine, as well as using his training in Creighton Model FertilityCare & NaPro TECHNOLOGY, in the treatment of many fertility health issues. He is also undergoing training in functional medicine, through the Institute of Functional Medicine (IFM).

During this seminar, Dr. Fleming will discuss hormones in the context of overall health from menses through menopause. He will cover the benefits of natural hormones in the context of adrenal function, PCOS, and irregular/heavy menses, fertility, and menopause.

**Seating is limited. Please be sure to reserve your spot: [www.CarlsDrug.com/events](http://www.CarlsDrug.com/events) or 717-597-2426.**



## BY THE NUMBERS

After reading how Omega-3 fatty acids can have a positive impact on heart health (page one), you may be wondering if you are getting the full benefits from your diet and/or supplement. An Omega-3 Index test can measure the amount of EPA and DHA in your blood, specifically in your red blood cell membranes, to give you the answer.

When you take an Omega-3 Index test, it gives you a percentage. An Omega-3 Index of 8% or higher is ideal, the lowest risk zone. However, most consumers hover around 6% or below. And unfortunately in the U.S., most people are at 4% or below – the highest risk zone. **Being in the highest risk zone translates to a 90% higher risk of sudden cardiac death.**

Low Omega-3 levels are also associated with Alzheimer's, eye disease, hair thinning or loss, joint pain or stiffness, depression, inflammation, dry or irritated skin, and much more.

No matter how healthy you think you are, you should always know your number. We are now offering Omega-3 Index testing at Carl's Drug Store. Pick up your test today for just \$50. No prescription needed. Results come back in less than a week.



## WHAT'S IN THE BOTTLE?

Walk into any pharmacy or big box store, and you can easily be overwhelmed by the sheer number of vitamins and supplements available for purchase. That doesn't even take into account what's available online.

In addition to the number of supplements, study after study appears in the news showing discrepancies between what's on the label and what's in the bottle. One recent report looked at three memory supplements: two of them contained NONE of the active ingredient, and one of those contained unidentifiable chemicals that raise serious questions about its safety.

You have enough to worry about. When you come to Carl's Drug Store, you can rest assured that we have done the research for you. Our supplement specialists and pharmacists have reviewed the products we carry in our store to be sure they come from quality, trustworthy manufacturers.

In fact, we believe so strongly in the products we carry, that we offer a money back guarantee. If you are not satisfied with your vitamin or supplement, bring back the bottle with your original receipt, and we will refund your money.

**Feel better, be healthier, start now.**



LAUGHTER IS

THE BEST

MEDICINE

I may have Alzheimer's, but at least I don't have Alzheimer's.

Doctor, "What's the condition of the boy who swallowed the quarter?"

Nurse, "No change yet."

Did you hear about the fire at the circus? It was in tents.

Where do pirates get their hooks? Secondhand stores.

6:30 is the best time on a clock, hands down.

If attacked by a mob of clowns, go for the juggler.

What do you call a shoe made from a banana? A slipper.

# NON-PROFIT

*of the month*

## FIVE FORKS FOOD PANTRY

Anyone living in the Waynesboro or Greencastle school districts can visit the Five Forks Food Pantry for one order of food per household per month. The pantry is located in the upper parking lot of the Five Forks Brethren in Christ Church on Five Forks Road. The pantry has hours on Mondays, Wednesdays, and Fridays.

For more information visit [ffbic.org/foodpantry](http://ffbic.org/foodpantry) or call them at 717-762-2991.



## MIGRAINE PAIN

The numbers say it all:

- Migraine impacts over 37 million Americans and is the second leading cause of disability.
- One in four households in America has a member with migraine.
- Migraine is three times more common in women than men.
- The World Health Organization (WHO) places migraine as one of the ten most disabling medical illnesses on Earth.
- Migraine costs more than \$20 million each year in the U.S. due to direct medical expenses and lost productivity.

For patients who struggle with migraines, we recommend the following:

**LifeSeasons' Migra-T Tension Ease** was designed to help ease the discomfort without the side effects of pharmaceuticals using natural ingredients. This product helps with light and sound sensitivity and eases discomfort. It helps reduce the formation of compounds in the body that are often associated with migraines and helps ease symptoms by helping maintain blood vessel tone. Over time, it strengthens your body's defense against the onset of headaches. People usually start to notice progressively fewer and lower intensity headaches after taking it regularly for one to two months. Take two capsules every morning. (\$32.99 for a one month's supply)

**Akeaso's MigreLief** a triple action nutritional approach backed by multiple double-blind, placebo-controlled clinical studies showing sought after benefits that are key in successfully supporting neurological comfort. MigreLief provides comprehensive, synergistic nutritional support to teenage and adult migraine sufferers. Take one caplets every morning and one caplet in the afternoon or evening with food. Allow six to seven hours between servings. Many see benefits within a few days, continue daily use to maintain benefits. (\$30.13 for a one month's supply)

If you have questions, or would like more information, please don't hesitate to stop by or call. Our specialists would be happy to answer whatever questions you may have.

# THERAPY PUTTY CLASS



THURSDAY, FEBRUARY 27TH, 3PM

Biblical Education Center, 1542 Buchanan Trail East

Did you know that a strong or weak hand grip carries more than just social cues? It may also help measure an individual's risk for having a heart attack, stroke, or dying from cardiovascular disease. Working with therapy putty can help increase grip strength, improve fine motor skills, and relieve stress.

Join Sharon Smith as she shares valuable information, explains the science behind it, and instructs you through multiple hand exercises with putty. This class is designed to benefit men, women, and anyone who has noticed a decrease in their grip strength OR an increase in their stress levels.

The cost of the class is \$15 and includes a can of putty (the regular price of a 3.2oz putty). You will need to pay the \$15 in advance to reserve your seat.

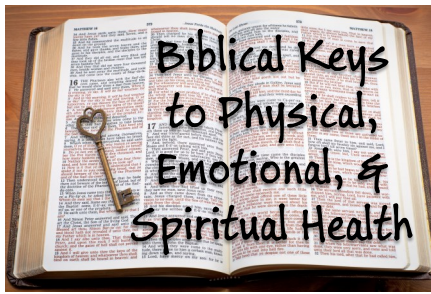
**Space is limited, stop by or call the pharmacy  
717-597-2426 to save your spot!**

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## MARK YOUR CALENDAR...

- Feb 1-15: Sock & Slipper Sale
- Feb 20: FREE Seminar: From Menses through Menopause (pg 2)
- Feb 27: Putty Class (pg 3)



## THREE GREAT THINGS TO DO

Rejoice, be patient, be constant.

*Romans 12:12 – Be joyful in hope, patient in affliction, faithful in prayer.*

# 20% OFF

FEBRUARY 1-15

## SOCKS & SLIPPERS

While supplies last.

\*These statements are culmination of the knowledge and experience of the team at Carl's Drug Store. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.



www.CarlsDrug.com  
(717) 597-2426

- Psalms 23:1

*The Lord is my shepherd,  
I shall not be in want.*

Return Service Requested

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