

SPRING

2016

Salvia (May night) is gorgeous alongside yellow blooms.



Spurge adds unique and striking colour to any spring garden.



If you or a loved one lives with an ostomy, feel free to visit Medical Arts' website: ostomyboutique.ca

AGING WELL

A NEWSLETTER FROM



PHARMACIE
MEDICAL ARTS
PHARMACY

Where aging well means everything

What is a water pill, exactly?

Water pills, or **diuretics**, help rid the body of excess fluid by increasing **urine production and elimination** when we use the bathroom.

Why are water pills important?

To answer that, let's take a couple steps back first.

Most of us have experienced excess fluid in the body in the form of swelling of the lower legs and feet. Maybe we sat too long in one position while watching TV or attending a social function.

Whatever the scenario, we know instinctively that swelling is out of the norm and undesirable. We also recognize that getting our shoes off and elevating or "icing" our legs is an effective way to help get rid of the fluid.

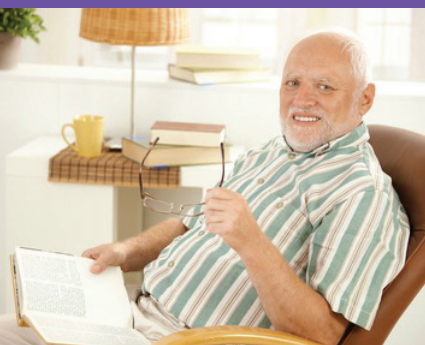
When doctors prescribe water pills (or diuretics) it is sometimes for persistent swelling (called edema) of the lower legs. But there are other



The pharmacists/owners of Medical Arts Pharmacy in Cornwall would like you to know that Medical Arts is a privately owned company that has been serving community families since 1956. In fact, in July 2016, Medical Arts celebrates its 60th anniversary.

important reasons too, including to lower blood pressure, manage liver or kidney diseases, or to treat congestive heart disease that may cause excess fluid buildup in the lungs.

But no matter the reason, if your doctor has prescribed a diuretic, it's important to take your water pill as directed.



Do you know there's a pharmacy right here in Cornwall that specializes in providing services to seniors residences?



IMPORTANCE OF USING SUNBLOCK YEAR ROUND

Scientific research supports the use of sunscreen all year round. And dermatologists often say we should apply sunscreen with the same diligence we use to brush our teeth. Remember, the sun's harmful rays are just as strong and harmful in winter as they are in summer, so it's important to reduce your risks of skin cancer and skin wrinkling when the temperatures drop. And don't forget to protect your lips and the tip of your nose.



PHARMACIE
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30 13th Street
613-933-0670
or

173 Montreal Rd.
613-932-6501

**In fact, Medical Arts Pharmacy is celebrating
60 years of serving the community in 2016.**

**You can easily become part of the
Medical Arts family and have your
prescriptions transferred to us.**

Just call, and we'll take care of the rest.

**Or, you can visit our website and fill out
a request form: medicalartsparmacy.ca**

- **FREE local delivery**
- **Drive-Thru service at 13th St.**
- **Locally owned and trusted since 1956**