

The ruby-throated hummingbird is a summer visitor that loves orange or red flowers.

AGING WELL

A NEWSLETTER FROM



PHARMACIE
MEDICAL ARTS
PHARMACY

Where aging well means everything



Great Blue Herons are always busy fishing in the waterways of SDG. They're quite a sight!

Shingles can be prevented

Most of us know someone who has had shingles, and we understand that it's a serious and painful skin infection.

The rash and blisters that characterize a shingles infection are caused by the same virus that causes chickenpox, which many of us who are over 50 years old experienced in childhood.

The point is, if we've ever had chickenpox, we are at increased risk for getting shingles.

But why?

Once we're infected with the virus that causes chickenpox (it's called varicella-zoster virus) it lies dormant in our body's nerve tissue, usually near the spine or the brain. Years later, the virus can reactivate itself and cause a shingles outbreak.

While the infection isn't life threatening, shingles can result in serious complications including:

- Blindness, if the outbreak occurs around the eye,
- Nerve pain, after the shingles infection has cleared, or
- Secondary skin infections (caused by bacteria) if the shingles blisters aren't properly treated.

The good news is that we can reduce our risk of getting shingles with a vaccine that can be given to people who are 50 or older. It's called Zostavax.

Zostavax won't "guarantee" that shingles won't occur because no vaccine can promise 100 percent protection. But if a person does get shingles at some point after being immunized, the shingles outbreak will be less severe and lower one's risk of nerve damage.

When a doctor gives a "medical directive" for Zostavax, our pharmacists can administer the shot.



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



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



HEAT STROKE IS A MEDICAL EMERGENCY.

Here are some signs and symptoms to watch for:

- Throbbing headache
- Dizziness
- Lack of sweating
- Red, hot, dry skin
- Nausea or vomiting
- Shallow breathing
- Fainting

Call 9-1-1 for help if you suspect heat stroke

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



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