

A NEWSLETTER FROM



PHARMACIE  
MEDICAL ARTS  
PHARMACY

*Where aging well means everything*



## Winter allergies are nothing to sneeze at

With fall allergy season behind us and spring a few months away, many of us look forward to some winter relief from symptoms unless we're sensitive to indoor moulds, dust, pets or wool.

Like pollen, these sources of winter allergies can cause inflammation of the mucous membranes inside the nose.

The medical term for this condition is **allergic rhinitis**, and its symptoms include sneezing, as well as a stuffy, runny or itchy nose.

**Nasal sprays help treat the inflammation** and there are two basic types of product:

- Sprays that can be purchased directly from our pharmacists, or
- Sprays that require a prescription from your doctor.

If your symptoms are **mild** to moderate, the pharmacist will possibly recommend an over-the-counter nasal spray but will probably encourage you to see your doctor for a prescription if your symptoms are moderate to **severe**.

Regardless of the nasal spray you might purchase or be prescribed, **the pharmacist will also help you learn the proper technique for using them.** Proper technique is important because it's closely tied to how effective treatment will be.

**Got your  
FLU shot?**



**We've got you covered!**



So, please don't suffer with winter allergies, especially if they're preventing you from sleeping or going to work or school.

**Remember, the pharmacist is always here to help!**



Amardeep Khaira, PharmD

## Medical Arts is proud to announce that pharmacist Amar Khaira has joined the team!

Dr. Amar Khaira – who holds a Doctor of Pharmacy degree from the University of Waterloo School of Pharmacy – joined Medical Arts in September 2018, rounding out the number of pharmacists serving community families to six. And when asked what he enjoys most about his work, Amar is quick to say, “Helping People.”

What he says he means is that pharmacists are qualified to solve certain kinds medication-related problems on-the-spot.

“It could be as simple as extending a medication for which there is no refill,

maybe a person or their child is having breathing problems, needs dose adjusted up or down, or a tablet changed to a liquid. It's situations like these where you can see people's facial expressions go from stressed to ‘Oh, you can do that!’”

Attracting great team members allows Medical Arts to deliver on its mission to be customer focused. That's why Harry Haramis along with his partners Josée Lemay and Suzie Pilon agree: “Our one-of-a-kind constellation of services is made better when we have the best people who share our commitment to care.”

## How does a flu shot help?

Flu season runs roughly from **Halloween to St. Patrick's day.** So if you haven't yet had a flu shot there's still time.

**Remember:**  
**You can't get the flu from the flu shot.**



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