



Health Newsletter

March 2011/Ed. 2

Tips for Checking Your Blood Pressure At Home

- Testing should be performed on an empty bladder, because a full bladder may provide inaccurate readings.
- Allow ample time to rest and relax prior to taking a reading.
- Do not smoke within 30 minutes or drink caffeinated beverages within 60 minutes of taking a reading.
- Do not talk or eat while taking a reading. Always wait at least 10 to 15 minutes after bathing before measuring BP.
- Before taking a reading, make sure the room is at a comfortable temperature.
- Prior to taking a reading, relax in a chair next to a table for at least 3 to 5 minutes, sitting straight with your back against the chair and legs uncrossed with feet flat on the floor. Rest your forearm on the tablet with the palm of your hand facing up.
- Roll up sleeve on your arm or remove any tight-sleeved clothing before applying cuff.
- If using an arm cuff, the arm should rest comfortably on a table to ensure that the arm is at heart level. Make sure that the cuff is fitted properly on the arm. It should be snug, but not tight enough to restrict blood flow.
- If using a wrist cuff, the wrist should be positioned at heart level by placing pillows under the arm.
- Take 2 readings at least 2 minutes apart to confirm the accuracy of results.
- Routinely check batteries on electronic models and store the monitor properly.
- Keep a record of your readings to discuss with your doctor.
- Compare your results and discuss any concerns or inconsistencies with your health provider.
- Check BP monitor at least annually to ensure accuracy.

See Healthier Skin Without a Prescription

Created by pharmacists, Rx Solutions is the most advanced treatment for improving your skin you can get without a prescription. Through years of extensive research, the team at Rx Solutions created products that can correct the signs of aging, reduce wrinkles, shrink pores and restore your skin's natural radiance. Their five custom therapies have been designed to meet the specific needs of your age and skin type. No prescription required.

For more information on this innovative skin care line stop by Hawthorne Pharmacy's West Columbia location.

Just in time for Allergy Season

Popular allergy medication Allegra will be available without a prescription beginning March 4! For more information on how to treat your allergies this spring, talk to a pharmacist at one of our **5 convenient locations!**

March is Colorectal Cancer Awareness Month

It is estimated that this year over 142,500 people will be diagnosed and nearly 51,400 people will die of colorectal cancer. With certain types of screening, the cancer can be prevented.

For more facts and information on screening and prevention visit www.preventcancer.org/colorectal.

American Diabetes Alert Day

American Diabetes Alert day is March 22

The American Diabetes Association Alert Day is a one-day "wake-up" call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

For more information visit www.diabetes.org.

Visit Hawthorne Pharmacy at www.hawthornesc.com