

Andes

HealthMart
PHARMACY

Caring for You and About You

THE PHARM REPORT

Migraines

The whole subject of headaches is confusing to most people. “Do I have a migraine or a sinus headache? What about my tension headaches?”

If you are frustrated that your headaches are not under control, you are not alone.

All headaches arise from a single mechanism or source. This mechanism produces other symptoms like dizziness, stiff neck, sinus congestion and many more.

Misdiagnosis leads to mistreatment, which leads to failure, confusion and frustration.

The Myth Of The Sinus Headache

Migraines can cause blood vessels in your nose and sinuses to become swollen and inflamed. The swelling and inflammation of blood vessels produces congestion, pressure, stuffiness, postnasal drip, and pain: a so-called “sinus headache”.

For more information about headache relief, check out the book *Heal Your Headache* by David Buchholz, MD.



MEET ANDES PHARMACISTS!

This month, we feature Amy whose career at Andes HealthMart Pharmacy started 24 years ago when she was hired as a pharmacy technician. Amy graduated from St. Louis College of Pharmacy in May of 1993. Amy has been a pharmacist for 22 years.

cation questions and needs. Amy is looking forward to many more years of serving the Andes HealthMart Pharmacy customers.

AMY'S PRODUCT PICK

When Amy has a migraine, she chooses the *WellPatch Migraine Cooling Patch*.

WellPatch helps relieve the pain of headaches. It helps constrict the blood vessels close to the skin surface, which allows less blood to flow into the brain, relieving the pain.

Amy says she discovered the cooling patch about a year ago and it has helped her manage the pain of her headaches.

It's drug-free and safe to use with other medications. When the patch is applied to the forehead or neck, it provides 8 hours of cooling pain relief. Amy says it helps her get the pain of a headache under control so she can fall asleep fast.



What Amy enjoys most about being a pharmacist is interacting with the customers and helping them with their medi-

APRIL EVENTS

- 3 Murder Mystery Dinner at Tuscan Hills Winery.
Andy Rueter, 7 PM. Tuscan Hills Winery.
- 4 Lake Sara Dam Run 10 AM.
- 8 *Alexander & the Horrible, No Good Very Bad Day* 10 AM (K - 3rd grades) Effingham Performance Center.
- 13 Diabetes Support Group 5:30 PM
St. Anthony Hospital Auditorium.
- 16 Heart Saver CPR AED (Automatic External Defibrillator) 6:30 PM
St. Anthony Hospital Auditorium.
- 18 City Wide Garage Sales.
- 21 "Eat at Mom's" Breastfeeding Class, 6:30 PM. St. Anthony Hospital Auditorium.
- 25 **Andes HealthMart Blood Drive**
10 AM - 1 PM.
- 29 Breastfeeding Support Group, 5 PM.
Women's Wellness Center.

A RECOMMENDATION FROM OUR HEALTHCARE COMMUNITY

Nikki Suckow, PA-C, with the Effingham Ob - Gyn Associates, recommends the **Better Binder Maternity Belt** because it helped her hip and joint pain during pregnancy. Nikki was introduced to the belt by a physical therapist.

The belt provides extra support to the abdomen, hips and joints during pregnancy. The **Better Binder Maternity Belt** can also be worn postpartum for continued support. Nikki recommends the belt both personally and professionally.



Available in
several sizes at
Andes Health
Mart Breastfeed-
ing Supply Center.

APRIL IN-STORE SPECIAL

Kathy's Family 100% ORGANIC HEALING LOTION



Hypoallergenic
Fragrance Free
All Natural

SOMETHING YUMMY!

Fresh Carrot Cake

Ingredients

1^{1/2} C corn oil
1^{3/4} C sugar
3 eggs
2 C all purpose flour
2 tsp baking soda
1 tsp salt
2^{1/2} tsp cinnamon
1^{1/2} tsp vanilla extract
2 C peeled & grated carrots
1 C chopped walnuts
1/2 C flaked coconut
1 can (8 oz) crushed pineapple (drained)
Cream Cheese Icing (recipe follows)
Grated carrots and chopped nuts to garnish

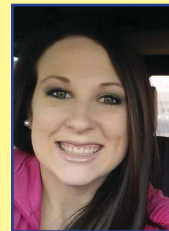
Prep Time 30 min
Bake Time 1 hr

Beat together corn oil, sugar and eggs until well combined. In a separate bowl, sift together flour, baking soda, salt and cinnamon. Beat into the oil mixture. Stir in vanilla. Mixing well. Add carrots, walnuts, coconut and pineapple. Mix until well blended. Pour batter into a greased and floured 9" - 10" bundt cake pan.
Bake at 350° F for about 1 hour or until a tester inserted in the middle comes out clean.

Cool on a cake rack. Remove from pan and frost with cream cheese icing.

MEET OUR PHARMACY TECHS

My name is Chelsea Koenig. I am a Certified Pharmacy Technician. I am married to Kenny Koenig and we have two children: Keagyn and Kamden. We also have three fur babies: Symba, Jayda and Izzy.



I have been employed at Andes Health Mart for almost 6 years. The Andes are wonderful people and take care of their employees and customers any way they can. Chip, Michael and the other pharmacists always go above and beyond to take care of customers, too.

FUN THINGS TO DO WITH EMPTY PILL BOTTLES!

Mini Ice Packs!

Just fill the empty pill bottle(s) with water, leaving at least 1/4" at the top. Freeze uncapped. As water freezes, it expands and could crack the pill bottle if the lid is screwed on tight.



Fresh Carrot Cake, cont.

Garnish with grated carrots and chopped walnuts.

Cream Cheese Icing

2 - 8oz packages
cream cheese
1^{1/4} C powdered
sugar
1 tsp vanilla
Cream ingredients
together until smooth.

Tip: prepare only a half-recipe if you would like a lighter coating.



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