

HealthyBy Choice

...One Day at a Time

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2016 Alcohol Awareness Month

“Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use”

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) and ProCare Rx want parents to know that progress is being made in the struggle to address underage drinking in our community. Research shows that kids who learn about the dangers of underage drinking from their parents are up to 50% less likely to experiment than kids who don't.

If you think your child is drinking just to “have a good time,” think again: many kids drink alone because they are bored or depressed. This puts them at greater risk for developing alcohol-related problems later in life. So talk to your kids – get to know them. Even though most teenagers know that you should not drink and drive, nearly a third still accept rides from drivers who have been drinking.

Talk Early, Talk Often

The need to provide meaningful education on the dangers of underage drinking and drug use has never been greater. It can be daunting to talk with your children about drinking and drug use, but it will be well worth the effort you put into it. As a parent you can be a primary source of positive and reliable information and it is important to take advantage of “teachable moments.” It's not so much about “the big talk,” but about being there for them when the issues come up -- on TV, at the movies, on the radio, about celebrities or sports figures, or about their friends. Don't miss your opportunity to teach your kids. If you do, they will get their information from the media, the internet or other sources that not only misrepresent the potential negative impact of alcohol and drugs but actually glorify their use! You have more influence over your kids' attitudes and decisions about alcohol than you think. So start early!

Here are some basic guidelines to assist you:

Listen Before You Talk -- Encourage Conversation: As parents we want to have “all the answers.” And, sometimes we are so anxious to share our wisdom – or our opinion – that we don't take the time to listen. For kids, knowing that we are really listening is the most important thing we can do to help.

Talk to Your Child and Ask Open Ended Questions: Talk to your child regularly – about their feelings, friends, activities. As much as you can. Try to avoid questions that have a simple “yes” or “no” answer.

Be Involved: Get to know your child's friends and continue to educate your child about the importance of maintaining good health – psychological, emotional and physical.

Set Expectations, Limits and Consequences: Make it clear that you do not want your child drinking or using drugs and that you trust them not to. Talk about possible consequences, both legal and medical, and be clear about what you will do if the rules are broken.

Be Honest and Open: Care about what your child is going through as they face and make decisions that will affect their lives now and for the future.

Be Positive: Many parents have discovered that talking about these issues with their children has built bridges rather than walls between them and have proudly watched those children learn to make healthy, mature decisions on their own.

Family History: Both research and personal experience have clearly documented that addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you have a family history of problems with alcohol or drugs, be matter of fact about it, as you would any other chronic disease, such as heart disease, diabetes or cancer.

If you choose to drink, have only a moderate (limited) amount. This means:

- No more than 1 drink a day for women
- No more than 2 drinks a day for men

One drink is a:

- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

Drinking only in moderation or not drinking at all can help you:

- Lower your blood pressure
- Lower your risk of injury, heart disease, stroke, some types of cancer, and liver problems
- Lose weight



Talk...Stay Aware...It Makes a Difference!



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Distracted Driving Awareness Month

Hands Free is NOT risk-free

Almost 80% of American drivers believe hands-free devices are safer than handheld devices. ***But that is just not the case.*** More than 30 studies show hands-free devices are not safer because the brain remains distracted by the conversation. While on a cell phone, drivers can miss up to half of what's around them, such as traffic lights, stop signs and pedestrians.

The ringing of a phone or pinging of a text creates irresistible urges for many people to answer the call, read the message or respond.

To avoid these temptations:

- Turn off/silence your cell phone before driving
- Place it in the trunk or glove box to avoid temptation
- Pre-set your navigation system and music play lists before driving
- Schedule stops to check voicemails, emails & texts
- Set special ring tones for important incoming calls & pull off to a safe place to take them
- Tell coworkers, friends and family not to call or text you when they know you are driving
- Install an app on your phone that disables it while your vehicle is in motion
- Ask a passenger to answer incoming calls and to say, "You'll call back when not driving."



Positive side effects of not using a phone while driving:

- More likely to arrive safely at your destination
- Feeling more relaxed; some of our best ideas and solutions come when we are at ease
- Not letting your phone control you
- Being able to have conversations with your passengers
- Avoiding crashes and their associated costs — doctors visits, auto repairs, court fees



Nothing is as important as arriving safely!



Call 800-662-0586 for great monthly specials!

ProCare PharmacyCare Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530207	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530063	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530211	Calcium 600 + D	21ST Century	400	TB	\$8.29
	530057	Calcium Citrate + D	Citrical	120	TB	\$6.99
	530028	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	715474	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	774428	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	ProSight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



501162



501161



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501021



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