



November 2015
HEALTH NEWS

Promotions are good from 11-01-15 through 11-30-15

Richlands Pharmacy
 2625 Front Street
 Richlands, VA. 24641

Gestational Diabetes

Gestational diabetes is a type of diabetes that develops during pregnancy. This condition causes high blood sugar that can affect your pregnancy and your baby's health.

Managing your gestational diabetes is very important in preventing a difficult birth and keeping you and your baby healthy. Babies born to mothers with uncontrolled gestational diabetes can be overly large at birth, making delivery more dangerous. Babies born to mothers with gestational diabetes can also have breathing problems. Moreover, children exposed to diabetes in the womb are more likely to become obese during childhood and adolescence, and develop type 2 diabetes later in life.

If you have gestational diabetes your blood sugar will usually return to normal soon after your baby is born. However, women who have had gestational diabetes are at higher risk for developing type 2 diabetes later in life, so healthy eating, physical activity, and weight maintenance are important steps to prevention.



\$6.49

Percogesic
 Pain Relief
 50 Tablets



- Percogesic**
- Extra Strength Caplets, 40 ct..... **\$6.49**
 - Backache Relief Caplets, 48 ct..... **\$7.29**

\$10.99

Recovery
 Skin Relief Lotion
 for Body, Hands
 and Feet
 3.75 oz



\$1.69

- Halls**
 Throat Drops
- Defense, 30 ct
 - Breezers, 25 ct
 - Sugar Free Defense, 25 ct
 - Sugar Free Breezers, 20 ct
 - Triple Soothing Action, 30 ct



\$6.09

Robitussin
 Children's, 4 fl oz

- Cough Formula
- Cough & Congestion
- Cough & Cold



Robitussin
 Peak Cold, 4 fl oz

- Nighttime Multi-Symptom
- Cough & Congestion

\$7.19

Robitussin
 Peak Cold, 4 fl oz

- Multi-Symptom
- Maximum Strength



\$9.99

Eucerin
 Diabetics' Dry Skin Relief
 Body Lotion, 16.9 fl oz

- Eucerine**
 Diabetics' Dry Skin Relief
- Foot Creme, 3 oz..... **\$4.39**
 - Body Creme, 8 oz..... **\$6.79**
 - Body Lotion, 16.9 fl oz..... **\$9.99**





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FREE

Alzheimer's Signs and Symptoms

Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease. Some people with memory problems have a condition called mild cognitive impairment (MCI). People with MCI have more memory issues than normal for their age, but their symptoms do not interfere with their everyday lives. Movement difficulties and problems with the sense of smell have also been linked to MCI. Older people with MCI are at greater risk for developing Alzheimer's, but not all of them do. Some people with MCI may even return to normal cognition.

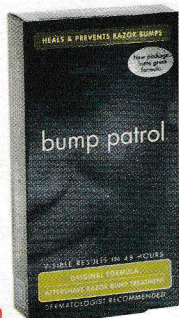
The first symptoms of Alzheimer's vary from person to person. For many, decline in non-memory aspects of cognition, such as word-finding, vision and spatial issues, and impaired reasoning or judgment, may signal the very early stages of Alzheimer's disease.

Researchers are studying biomarkers (biological signs of disease found in brain images, cerebrospinal fluid, and blood) to see if they can detect early changes in the brains of people with MCI and in cognitively normal people who may be at greater risk for Alzheimer's. Studies indicate that such early detection may be possible, but more research is needed before these techniques can be relied upon to diagnose Alzheimer's disease in everyday medical practice.



\$7¹⁹

Bump Patrol
Razor Bump
Aftershave Treatment



Bump Patrol
Razor Bump Treatment
• Cool Shave Gel, 4 oz..... **\$3.79**

\$1⁰⁹

Stride
Sugar Free Gum
14 Pieces



Stride
Sugar Free Gum
• Assorted Flavors, 14 Pieces.....**\$1.09**
• Stride Spark, 14 Pieces.....**\$1.39**

\$6⁷⁹

Debrox
Earwax
Removal Aid
0.5 fl oz



\$20⁴⁹

CareFine™ Pen Needles Promise
Comfort, Quality and Affordability



CareFine
Pen Needles
• 6 mm, 31G, 100 ct
• 8 mm, 30G, 100 ct
• 12.7 mm, 29G, 100 ct

\$23⁹⁹



CareFine
Pen Needles with Quintapoint Technology
• 4 mm, 32G, 100 ct
• 5 mm, 32G, 100 ct
• 6 mm, 32G, 100 ct
• 8 mm, 31G, 100 ct



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\$10⁴⁹

Mucinex

Sinus-Max or Fast-Max Assorted Formulas
20 Caplets

Mucinex

Sinus-Max or Fast-Max Liquid Gels
• Assorted Formulas, 16 ct\$10.49
• Day & Night, 24 ct.....\$13.99



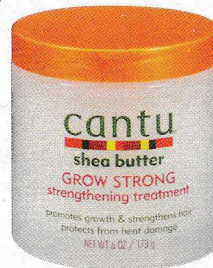
\$4⁹⁹

Cantu

Grow Strong Treatment, 6 oz

Cantu

Shea Butter
• Oil Sheen Spray, 10 oz.....\$4.99
• Leave-In Repair Cream, 16 oz\$5.99



\$5⁹⁹

Twisted Sista
Curl Activator
5.07 fl oz

Twisted Sista

• 30 Second Curl Spray
• Straightening Blow Dry Cream



\$4⁷⁹

Advil PM

Pain Reliever and Nighttime Sleep-Aid
• 20 Liqui-Gels.....\$5.99
• 20 Caplets.....\$4.79

• 20 Liqui-Gels.....\$5.99
• 40 Caplets.....\$7.79



\$13⁴⁹

Airborne

Everyday Immune Support
• Gummies, 50 ct
• Chewables, 50 ct
• Tablets, 60 ct

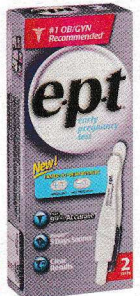


\$9⁷⁹

E.P.T.
Early Pregnancy Test Analog Test, 2 ct

E.P.T.

Early Pregnancy Test
• Analog Test, 3 ct.....\$12.99
• Digital Test, 2 ct.....\$12.99



\$1⁷⁹

Ricola

Throat Drops
• Regular, 24 ct
• Sugar Free, 19 ct
• Natural Herb, 21 ct



\$2¹⁹

Ricola

Throat Drops
• Dual Action, 19 ct
• Extra Strength, 19 ct
• Revitalizing Herb, 18 ct



\$6²⁹

Ecotrin

Aspirin Tablets
• Regular, 125 ct
• Low Strength, 150 ct



\$6¹⁹

Africa's Best
Dual Conditioning No-Lye Relaxer



\$4⁰⁹

Excedrin

Extra Strength or Migraine Geltabs
• 20 ct.....\$4.09
• 80 ct.....\$10.09



\$8⁶⁹

Futuro

Wrap Around Ankle Support Sm, Md or Lg



\$2⁹⁹

Sundown Naturals
Magnesium
100 Caplets



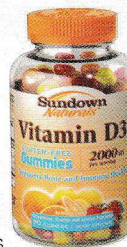
\$4⁹⁹

Sundown Naturals
Chromium Picolinate
100 Tablets



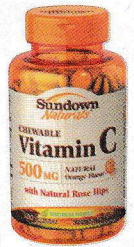
\$6³⁹

Sundown Naturals
Vitamin D3
90 Gummies



\$7³⁹

Sundown Naturals
Vitamin C
100 Tablets





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\$279

Colgate Toothpaste



- Cavity Protection, 6.4 oz
- Tartar Protection, 6.4 oz
- Baking Soda & Peroxide, 6.4 oz

\$369

Colgate Total Advanced Pro-Shield Mouthwash 16.9 fl oz



\$339

Clear Eyes Contact Lens Multi-Action Relief 0.5 fl oz



- Clear Eyes Eye Drops, 0.5 fl oz
- Outdoor Dry Eye Protection \$3.99
- Complete 7 Symptom Relief \$4.99

\$359

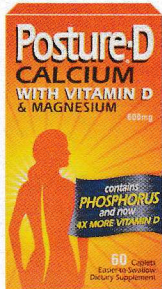
Clear Eyes Eye Drops, 0.5 fl oz



- Itchy Eye Relief
- Redness Relief
- Clear Eyes Cooling Comfort Eye Drops, 0.5 fl oz
- Itchy Eye Relief \$3.99
- Redness Relief \$3.99

\$999

Posture-D Calcium with Vitamin D & Magnesium 60 Caplets



\$799

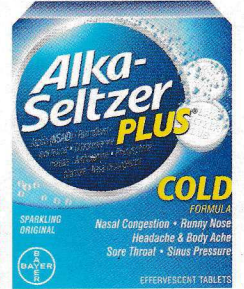
Stresstabs 60 Tablets



\$479

Alka-Seltzer Plus Cold Formulas, 20 ct

- Cold Tablets \$4.79
- Cold & Cough Tablets \$5.49
- Day & Night Cold Tablets \$5.49
- Cold & Cough Liquid Gels \$5.49



\$719

Nexcare Tegaderm Sterile Dressings



\$399

Ace Elastic Bandage with Clips



\$829

Zantac 75 Tablets, 30 ct



\$639

Murine Ear Wax Removal, 0.5 fl oz



\$679

Delsym Cough Relief



\$1109

Nexium 24 Hour Heartburn Relief



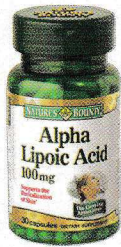
\$699

Nature's Bounty Cinnamon Plus Chromium 60 Capsules



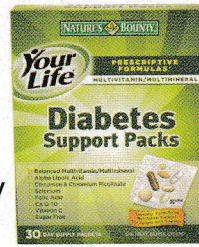
\$849

Nature's Bounty Alpha Lipoic Acid 30 Capsules



\$1509

Nature's Bounty Diabetes Support 30 Day Supply



\$3199

Nature's Bounty Co Q-10, 200 mg Extra Strength 45 Softgels

