

# Landmark Pharmacy



## 3 REASONS WHY SCREENING IS SO IMPORTANT

Women, are you due for a breast screening?  
Read why you should not wait any longer!

1) **Regular breast screenings can help you find cancer early.** When you find it early, it is easier to treat. So it makes sense to get regular screenings. Do it for the people you love the most.

2) **It won't cost you any money.** Cancer screenings are covered at no cost to our members.

3) **Mammograms are safe.** They do not take long. Are you worried about being uncomfortable? Ask your doctor for tips to help you feel better.

Women who are 40 and older need a mammogram every year. Women in their 20s and 30s need a breast exam every three years. Begin self breast exams at 20. Do you want help making an appointment?



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# YOUR ASTHMA PLAN

**Don't feel overwhelmed by your asthma.  
Just focus on these three tasks.**

If you have asthma, you know it's a long-term condition. You have to take care of your asthma everyday. Here are the most important ways to take care of your asthma:

## TALK WITH YOUR DOCTOR

Your doctor can help you understand your asthma. You and your doctor

will create a plan to control your asthma. Ask questions if you do not understand the plan.

## KNOW YOUR TRIGGERS

Do smoke, animals, dust or weather cause your asthma attacks? Try to avoid things that irritate your asthma. Ask family to smoke outside. Use anti-allergy sheets for your bed. Keep animals out of your bedroom.

## UNDERSTAND YOUR MEDICATION

Most people who have asthma use both a long-term "control" medicine and short-term "relief" medicine. Make sure you know when and how to use your medication. Get tips on how to properly use your inhaler at our Facebook page:

**[facebook.com/sunrisefamilypharmacy](https://www.facebook.com/sunrisefamilypharmacy)**

## HOW TO Live Well With COPD

- There is no cure for chronic obstructive pulmonary disease [COPD]. But small changes in your lifestyle can help you feel better and breathe easier:
- Take your medication. Set an alarm if you need a reminder.
- Keep your home free of smoke. Quit smoking. Wipe away dust often. COPD gets worse if you're around smoke, dust or fumes.
- Move slowly. Put items you use often within reach. Use a small cart to move heavy things, or ask for help.
- Get an OK from your doctor before you begin light exercise for five to 10 minutes each day. Try to work up to 20 to 30 minutes, two to four times a week.
- Eat lots of fruits, vegetables, lean meats and whole grains, plus any supplements your doctor recommends.

## READY TO QUIT?



Learn more about quitting smoking at

[www.landmarkpharmacy.com](http://www.landmarkpharmacy.com)

Or call for information about Smoking Cessation,

**9084129400**





- ▶ Excessive weight impaires you physical shapliness
- ▶ Increase possibility of manifold diseases
- ▶ formation of fatty liver by accumulating/storing triacylglycerol in the liver that incereases possibility of cirrhosis

## Get Health Tips on



BY DIANA E. WEAVER, MD, FAAP

# How to Care for Kids Who Have Asthma

## What is asthma?

Asthma is a lung disease. It happens when a child's airways are sensitive to "triggers." Triggers may include viruses, exercise, smoke, animal dander, cold air, pollen, mold, roaches and dust. These things can lead to coughing [especially at night], shortness of breath and tightness in the chest. When the muscles around the airways tighten and cause wheezing, a child is having an asthma attack.

## How is asthma treated?

Two kinds of medications can help asthma:

- Daily preventive medications that treat swelling in the airways.
- Quick relief medicines [called "bronchodilators"] that treat the symptoms of asthma, like the tightening of airway muscles.

Make sure your child always takes their daily preventive medication. If your child is using quick relief medications a lot, talk with your child's doctor. The doctor may suggest a different medication to reduce asthma symptoms.

## What else can help my child?

Ask your doctor about asthma programs in your area. They teach parents and kids about asthma, how to avoid triggers and how to use medications the right way.





# MOMMY MATTERS

## When to see your doctor before and after delivery.

Being pregnant means learning to take care of your baby. You eat right. You do not smoke. You do not drink or use drugs. You are helping your baby grow healthy inside of you. Becoming a mom also means taking extra care of you. The best way to do this is to keep up with prenatal and post partum doctor's visits.

Before your baby is born: Prenatal visits give your doctor a chance to check that you are staying healthy. They are also a good time for you to ask questions. As soon as you think you are pregnant, make an appointment with your doctor.

Your doctor will want to see you:

- About once a month from weeks four through 28.
- Twice a month for weeks 28 to 36.
- Every week from week 36 until birth.

### After your baby is born:

A postpartum visit with your doctor usually occurs six weeks after giving birth. Your doctor will check your healing and overall health. Ask questions. You might want to discuss one of these common topics:

- Constipation
- Urinary incontinence
- Vaginal discharge
- Cuts that won't heal
- Mood swings and depression
- Having sex
- Birth control

# GET REMINDERS ABOUT VACCINES

For more information please visit

or go to our website

<https://www.landmarkpharmacy.com>

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## TRY THIS: NUTRITIOUS Fruit Salad



Celebrate the warmer months by visiting one of the city's many farmers markets and then making this tasty fruit salad. Visit [grownyc.org](http://grownyc.org) to locate a market near you.

- 1 mango
- 1 banana
- 1 cup strawberries
- 1 orange
- 1/4 tsp. chili powder
- 1 tsp. [lime juice
- 1 tsp of honey



Slice the mango, banana, strawberries and oranges. Mix in a bowl with the chili powder, the lime juice and the honey. Serve chilled.

Serves: 2

### NUTRITION INFORMATION PER SERVING:

Calories: 190  
Total fat: 1 g  
Saturated fat: 0 g  
Protein: 2 g  
Carbohydrates: 48 g  
Cholesterol: 0 mg  
Dietary fiber: 7 g  
Sodium: 5 mg





# TELL US WHAT YOU THINK



The survey will ask you a few questions for your perspective and choices on how happy you are with our service.

1. **LOOK** for your survey to come in the mail.
2. **FILL** in the information as soon as possible.
3. **FOLLOW** the instructions for returning it to:

Landmark Pharmacy  
345 Somerset St  
North Plainfield  
New Jersey-07060  
Phone No :9084129400

Your feedback is important to us!



## YOUR INPUT WOULD BE GREATLY APPRECIATED

