

THINK act be healthy



September is Arthritis Awareness Month

What Is Arthritis?

Arthritis is a term that covers more than a hundred different conditions. The word itself means “joint inflammation,” and inflammation of the joints is a common sign of the disease. Inflammation is a natural body reaction, but when it lasts for a very long time or keeps coming back—as in arthritis—it can lead to tissue damage.

The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis occurs when the cartilage that covers the bone ends gradually wears away. Without the cartilage to provide protection, the bone ends rub against one another, and the friction causes pain and swelling. Osteoarthritis can occur in any joint, but it is most common in the hands and in the joints that bear the body’s weight, such as the knees, hips, and small joints in the spine.

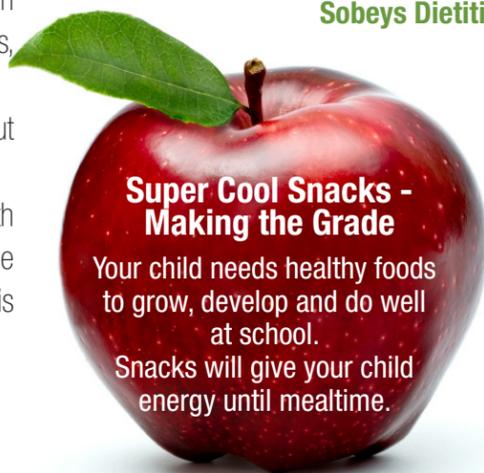
Rheumatoid arthritis is a condition in which the immune system (the body’s defence system against diseases) malfunctions and attacks the body’s own structures, causing the joints to swell. The inflammation generally affects the cartilage and bone, but in some cases may also affect other body parts including the eyes, skin, and nerves.

Rheumatoid arthritis can affect any joint in the body, but it is found most commonly in the hands, wrists, and knees.

Treatments are available to lessen the discomfort of both of these types of arthritis, so don’t suffer in silence. Your PROfile pharmacist will be happy to answer your questions about arthritis treatments.

Food for Thought

Sobeys Dietitians Have a World of Healthy Ideas for You



Super Cool Snacks - Making the Grade

Your child needs healthy foods to grow, develop and do well at school.

Snacks will give your child energy until mealtime.

A-Plus Snacks

- Raisins and Cheddar cheese (helps prevent cavities)
- Oatmeal cookie and Apple
- Vegetables with dip (send in separate containers)
- Popcorn and Grapes
- Dry cereal and Milk from school milk program
- Yogurt drink and Gingersnaps
- Dry cereal and a few raisins, chocolate chips and sunflower seeds and 100% pure juice
- Plain granola bar (not dipped in chocolate) and a Peach
- Melon and Cheese cubes
- Crackers with Soy nut butter
- Pretzels with Salsa

What’s your **PRO**file?



We have many programs and services to complement your prescription and help you manage your family’s medication and health care needs

Talk to your PROfile Pharmacist for more details

Sobeys Pharmacy

Lawtons DRUGS

pharmacy Price at Costco

Sobeys Pharmacy By Mail

Body & Mind

“Life is like riding a bicycle. To keep your balance you must keep moving.”
- Albert Einstein

Daily Steps to Health

- Be tobacco free
- Be physically active
- Eat a healthy diet
- If you drink alcohol, drink only in moderation

Source: Agency for Healthcare Research and Quality (www.ahrq.gov)

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

THINK Act Be Healthy Is Brought To You By

MHCSI
The Pharmacy Benefits Specialists.