

A GOOD NIGHT'S SLEEP



There are many patients who have trouble getting to sleep at night which can negatively affect a patient's health and quality of life. Adopting healthy sleep habits may help a patient get to sleep easier and may eliminate the need for sleep medications. Some habits that you may want to encourage your patients to adopt are as follows;

- Try to go to bed and wake up the same time every day to establish a pattern for your mind and body to expect.
- Set up a pre-sleep 'ritual' such as reading or listening to (mellow) music before going to bed to help get your mind ready for rest.
- Try to avoid naps.
- Get regular exercise daily (but not right before bedtime!)
- Avoid caffeine, nicotine, and alcohol 4-6 hours before bedtime.
- If you lay in bed for 20 minutes or longer trying to fall asleep, get out of bed and engage in a relaxing activity until you feel sleepy and try again.
- Avoid having a television in the bedroom.
- Cool (not cold) room temperatures are often best for sleep.
- Try to eliminate distracting noises if possible; use earplugs or run a fan for white noise to help create a quiet environment.

FITNESS TIP: BALANCING ACT

Good balance is important for all age groups. However, as we get older balance becomes essential to ward off life threatening injury. Good balance can also increase your confidence while engaging in the activities you love. Try the exercises explained below each day to increase your confidence and balance.

Stand behind a chair with a sturdy back and hold on to it. Bend one of your legs at the knee and hold this position to the count of 30. Switch legs and hold again. Repeat this on each leg 3 times.



Standing behind the same chair and holding onto the back of the chair, squat down bending at the knee. Hold this squatting position for 30 seconds. Repeat 3 times. If you cannot hold for the entire 30 seconds start with 10 seconds and increase by 5 seconds each week.

Standing behind the same chair and holding onto the back of the chair, feet together, come up on the balls of your feet stretching your ankles and hold for 10 seconds. Repeat 3 times.

These exercises will probably take you about 5 minutes per day. You can and should do these every day. Make this a part of your morning routine. As always, **STAY CONSISTENT AND HAPPY EXERCISING!!**

THE IMPORTANCE OF B12

The "B" vitamins are very important for several of our bodily functions. One very important B vitamin is B12. Vitamin B12 helps absorb folate and helps maintain nerve function. As we age, our ability to absorb B12 diminishes, therefore our risk of deficiencies increase. In addition to aging, certain medications reduce your body's ability to absorb B12. Specifically, if you are taking Metformin (a Diabetes medication) or acid reducing medications, you do not absorb B12 from food well. That is because these medications reduced your "intrinsic factor", or the system that enables us to absorb B12. Therefore, you are at risk for nerve damage if you do not supplement with B12 while on these medications. An easy fix is to take a "senior type" multivitamin or a B12 supplement. So, if you are on Metformin or acid reducing medications, please supplement with B12. Your nerves will thank you!



Nutritionist
Kristin Klinefelter

If you have questions about vitamins, please speak to a Registered Dietitian or a Pharmacist.

CALENDAR

- **We will be closed Monday, July 4th.**
Please order any medications you will need in advance. Thank you for your understanding and Happy 4th of July!
- **Customer Appreciation BBQ!**
MedSave Family Pharmacy invites you to our Customer Appreciation BBQ on Wednesday, July 13th from 11:00 – 1:00pm at our Paul Bunyan Drive location. Come enjoy a pulled pork sandwich with sides and a beverage! Thank you for choosing MedSave as your pharmacy.