



2011 SEPTEMBER

PROMOTIONS ARE GOOD FROM 9/01/11 TO 9/30/11

healthNEWS

FREE FREE

FORGETTING: SIMPLE LAPSE OR SERIOUS PROBLEM?

Occasional forgetfulness is a normal part of life that becomes more common as we grow older. In most cases, it's no cause for alarm—unless it begins to hamper daily activities.

Scientists have learned that as we age, changes occur throughout the body, including the brain. As a result, you may begin to notice that it takes longer to learn new things. Perhaps you can't remember information as well as before, or you may misplace things. These memory lapses may be signs of normal aging. But if increasing forgetfulness begins to worry you, it's a good idea to check with your doctor.

No matter what your age, several underlying causes can bring about memory problems. Forgetfulness can arise from stress, depression, lack of sleep or thyroid problems. Other causes include side effects from certain medicines, an unhealthy diet or not having enough fluids in your body (dehydration). Taking care of these underlying causes may help resolve your memory problems.

For some older people, though, episodes of memory loss may be a sign of a more serious problem called dementia.


Two of the most common forms of dementia in older people are Alzheimer's disease and multi-infarct dementia (or vascular dementia).

In Alzheimer's disease, memory loss begins slowly and gets worse over time. People with Alzheimer's disease have trouble thinking clearly and hard to do everyday things. Medications can help during the early or middle stages. As the illness progresses, though, patients may need someone to take care of all their needs (like feeding and bathing) at home or in a nursing home.

Vascular dementia also causes serious memory problems. But unlike Alzheimer's disease, the signs of vascular dementia may appear suddenly. This is because the memory loss and confusion are caused by small strokes or changes in the blood supply to the brain. Further strokes can make the situation worse. Taking care of your high blood pressure can lower your chances of getting this illness.

See your doctor if you're concerned that you or someone you know has a memory problem. Your doctor may be able to diagnose the problem or refer you to an expert who specializes in memory problems.

DELSYM



3 OZ 12 HOUR ER COUGH FORMULA, FOR CHILDREN, OR ADULT & CHILDREN GRAPE

\$7.39

MUCINEX



\$11.59

14 TABS MAX ER 1200-60 MG DM OR REGULAR

\$19.99 ER 600 MG 40 TABS

\$20.99 ER TABS 600/30 MG DM 40 OR 600/60 MG D 36

ZYRTEC



\$12.99

12 TABS D OR 14 10 MG, OR 12 LIQUID GELS 10 MG



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CHOLESTEROL

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can stick to the walls of your arteries. This is called plaque. Plaque can narrow your arteries or even block them.

High levels of cholesterol in the blood can increase your risk of heart disease. Your cholesterol levels tend to rise as you get older. There are usually no signs or symptoms that you have high blood cholesterol, but it can be detected with a blood test. You are likely to have high cholesterol if members of your family have it, if you are overweight or if you eat a lot of fatty foods.

You can lower your cholesterol by exercising more and eating more fruits and vegetables. You also may need to take medicine to lower your cholesterol.

ZANTAC



\$7.99

75 30 TABS, 150 24 TABS OR COOLMINT

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SAVE \$5.00*

Transform daily testing into understanding.

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Ask Your Pharmacist For Details.

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Products shown may not be available in all stores. Quantities are limited. We reserve the right to limit quantities and to correct printing errors. Circumstances might prevent us from reordering some items in this publication.

NATURE'S BOUNTY

\$3.99 POLICOSANOL 10 MG 30 SOFTGELS

\$7.99 RED YEAST RICE 600 MG 60 CAPS

\$22.09 FISH OIL 1000 MG 120+15

CO-Q10 200 MG 30 SOFGELS Q-SORB

DULCOLAX

\$4.99 25 TABS STIMULANT 5 MG OR STOOL SOFTENER, OR 4.1 OZ BALANCE

CLEAN AND CLEAR

\$3.89 ASTRINGENT SENS SKIN 8 OZ

\$5.19 FINISH MATT MOISTURIZER 1.7 OZ

\$4.49 BLACKHEAD ERASER SCRUB 5 OZ

\$5.29 FINISHES MATT CLEANSER 5 OZ

LUBRIDERM

\$7.19 16 OZ LOTION ADV THERAPY, FRAGRANCE FREE, FRESH SCENT, SERIOUSLY SENSITIVE, SKIN NOURISH W/ SHEABUTTER, OR SOOTHING RELIEF 13.5 OZ; INTENSE SKIN REPAIR W/ IR

GOODY'S

\$2.89 PM POWDERS 16

\$3.79 24 POWDERS BC ARTHRITIS OR GOODY'S BODY PAIN FORM

\$4.99 ORANGE COOL POWDER 24

MUTUAL

\$3.99 NIACIN TIME RELIEF 250 MG 100 TABS

\$5.49 B-12 VITAMIN 500 MCG 100 TABS

DEPEND

\$12.99 UNDERWEAR WOMEN EXTRA S/M, LG, OR XLG; S/PLUS S/M, LG OR MEN S/M

\$15.49 UNDERGARMENT BUTTON X-ABS

\$15.49 PADS MODERATE, ULTIMATE COVERAGE, OR ULTRA PLUS W/SIDE SHIELD

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SUNDOWN

\$4.89 CINNAMON 500 MG 100 CAPS

\$4.99 NIACIN TR 500 MG 60 CAPLETS

\$5.09 FLAXSEED OIL 1000 MG 100 SOFTGELS

TUMS

\$7.29 DUAL ACTION ANTACID/ ACID REDUCE BERRY 25, 160 ULTRA FRUIT ASSORTED OR TROPICAL OR ASST BERRIES

BAYER

\$6.19 GENUINE ASPIRIN 100 TABS

\$6.59 ASPIRIN REGIMEN LOW STR 81 MG 120 TABS OR REGULAR STR 325 MG 100 CAPLETS

TENA

\$13.39 PROTECTIVE UNDERWEAR SUPER + LONG WOMENS 14 OR S/M 16, OR MEN M/L 14; WOMENS ULTRA MED 18 OR LG 16

\$15.99 PADS ULTRA PLUS NIGHT & DAY 42, HEAVY 56, OR ULTIMATE REG LENGTH 36

NICORETTE NICODERM

\$35.99 72 LOZENGES 2 MG OR 4 MG: CHERRY OR MINT

\$44.99 100 COATED GUM 2 MG OR 4 MG: WHITE ICE MINT, CINNAMON, OR FRUIT CHILL; OR 4 MG FRESH MINT

\$44.99 14 CQ PATCHES CLEAR 21 MG OR 14 MG, OR OPAQUE 21 MG

OSCAL

\$11.09 ULTRA 600 PLUS 120 CAPLETS OR 500+D 160 TABS

VISINE

\$3.99 0.5 OZ ALLERGY RELIEF, EYE DROP ADVANCED RELIEF, FOR CONTACTS OR PLASTIC SMALL

\$4.99 0.5 OZ TEARS

\$5.69 0.5 OZ TOTALITY MULTI SYMPTOM RELIEF OR VISINE-A EYE DROPS

\$6.99 0.5 OZ TEARS LASTING RELIEF

PREVACID 24 HR

\$10.59 15 MG 14 CAPS

\$19.09 15 MG 28 CAPS

\$25.99 15 MG 42 CAPS