

# Patient *Newsletter*



## *Spring Into Better Health*

Nostrand Ave Pharmacy

APRIL 2024

### ***Put Some Spring in Your Step!***

Spring has sprung and we welcome you to the spring edition of our Pharmacy Newsletter! With this newsletter we provide you with the latest updates, and information from the staff here at Nostrand Ave Pharmacy .

In this issue you'll find Men's Health Month: Healthy Tips for Healthy Eyes, What our patients say about us and Covid-19 Vaccine Updates

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# MEN'S HEALTH MONTH



## Awareness | Prevention | Education | Family

When you think of June, what comes to mind? For many, June means the start of summer, outdoor activities, barbecuing, and maybe a trip to the pool. Here at Nostrand Ave Pharmacy, June means that we are focusing on National Men's Health Month! We spend this time recognizing and bringing awareness to health issues that are common among men. Join us at Nostrand Ave Pharmacy as we come together to help remind our friends and family about the common health and mental issues among men and boys.

During Men's Health Month, we want to promote a safe, healthy lifestyle for all of the men in our lives! That includes getting an annual check-up with their health care provider, eating nutritiously, talking about their mental health, & more.



### DID YOU KNOW?

- Only 3 out of 5 men get annual physicals
- Over 40% of men only go to the doctor when they think they have a serious medical condition
- More than half of men said their health wasn't something they talk about.

Source: Cleveland Clinic MENTion it Survey Results: <https://newsroom.clevelandclinic.org/wp-content/uploads/sites/4/2016/08/CC-Mens-Health-Survey-Media-Deck-7-11-16.pdf>

## Make this your healthiest year yet

In order to promote awareness and improve lives we at Nostrand Ave Pharmacy encourage the men and boys in our lives to schedule general health screening and by talking to our pharmacy team who strive to educate and treat every individual who walks through our door.

Give us a call at 516-240-2844 to schedule an appointment or to talk to one of our health care professionals on how to prevent or manage the health concerns that are common in men.



# Summer Eyes

*Are you ready for sunglasses?*

## Summer Tips for Contact Lens Wearers:

1. Wear Sunglasses
2. Try Daily Disposable Contact Lenses
3. Wear Eyeglasses Occasionally
4. Try Transitional Contact Lenses
5. Don't Sleep in Contacts
6. Schedule an eye exam and contact lens fitting
7. Don't Swim in Contacts
8. Use Re-wetting Drops Often
9. Wear Contact Lenses with Built-In UV Protection
10. Try Transitional Eyeglasses



Visit Your Eye Doctor for an updated eye exam and get fitted for contact lenses, so you can wear your favorite sunglasses this summer.

## Protect Your Eyes:

### **Does a darker tint on lenses offer more UV protection?**

Surprisingly, no. However, if your eyes are sensitive to light, darker lenses like brown or green allow less light through.

### **How can I make my shades last?**

Don't stretch them out. When you put them on top of your head, frames can loosen. Store them in a hard case which can sustain hard force.

### **Are there any other ways besides sunglasses to keep my eyes protected from the sun?**

Try a wide-brim hat to cut down on sun exposure. Certain contact brands offer lenses that block some UV rays, but they don't replace the need for sunglasses.



# Our Patients are OUT OF THIS WORLD

When choosing a pharmacy for you and your family, we know that you want the best. What better proof than seeing what real Nostrand Ave Pharmacy patients have to say? We're proud of our commitment to high-quality, affordable care, and most proud of the patients who we've served.

"Love this pharmacy, they deliver my medications and answer the phone right away. Great service and nice pharmacist. Definitely recommend!"  
-Patient I.

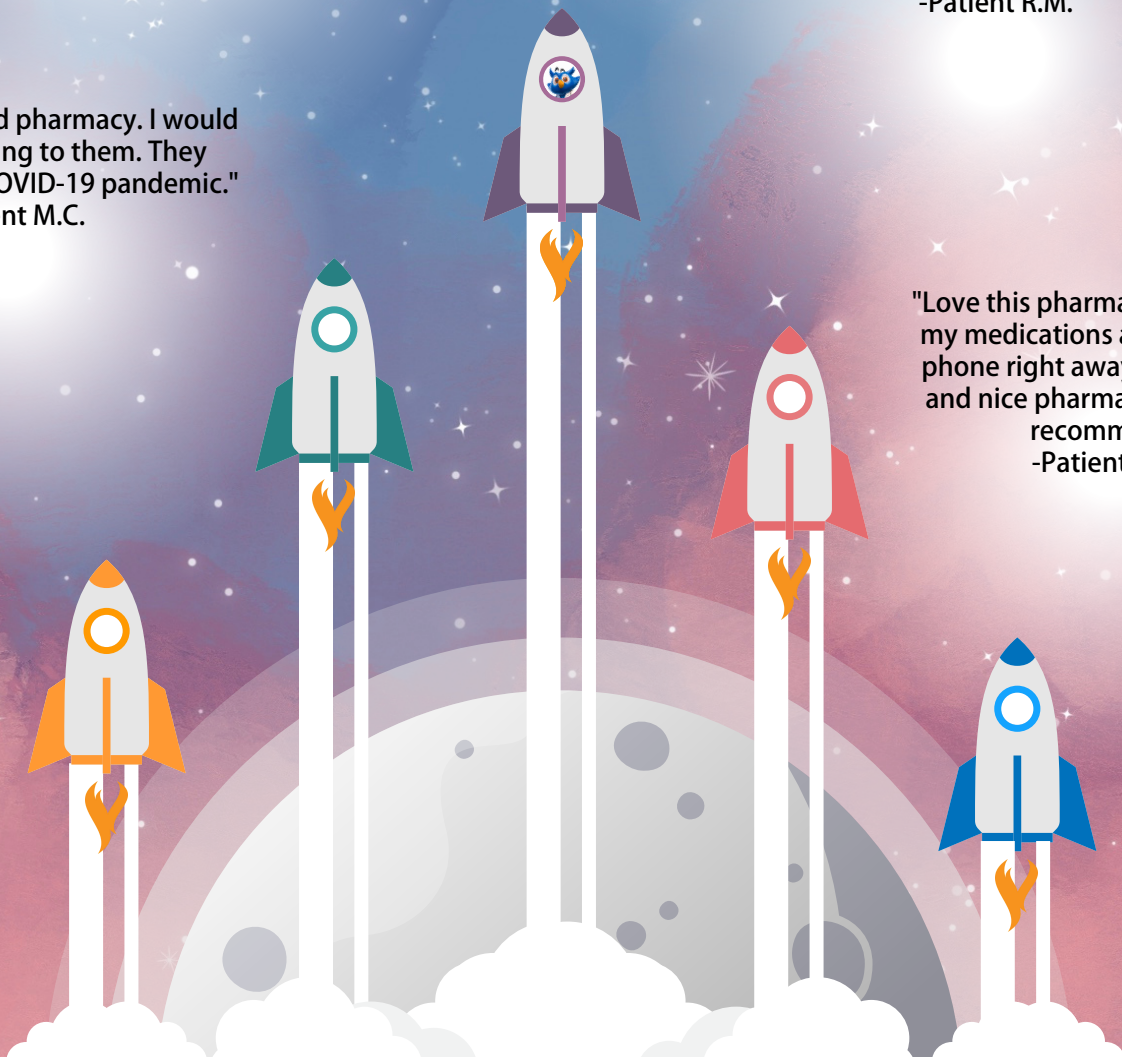
"I bought two home test and did a PCR here. The staff were both really kind and helpful. I could check the PCR result in 2 days, which was impressive considering how many people are getting tested. I'm really grateful to have this place in the neighborhood."

-Patient O Q Z.

"By far the best pharmacy around. The staff is professional ,caring and helpful. Highly recommend them.!"  
-Patient R.M.

"This is a very good pharmacy. I would recommend going to them. They helped us out in COVID-19 pandemic."  
-Patient M.C.

"Love this pharmacy, they deliver my medications and answer the phone right away. Great service and nice pharmacist. Definitely recommend!"  
-Patient M.M.

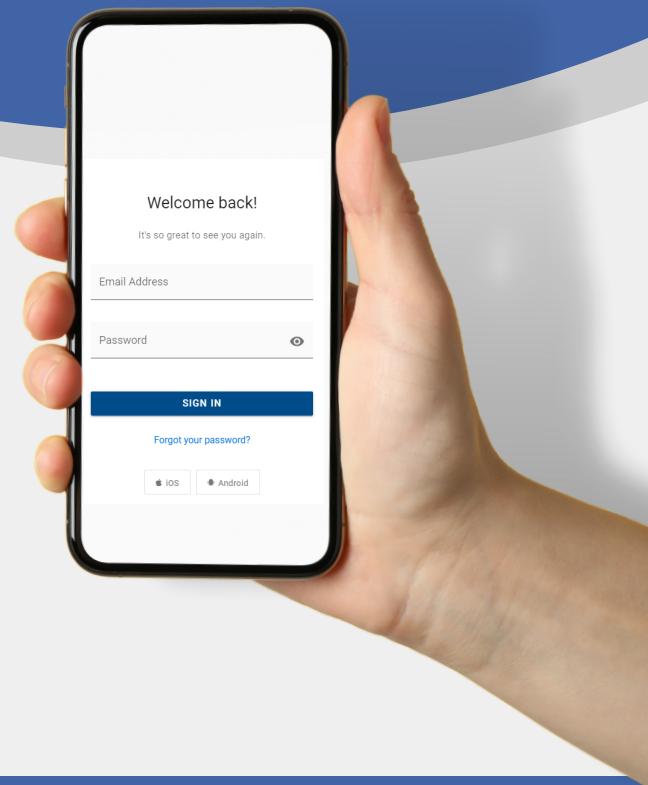




# Signing up is **EASY**

Communication with your pharmacist is easier than ever with our Pharmacy Patient Portal!

Visit  
[NOSTRANDPHARMACY.COM/PATIENT-PORTAL](https://www.nostrandpharmacy.com/patient-portal)  
to get started!



**FILL  
RX**



**Request  
Medication Refills**



**Talk with your  
Pharmacist**



**Pay your Bill**



**Health  
Information**

# Important COVID-19 Vaccine Update

Nostrand Ave Pharmacy is pleased to offer the Moderna COVID-19 vaccine at our Pharmacy. We offer 1st, 2nd, and booster doses for patients 6 months of age and older. Bivalent boosters are available 2 months after the completion of your COVID vaccine series and your vaccination card is required upon scheduled appointment.

To schedule an appointment, please email [nostrandavepharmacy@gmail.com](mailto:nostrandavepharmacy@gmail.com) or call 516-240-2844. For additional vaccination, mask & testing kit distribution, and more, visit [www.nostrandpharmacy.com/contact/](http://www.nostrandpharmacy.com/contact/)

## COVID-19 VACCINE SURVEY

# Vaccination Survey

What is your main concern for not wanting to get vaccines?

### FOLLOW THESE 2 STEPS

**STEP 1**  
TEXT THE WORD "DASH" TO 516-240-2844

**STEP 2**  
Take the 3-min. Survey

Please tell us: "What is your main concern for not wanting to get vaccinated?"

## COVID-19



## Nostrand Ave Pharmacy

As a cornerstone of the local community, Nostrand Ave pharmacy prides itself on providing top-notch pharmaceutical services tailored to meet the unique needs of our customers

Nostrand Ave Pharmacy Corp's strategic location and dedication to customer-centric care make it a preferred choice for all healthcare needs in the Brooklyn community.



### Affordable Medications

Your PCP and pharmacist make sure you get the medications you need, when you need them, and at prices you can afford



### Get Started Today

Talk to your provider about utilizing our pharmacy at your next appointment



### Free Delivery

Your medications can be delivered right to your home



### Fast & Reliable Service

Prior authorizations for medications are decreased and streamlined



**NOSTRAND AVE PHARMACY CORP**

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