

Pharmacy *Newsletter*



Nostrand Ave Pharmacy

JULY 2024

Summer Essentials from Nostrand Ave Pharmacy

Welcome to the summer edition of our Pharmacy Newsletter! With this newsletter we provide you with the latest updates, events, and information from the staff here at Nostrand Ave Pharmacy

In this edition, we are getting you ready with all sorts of healthy tips and fun activity ideas for summer!

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HOW TO STAY SAFE IN THE SUN

Enjoy the sunny days while staying safe and protected! Prevent the early signs of aging and skin cancer.



Always wear sunscreen.

Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

Wear protective clothing.

Cover up with long sleeves and pants. Wear a wide brim hat to protect your face and neck.

Wear sunglasses.

Keep your eyes protected with sunglasses that are designed to block UV rays.

Limit sun exposure.

Limit your time in the sun, especially between 10 AM and 4 PM. Seek shade if you can.



Know your own skin.

Regularly check your skin for any changes or anything unusual. See a doctor if needed.

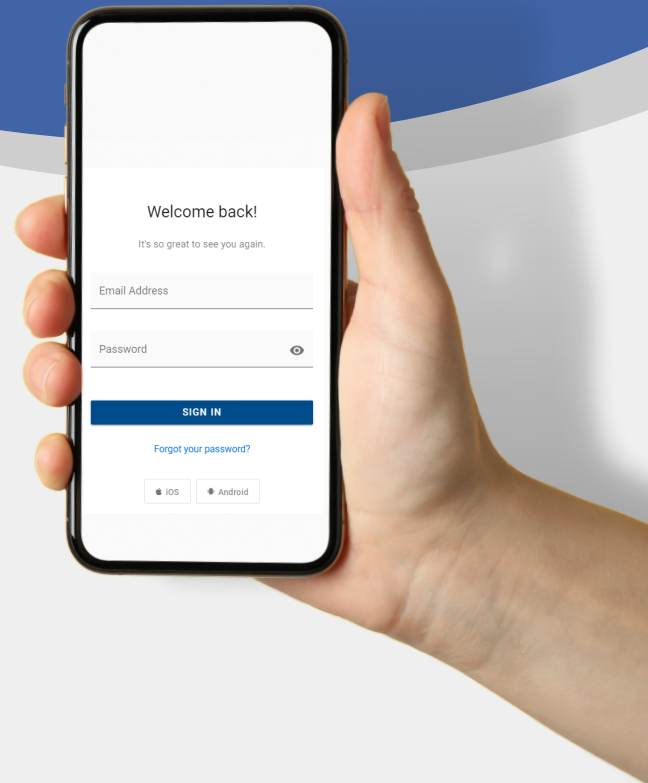


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BACK TO SCHOOL: PHYSICALS

There used to be a Staples commercial for back to school shopping that was set to the song "It's the Most Wonderful Time of the Year!" Parents would gleefully fly down the aisles rejoicing at the new season and support from the school for their children. We hope that back to school is the "most wonderful time of the year" for all of our families- and we are here to help make that a reality!

By staying up to date with a routine physical, your child will also benefit from maintaining a relationship with their healthcare professional. As they grow older, each visit allows the child to develop important communication skills when discussing their health with their healthcare team. To make things easier on yourself, write down a list of questions about your child's health before your visit. You may go over many of the points during the exam, but you should have time to ask questions to ensure your child's overall health and well-being. — Dr. Tina Ardon, Family Medicine, Mayo Clinic, Jacksonville, Florida

If you already have a medical eligibility form from your child's sport or activity, bring it with to your annual wellness exam.

My child doesn't play sports at school, should they still undergo a sports physical?

The AAP encourages all children to get annual sports physical whether or not one is required for them to participate on a team or extracurricular activity—ideally scheduled at the same time as the annual wellness exam.

The sports physical is an opportunity to address exercise-specific issues, including injuries, nutrition, training and exercise programs, and even attitudes toward sports participation in the course of the exam.

Whether your child participates in sports or not, making sure that their bodies are healthy is important for their growing bodies.



SUMMER FUN:

Camping

Camping is definitely a favorite American pastime, but its popularity has skyrocketed during the pandemic. State parks have seen record numbers of visitors flocking to nature for a much-needed change of scenery. You don't have to travel far to try out camping, there's plenty of spots right in our own backyard that could make for a fun, affordable, family-friendly activity. Check out some of our favorites below!



AMP GATEWAY- BROOKLYN NY

There's no other campground in the world where a family can sleep under the stars, tour the Statue of Liberty, watch a Broadway musical and kayak in one of the world's premier bird migration sanctuaries-all in one trip. Camp Gateway provides a tranquil outdoor experience right outside the nation's most lively and iconic metropolis- New York City.

Located in Floyd Bennet Field in Brooklyn, New York, the campground offers an outdoor escape for hiking, biking, birding and historic tours of airports and forts. Ranger-led programs are available all summer



Wildwood State Park

Wildwood State Park comprises 600 acres of undeveloped hardwood forest terminating on the high bluff overlooking Long Island Sound. Beach, salt water fishing, 11.5 miles of trails and cross country skiing. Campsites: 242 tent, 89 trailer. Features: 760 acres, showers, dump station, grills, store, beach, fishing, trails. For more information visit:

<https://parks.ny.gov/documents/parks/WildwoodWildwoodStateParkField1ParkLotandBeachAccessRenovations.pdf>



Shirley Chisholm State Park

Shirley Chisholm State Park is named in honor of Shirley Chisholm, a Brooklyn-born trailblazer who was the first African American Congresswoman, as well as the first woman and African American to run for President.

Learn more: <https://parks.ny.gov/parks/200/details.aspx>

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Speak with a member of our staff for more information

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Want to be the first to hear about all the happenings at Nostrand Ave Pharmacy?

Newsletter

By signing up you will receive the Pharmacy Monthly Email Bulletin. This is a great resource to see an overview of upcoming events, community involvement, and important health news.

- Sign up by visiting our website at nostrandpharmacy.com
- Click the button labeled "Newsletter"
- Fill out your information, we just need your name and email
- Look forward to receiving Pharmacy Newsletters via email!



Website

Our website is full of resources for patients! Check back often, we update our website in order to provide the most useful information possible.

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