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Dispensing Wellness with Trust

**Uptown
Downtown**

Kids Are Getting Their Drugs from You

The appalling truth about teen substance abuse today

America's drug problem is staggering. Illegal drug use has climbed to 20 million Americans.

Even more shocking: Many addicts began abusing drugs or alcohol as kids under the watchful eye of well-intentioned parents.

Parents fail to take steps that might steer their kids away from addiction because they don't understand how much drug use has changed since they were young. Today there are different drugs, different dangers and a different demographic of young people at risk. Here's what parents need to know now ...

Drug abuse begins early. A generation ago, the average age of first drug use among eventual users was 15. Today that average starting age is alarmingly low—12 or 13. This is a huge problem because the younger people are when they first try drugs, the greater the odds that they will become addicted.

Important: Start talking with your kids about the dangers of drugs before they set foot in junior high school (see box on back page). By high school, it may be too late.

The drugs teens abuse today are not the ones your generation used. Today young people are much more likely to abuse prescription medications than marijuana or LSD. In fact, one in five high school students have taken a prescription drug that they didn't get from a doctor. Teens almost always get their pharmaceutical drugs from their parents' medicine cabinets or the cabinets of friends' parents.

Dozens of different pharmaceuticals can be abused. As a rule of thumb, if there's a sticker on a pill bottle warning against driving after use, it's likely that teens take the drug to get high. Even over-the-counter medications such as cough suppressants are abused.

If anyone in your house is prescribed a medication

that has a warning sticker about driving after use, buy a lockbox or a safe and lock up these pills. Do this even if you trust your kids

completely—you don't want your kids' friends or your babysitter to be tempted.

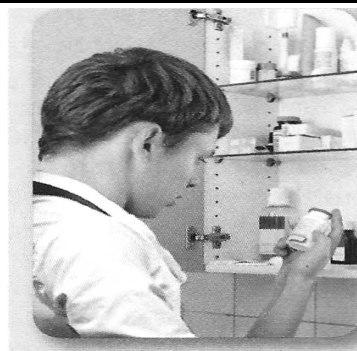
Abusing prescription drugs often is riskier than abusing illegal drugs. Many teens—and even parents—incorrectly assume that anything prescribed by a doctor can't be all that dangerous. In truth, many prescription medications are extremely dangerous when not used as intended.

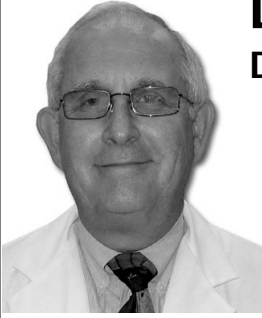
Example: OxyContin is a time-release pill designed to suppress pain over six to eight hours. Drug abusers crush these pills into powder so that the full dose is absorbed at once.

Fact: Either this year or next, fatalities from misuse of prescription medications are likely to surpass auto accidents as the single leading cause of accidental death in the US.

Drug abuse is not just a problem for cities, minorities, the poor and kids who underachieve in school. Rural and suburban kids are just as likely as city kids to abuse drugs or alcohol—perhaps even slightly more likely. White kids are as likely as African-American kids to do so. Private school kids are as likely as public school kids. Teens on sports teams are just as likely to use drugs as any other teen. Kids who do well in school are somewhat less likely to abuse drugs and alcohol than those who do poorly, but good grades are not the ironclad evidence of nonuse that many parents imagine them to be. Even smart kids can be drug users, and some of them are

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Let's Talk Dr. Jerry Shapiro

And now without further adieu, we are proud to unveil our new and much improved website! Visit us on-line at www.uptowndrugs.com to see what we've been working so hard on for the past few months.

Our website design is simple yet modern, reflecting our values as a family-run business. We hope this new site better represents who we are and the various services we offer. As you may or may not know, we are more than just a full-service pharmacy. We offer health screenings for blood pressure (complimentary) and cholesterol (for a fee). We have expanded our diabetic services to include free blood glucose checks (a quick finger prick), testing supplies billed to your insurance, and diabetic shoes by Dr. Comfort. Our staff and customers continue to rave about how comfortable these shoes really are, even for non-diabetic patients!

As the website explains, we also offer immunizations and prescription compounding. In fact, simply click through all

the links in the pharmacy section of the website to learn about all the services available at Uptown. I could tell you here but we really want you to check out the new site! We have also updated the pictures of our gift shop selections, so you get a better idea of what we carry in the store. Remember that our selection changes regularly, so we welcome you to stop by the store in person to see what's new. And lastly, don't forget to read the Uptown story, see staff photos, or watch our brand new commercial on the website! We're really excited about this commercial because it shows off our personality and emphasizes our new logo: "Dispensing Wellness with Trust".

We still continue to post weekly updates on our Facebook page at www.facebook.com/UptownPharmacy2. We really need your help and ask that you "like us" on Facebook and share your comments on our page. The best way we can serve your needs is if you let us know what they are. You can also email us anytime through the website as well, if you don't want to share your comments publicly. And so that is our grand reveal for this month. It's all available on-line and from the comfort of your home or office. But of course, we always love to see you in the store. We hope you have a safe and healthy rest of your summer. And if you need anything, remember that we are just a click or stop away!

Are You Addicted to the Internet?

The Internet has become so central to our lives that it has become tricky to determine how much time on the Internet is too much. We shop online, pay bills, check sports scores, play video games, visit chat rooms and write blogs. In a nationwide telephone survey of 2,513 adults, researchers at Stanford University found that about 69% were regular Internet users and a significant percentage showed signs that their habits were out of control...

13.7% found it hard to stay away from the Internet for days at a time.

12.4% stayed online longer than intended very often or often.

8.7% attempted to conceal nonessential Internet use from family, friends and employers.

5.9% felt their relationships suffered because of excessive Internet use.



WARNING SIGNS

To help determine if you are addicted to the Internet, ask yourself the following:

- o Is it hard for me to cut back on my online activities?
- o Do I often choose online activities over time with friends or family?
- o Does it interfere with keeping commitments, such as preparing dinner, walking the dog or paying bills?

- o Do I miss sleep or meals because I'm so engaged online?
- o Have people commented on how much time I spend on the Internet?

If you answer "yes" to any of the questions, take steps to cut back.



BREAKING THE HABIT

Learning moderation is the key. Strategies ...

Change the timing. If you log on first thing in the morning, wait until after breakfast or lunch instead. If you tend to stay up too late while on the computer, establish a rule that you must turn it off at, say, 8:00 pm.

Set limits. Limit session time (set a kitchen timer or alarm clock) or the number of sessions per day or week.

Put reminders near the computer, saying, "Are you done yet?" or "Do you know where your wife is?"

Cultivate off-line relationships. If you're constantly socializing online, look for ways to have fun and feel connected in person instead.

Consider whether you've been using the Internet to avoid other issues. Perhaps you're bored at work or not happy in your marriage. Focusing on the Internet is a way to avoid dealing with the problem. You may need to address any underlying issues more directly through counseling.



Hints from JoAnn

WOW WHAT A LITTLE GEM THE CUCUMBER IS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water; the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean; not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing; it also works great on crayons and markers that the kids have used to decorate the walls!!

The carburetor

"The car won't start," said a wife to her husband. "I think there's water in the carburetor."



"How do you know?" said the husband scornfully. "You don't even know what the carburetor is."

"I'm telling you," repeated the wife, "I'm sure there's water in the carburetor."

"We'll see," mocked the husband. "Let me check it out. Where's the car?"

"In the swimming pool."

A sign of the times...



(Continued from page 1)

smart enough to maintain their grades after they start using.

Those who start drinking as teens are almost twice as likely to become alcoholics. Alcohol is the most socially acceptable drug in our culture, but that doesn't mean it's not dangerous. Consuming one or two alcoholic drinks is not a problem for most adults, but when teens drink, they almost never stop at just one or two—they drink until they are intoxicated.

The teenage brain is especially prone to addiction, including alcohol addiction, because it is still developing. Those who start drinking as teens or preteens are approximately twice as likely to become alcoholics as those who wait until their 20s.

Do not drink to get drunk in front of your child—even if your child is still too young to fully understand what drinking means. As early as age two, children begin forming

lifelong beliefs and behaviors based on what they see their parents doing.

Certainly never allow your teens to get drunk in your presence. Some parents permit their teens to drink at home because they think this is safer than the teens drinking elsewhere and then driving home. I am somewhat sympathetic to this thinking, though studies suggest that teens who drink with their parents are slightly more likely to become alcoholics than those who do not. I am not sympathetic when parents allow kids to drink to the point of drunkenness at home. That only increases the odds of future drinking problems.

This article was taken from an interview with Robert Strutman, a 25-year veteran of the DEA, a consultant who designs and implements substance-abuse prevention programs and a consultant for CBS News.

What Every Parent Must Do

Many parents believe that nothing they do or say about drugs gets through to their teens. While it's true that parents cannot control their teens completely, all kids learn important life lessons from their parents—even when neither parent nor child realizes that learning is taking place.

Have dinner as a family as often as possible. Families that eat together are much less likely to have kids who become addicts. Children who have dinner with their parents at least three times a week are less likely to develop drug or alcohol problems.

Tell your children regularly and emphatically that you want them to stay away from drugs, including alcohol and prescription medications. Your teens might roll their eyes, but at some level, your words are likely to have an effect—studies show that kids who know their parents care whether they use drugs are less likely to use them.

Helpful: For information about talking with children about drugs, read *How to Raise a Drug-Free Kid* by Joseph Califano, Jr. (Fireside)...and explore the links section on the Website (www.TheStutmanGroup.com. then click "links").

Confront your teen if you smell cigarette smoke on his/her clothes or discover other evidence of tobacco use. Teens who use tobacco are at greater risk than non-tobacco users of becoming drug addicts. If you smoke, quit.

Inform your teens that if one of their peers ever passes out from drinking or drug abuse in their presence, they should immediately roll this person onto his/her side (to prevent suffocation if the person vomits), then call 911. Thousands of lives would be saved if every teen knew this.

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