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HAPPY  
NEW YEAR


## Eat Your Way to a Healthy Mouth

Within seconds after we eat, bacteria in the mouth convert sugars into acids that can damage tooth enamel, leading to decay and cavities. We all know that we need to brush and floss to keep our teeth and gums healthy, but certain foods also can dilute acids, cleanse the teeth and reduce inflammation—the underlying cause of periodontal (gum) disease.

**Important:** By reducing gum disease, you also reduce your risk for other diseases that are linked to inflammation. These include heart disease, diabetes and even cancer.


Here are the best foods and beverages to keep your teeth and gums healthy...

 **Crunchy clean.** Celery, apples and carrots are ideal for dental health. These and other crisp fruits and vegetables act like mini-toothbrushes. They scour off plaque, the bacteria-laden film that accumulates on teeth and beneath the gums. These foods also have a high water content, which dilutes oral acids.


 **Cheese after meals.** The European tradition of serving cheese after meals is healthier for the mouth than after-meal desserts. Cheese neutralizes oral acids and helps remove bacteria. It stimulates the flow of saliva, which also has acid-neutralizing properties.

The calcium and phosphorus in cheese and other dairy foods remineralizes tooth enamel, making it stronger and more impervious to acids. Bonus: The ratio of phosphorus and calcium in cheese is optimal for the absorption of fluoride, which helps prevent decay.

**If you don't eat dairy.** Use MI Paste (a 40-gram tube is available online for \$29). It binds calcium and phosphate to tooth surfaces and makes teeth stronger. Apply twice daily after brushing with your regular toothpaste.

 **Tea.** Both green and black teas contain *polyphenols*, antioxidants that reduce inflammation and may decrease the risk for periodontal disease.

Researchers in Japan found that people who drank one cup of green tea daily were less likely to develop periodontal disease than those who didn't drink tea.

 **Vitamin C-rich foods.** The body uses vitamin C for the growth and repair of tissues. It's a necessary component of collagen, a protein that is one of the building blocks of cartilage, teeth and bones.

**Why it matters:** Patients with even mild periodontal disease can experience a weakening of tissues that support the teeth. In more advanced cases, periodontal disease can lead to tooth loss. A diet high in vitamin C can help repair and rebuild these tissues.

Vitamin C also is a potent antioxidant that can help counter the damaging effects of inflammation.

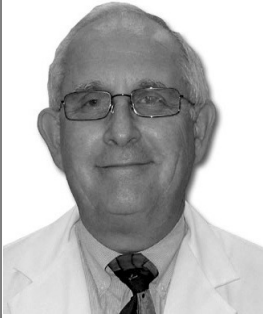
Foods rich in vitamin C include citrus fruits, peaches, papayas, strawberries, tomatoes, turnip greens, red and green peppers and broccoli.

If you are not getting enough vitamin C from food, consider taking a supplement recommended at 500 milligrams (mg) daily.

**Warning:** Wait an hour after eating acidic foods to brush your teeth. If you brush after consuming acidic foods, such as tomato products, citrus fruits or vinegar—or after taking a chewable vitamin C tablet—the toothbrush can wear away small amounts of enamel as it

(Continued on page 4)





## Let's Talk

Dr. Jerry Shapiro

Happy New Year to one and all; it is hard to believe that 2011 is gone and we are starting 2012. In this issue I will be discussing two areas. Our new Dr. Oz Section and changes you might be experiencing

with your prescriptions.

We have decided to put together a section on what Dr. Oz recommends. In the beginning we will be starting with the basics (Multivitamin, Calcium, Fish Oil and Vitamin D3). Multivitamins speak for themselves. They are a mixture of all the nutrients you as a person would need to fulfill the basic daily requirements. In this area we do recommend the New Chapter Brand. Although it might be more costly than some others it is produced from food and as pre-digested give you more bang for the buck. In the Calcium area we recommend two: both the New Chapter and the Osteo Sheath. The reason here is that with both you not only get 70% absorption (for most other Calcium Supplements the absorption rate is about 10%), you get a Calcium that

causes no stomach upset. The fish oil we recommend is called Ocean Blue; it is pure with a very high potency which allows you to take a lot less and still get the benefits you need for your heart, cholesterol, etc. I would also add that this fish oil has no fish oil taste. Lastly there is Vitamin D3, along with the Calcium good for building strong and healthy bones. The product we recommend here is by Pathway. Please note that we carry other brands; we just feel that the ones we recommend are a step better than others. As time goes on we will be adding additional products that Dr. Oz recommends.

The other issue is changes in prescription coverage. Please check with us when you see changes in formulary (what is covered under your insurance) or changes in co-pay. Our understanding is that there will be major changes in both of these areas for 2012. At our pharmacy the health of our patients is first and foremost. We have developed several in-store programs to save you money and make sure that you get what your Doctor wants you to have. This especially applies to our patients who have been forced into mail order. Many times we can beat the mail order price and you get your prescription filled that day and do not have to wait.

To one and all a healthy new year filled with joy.

## Allergies

Nothing to sneeze at

Allergies come in many forms, but "hay fever" (allergic rhinitis) is the most common. As many as 35 million people live with itchy, watery eyes; sneezing; a runny or stuffy nose; and a scratchy throat.

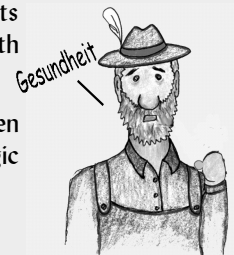


Here are a few facts about these allergies you may find helpful:

- Some people get allergies only at certain times of the year, such as when pollen from grasses, weeds, and trees is in the air, or from molds found outdoors. These are called "seasonal allergies."
- For others, allergy symptoms are a problem all year long, often due to household dust mites, pet dander, cockroach droppings, and indoor molds. Some people with "year-round allergies" find that their symptoms get worse during "allergy season."
- Allergy season can occur at a different time of year for different people depending on what they are allergic to. This is because plants and trees pollinate during different seasons—generally from early spring to late fall.
- Nonallergic rhinitis is another common cause of nasal congestion, runny nose, and sneezing. However, nonallergic rhinitis is not triggered by allergens, and is less likely to cause

itchy or watery eyes. This condition responds best to decongestants and saline nasal sprays.

- Sometimes colds and other respiratory infections have symptoms a lot like allergies, making it hard to tell what you have. Learn more about the differences between allergies and a cold.
- Allergies can trigger asthma flare-ups (attacks). If you have asthma, make sure you have an action plan that includes how to manage allergies.
- Allergies tend to run in families. Parents with allergies often have children with allergies.
- You can get allergies at any age, even to something you've never been allergic to before.



**It is said that if you line up all the cars in the world end to end, someone would be stupid enough to try and pass them**



## Hints from JoAnn

**A Quick Energy Boost.** When your energy is flagging, grab a food that's rich in the essential mineral selenium—such as Brazil nuts, celery, yogurt or cottage cheese. It is also found in broccoli, mushrooms, fish and cabbage.

Studies show that selenium can help bolster your mood as well as your energy levels.

**A Place to Hang Your Hat—or Watch.** If you normally wear a watch, a bracelet, rings or any other jewelry that shouldn't be worn while cooking or cleaning, it's good to have a safe, reliable place in the kitchen where you can stash it. Put up a hook large enough in which to hang a watchband (or whatever jewelry you wear on a regular basis). Position it near enough to be convenient when you start to work in the kitchen, but out of harm's way when the stove, microwave, dishwasher or garbage disposal are in use. Don't you wish you had thought of this years ago?

**Make Your Own Pita Chips!** Preheat the oven to 350°F.

Cut a large pita into 16 triangles—first, by cutting the pita in half, then by cutting each half in half, then by cutting each quarter in half. That leaves you with eight double triangles. Now, turn them into 16 single triangles by pulling them apart. Put them on a tray and bake them at 350°F until they're crisp...about five minutes. Let them cool, then you can use them for dips. Or spray them lightly with vegetable spray and sprinkle on your favorite seasoning(s). They're great with a little garlic powder.

**For Fresher Apples.** To keep cut apples from turning brown, try these suggestions: **Dunk** the cut pieces in a mixture of one-quarter teaspoon of salt and one pint of water. **Spritz** citrus juice—either lemon, orange or grapefruit—on the cut apple pieces. **Cover** cut apple slices with apple juice and refrigerate them for about a half-hour. They won't turn brown, and the juice will make dry, flavorless apples crunchier and tastier.

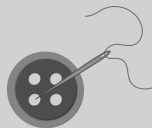
**A Magical Centerpiece.** Whatever your centerpiece—flowers, leaves, fruit, candles—place it on a mirror to create the illusion that you have twice as many flowers, leaves, fruit or candles. Candles will be especially dazzling because of their reflection in the mirror.

## Very Useful Web Sites

- **Smarter people finder:** Penetrate the invisible Web—a vast repository of content not easily accessible to the everyday user—to find long-lost friends and relatives. [www.pipl.com](http://www.pipl.com)
- **Safer eating:** Food recalls and alerts...roasting times and temperatures proper storage...power failure strategies... food poisoning symptoms/treatments. Experts are available to answer questions online. [www.FoodSafety.gov](http://www.FoodSafety.gov)
- **Nonalcoholic drinks:** More than 700 recipes for fruit punches, lemonades, chocolate drinks and other thirst quenchers. [www.DrinksMixer.com/cat/8](http://www.DrinksMixer.com/cat/8)
- **Party games:** Cucumber Croquet, Psychiatrist, Big Toe Madness, Cotton Ball Blitz and other fun activities. Use the "custom party game" feature to select by group size, age, amount of space, etc. [www.PartyGameCentral.com](http://www.PartyGameCentral.com)
- **Sing along:** Find the lyrics for thousands of popular songs. [www.Lyrics.com](http://www.Lyrics.com)
- **Burn those calories:** Enter your weight and the length of time that you spend exercising to find out how many calories you burn when doing more than 200 activities. [www.PrimusWeb.com/fitnesspartner](http://www.PrimusWeb.com/fitnesspartner) (click on "Activity Calorie Calculator").

## Where'd That Come From?

Why do Men's clothes have buttons on the right while Women's clothes have them on the left?



When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

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Pastor Floyd Ingram

(Continued from page 1)


rubs the acid against your teeth. If you are drinking something acidic such as fruit juice or soda, drink through a straw so the liquid bypasses tooth surfaces.

 **Garlic.** Garlic contains *diallyl sulfide*, an antimicrobial compound that can reduce the development of tartar and plaque. A laboratory study published in *The Journal of Food and Drug Analysis* found that garlic extracts almost completely suppressed the growth of *S. mutans*, an acid-producing organism that is the main cause of cavities.


Other foods that contain diallyl sulfide include onions, chives, leeks and shallots.

 **Sugarless gum.** Most people think that chewing gum is bad for the teeth. Not true. It's actually one of the most effective ways to prevent tooth decay and gum disease, particularly when you chew after meals.

Chewing gum greatly increases the flow of saliva, which washes away and neutralizes bacteria. Of course, it should always be sugarless.

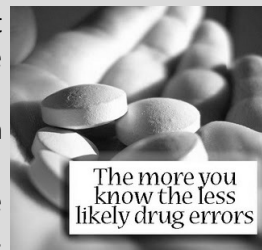
 **Water.** Americans consume enormous quantities of sugar, particularly in soft drinks, sports drinks and juices. We've seen an increase in eroded tooth enamel in recent years because of high sugar intake. Even diet soft drinks cause problems because, like all carbonated beverages, they're acidic.

**Better:** Drink plain water or water with a little added fresh lemon juice or orange juice. When you do drink sweetened beverages, rinse your mouth with water when you're finished.

 **Avoid** candy, cookies, cakes, crackers, muffins, potato chips, french fries, pretzels, bananas and dried fruits. These provide a source of sugar that bacteria can use to produce acid.

## MEDICATION MISTAKES WE ALL MAKE

**Mistake:** Taking two different products with the same ingredient. Suppose that you normally take acetaminophen several times a day to reduce pain from arthritis. Each dose contains 325 milligrams (mg). Then you get a cold. So you take an over-the-counter cold remedy such as NyQuil. Many cold medications contain about 650 mg of acetaminophen per dose. You could wind up getting 2,500 mg of acetaminophen from several doses of the cold remedy...in addition to the acetaminophen that you're taking for arthritis. You could exceed the maximum safe dose of 4,000 mg a day without even knowing it.



**Self-protection:** Always read labels. Don't take any medication without knowing what it contains. Many have more than one active ingredient. If a new medication contains an ingredient that you're already taking, ask your doctor or pharmacist if the combined dose is safe.

Also, drugs can have similar actions even if the active ingredients are different. Some antidepressants, for example, lower blood pressure as a side effect. Your pressure could drop too low if you're also taking medication for hypertension. Again, never take any combination of drugs without consulting your doctor first.



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