

## **Davies Pharmacy Capsule Comments:**

A common complaint that people have against quitting smoking is "I'll gain too much weight!" As one doctor put it, a person would have to gain 75lb to offset the health advantages of quitting smoking.

Children are more liable to be poisoned by medication in their grandparents' home than in their own home. Seniors take more medications and these medications can be an attraction for children. Keep all medication well out of reach of children.

The human skin is a marvellous organ. A section of skin the size of a quarter contains over 3 million cells; 3 feet of blood vessels and 12 feet of nerves and all the cells in the outside layer (epidermis) are replaced every 28 days. Amazing!

Coughing? There are two main types of coughs: productive and non-productive. Productive means loose and phlegmy. Non-productive means a dry, hacking cough. There are cough syrups to help each type. If in doubt, ask our pharmacists.

As your pharmacist, we dispense information as well as medication. We are supported by an excellent library of journals and reference books that help us keep up to date. We'd be happy to fill your next prescription.