



## MARIO'S NOTES

Hello Club Member,

**DETERMINATION is firmness of will to complete something once started - It means never quit.**

Determination is linked to success. It's a combination of goal setting and follow through. The goal setting is so strong that it's as if the goal has already been achieved.

"Success is failure turned inside out;  
The silver tint of the clouds of doubt;  
And you can never tell how close you are,  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit;  
It's when things seem worst that you mustn't quit"

May your April be full of Determination...

Happy & Safe Easter to you all  
Mario

## Arthritis

Arthritis is an inflammation of the joints, surrounding tendons, ligaments & cartilage. It can affect virtually every joint of the body from the feet, to the knees, back, shoulders & fingers.

The term Arthritis describes a variety of arthritic conditions, with the three most common forms being:  
**Osteoarthritis** is a degenerative joint disease & is the most common form. This joint degeneration results in pain, deformity & a reduced range of motion. There is generally no inflammation.

**Rheumatoid Arthritis** is a chronic inflammatory type, in which joints are equally red, swollen & tender on both sides of the body. It is an autoimmune disease & typically affects the hands, feet, wrists, ankles & knees. May cause destruction & disfiguration of the affected joints.

**Gout** is an arthritic condition of the body connected with an excess of uric acid in the blood. It causes the joints to become red, swollen & painful. The most common area on the body for Gout to occur is the joint of the big toe.

### WHAT TO AVOID

- Activities which place a heavy amount of stress on the joints
- Acid forming foods such as red meat & sugar
- Caffeine, such as tea, coffee & cola drinks
- Certain food groups such as the "nightshade" vegies (potato, tomato, eggplant, chilli & capsicum) & salicylate-rich foods may aggravate Arthritis
- People with Gout should avoid foods high in purines. These include liver, kidney, heart, brains, pate, sardines, herrings, anchovies, yeast products & beer

### WHAT WILL HELP?

- Diet should be rich in fish oil eg. Salmon, tuna, anchovies, mackerel & mullet. Fish oils may help to regulate the inflammatory process. Eat fish everyday if possible or at least 3 times per week
- Include Vitamin C rich foods eg. Apples, pears, kiwi fruit, guava, berries, pawpaw & green vegetables. Vitamin C plays a role in the formation & maintenance of connective tissue & collagen, which provides stability & strength to joints
- Celery seed has been traditionally used to relieve pain & inflammation associated with Arthritis
- Keep the joints moving or they'll seize up
- Exercise & stretch daily according to the advice of your Doctor, Pharmacist, Physiotherapist or Natural Health Practitioner. Aqua aerobics is fantastic!
- Warm bath
- Stay out of the cold
- Weight control is important. This will help minimise the load on inflamed joints
- Massage, relaxation, liniments & joint wraps may help to relieve the symptoms

### What Calanna Pharmacy Can Provide For You

- ✓ Education & support on Arthritis
- ✓ Your Pharmacist can assist with some anti-inflammatory pain relief tablets and recommend the most suitable for your type of Arthritis
- ✓ Mario's Joint Ache Tonic & Mario's Joint Ache Cream
- ✓ Supplements of Fish Oils & Vitamin C
- ✓ Glucosamine can be taken to aid connective tissue support
- ✓ Zinc is believed to support the immune system & help reduce inflammation
- ✓ Some relief for Arthritis may be obtained from applying heat if the joints are stiff or a cold pack if the joints are warm & swollen (variety of products in store)

**Arthritis Awareness Week 1<sup>st</sup> - 7<sup>th</sup> April**

# Z e s t f o r l i f e !

# Shaving for a great cause!!

Matthew Calanna was the bravest of us all!!  
His sheering occurred at the World's Greatest Shave night at Cairns Goldpin Lanes 16<sup>th</sup> March. It's amazing how fast the team raised \$110 on the spot to see their boss shave all his hair off!  
Well done Matthew, at least it's already grown back heaps...

Matt  
with hair...

Leukaemia Foundation  
**WORLD'S  
GREATEST  
SHAVE**

...Gone!



## How's "Your" Health?

Been wondering how you can improve your health,  
but don't have much spare time?

At Calanna, we have the quick easy  
option for you...

Our Nutricheck® is a FREE 110 point questionnaire to  
know your nutritional status.

Here's some areas Nutricheck® can assist:

- Digestion functioning
- Food Allergies
- Sugar metabolism
- Bowel flora levels - Imbalance leads to thrush, bloating, allergies to foods & constipation
- Mineral & vitamin deficiencies

Complete at your convenience online at  
[www.calannapharmacy.com.au](http://www.calannapharmacy.com.au) or come into any of our  
pharmacies for your hard copy to take home.

You will receive graphed results & Nutritional advice  
within just a few days – Now that's Quick & Easy!!!

### Commonwealth Carer Respite & Carelink Centre

Are you looking for information about aged care,  
disability & other services in your community?

For free & confidential information on:

Household help, Support groups, Nursing care, Respite  
care, Disability services, Information for carers & much  
more...

A Carelink Officer will be visiting the Woree Pharmacy:  
Friday 13<sup>th</sup> April 10.00am to 12.00 noon  
Friday 11<sup>th</sup> May 10.00am to 12.00 noon  
Friday 15<sup>th</sup> June 1.15pm to 3.15pm



## Products To Help

**Purchase Any 2 of the  
Below Herron Arthritis Products &  
Receive Herron Paracetamol  
Tablets 24 for Just \$1**

### Herron Osteoeze Active 120 tablets

- ✦ Helps REPAIR damaged cartilage caused by Osteoarthritis. Repairs & maintains joint flexibility
- ✦ Nourishes & supports the health of cartilage & synovial fluid for improved lubrication & cushioning, providing temporary relief from the pain of Osteoarthritis



### OR Herron Osteoeze Advance 120 tablets

- RELIEF from inflamed & painful joints caused by Osteoarthritis, sport or other injuries
- Glucosamine & anti-inflammatory herbs provides temporary relief of pain, swelling & morning stiffness associated with joint inflammation & Osteoarthritis



**Bargain at \$29.95 each**

### Herron Fish Oil 1000mg 200 Capsules

- Fish oil is an excellent source of omega 3 fatty acids
- This group of fatty acids are what's known as "essential" ie. They are required by the human body & as they can't be made by the body, a dietary source is required
- For the temporary relief of arthritic pain
- May help reduce joint inflammation & increase joint mobility associated with arthritis



**\$22.75**

### Goanna Arthritis Cream 100g

- ✦ Suitable for arthritis, rheumatism, tendinitis & muscular aches & pains
- ✦ Works directly at the point of pain & discomfort, providing temporary soothing relief



**\$8.25**

Sources: Calanna Pharmacy Health Practitioners & Healthpoint Technologies Kiosk  
Herron Website

Woree Ph: 4054 2440 • North Cairns Ph: 4031 4222  
[www.calannapharmacy.com.au](http://www.calannapharmacy.com.au)