

"A DIFFERENT KIND OF PHARMACY"

# CORNERSTONE PHARMACY & COMPOUNDING



## September is for the BOYS Cornerstone Pharmacy & Compounding

- Best of the Best 2022
- Prostate Awareness Month
- Mens Guide to Supplements with Pure Encapsulations
- Gifts for the Guys
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We are so honored to be in the top 5 of  
Best of the Best 2022!

Scan the QR code below to vote!



By: Brittany Marsh

## September is Prostate Cancer Awareness Month

It is extremely important to prioritize prostate health throughout a man's life. Regular examinations and education are key. Prostate problems can affect many aspects of a man's well-being and longevity. Most men will develop some sort of prostate problem(s) which could range in symptoms from mild inconveniences such as getting up at night to urinate, to sexual dysfunction, to metastatic, terminal cancers. The American Cancer Society predicts that nearly 300,000 men will develop prostate cancer in 2022. About 10% of these cancers can be deadly, making it the second leading cause of cancer death in men in the United States. Most prostate cancers are diagnosed by a blood test which will show a high PSA requiring a biopsy for definitive diagnosis. Men with low-risk, non-aggressive forms of prostate cancer may show no signs or symptoms of prostate cancer at all. When men finally notice the signs and symptoms of this cancer such as difficulty urinating, bone pain or lower back pain, it usually stems from the cancers spread. Therefore, getting checked regularly by your physician is critical for prevention. What can men do to aid in prevention of prostate cancer?

The American Cancer Society has issued certain guidelines that can assist in warding off prostate cancer:

- 1) *Exercise*: research suggests exercising 5 times per week for approximately 30-50 minutes each time;
- 2) *Diet*: studies have shown that men who eat an anti-inflammatory diet including fish and omega 3's (low in red meat, sugar, processed foods and dairy) are better able to avoid cancers and chronic diseases versus those who do not follow these guidelines;
- 3) *Avoid smoking and drinking alcohol in excess*
- 4) *Supplementation*: supplements such as **saw palmetto** are shown to shrink the prostate without causing side effects such as loss of libido. Supplementing **lycopene** and **omega-3s** can promote healthy prostate function as well. It is important not to "over-supplement" and to ask your pharmacist which supplements are studied and proven effective compared to others;
- 5) *Screening*: men at age 50+ should be in contact with their physician and follow the screening guidelines from the American Cancer Society. African American men should begin following these guidelines at age 45+.



## September is for the Boys

### SP (Saw Palmetto) Ultimate

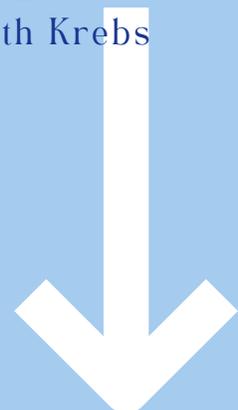
- Supports healthy insulin receptor function and signaling†
- Promotes healthy prostate function
- Supports healthy glucose metabolism†
- Made with high-quality vegan ingredients backed by verifiable science

### Lycopene 20 mg

- Provides antioxidant support†
- Promotes healthy prostate function†
- Supports cardiovascular health†
- May help digestive, lung, cervical and breast cell health†
- Has shown potential for promoting retinal and macular health†
- Naturally extracted by a proprietary method for enhanced stability
- Made from tomato extract and other plant-based ingredients

### Saw Palmetto

- Helps replenish electrolytes that are lost during exercise†
- Supports muscle energy and hydration during exercise†
- Glucose and maltodextrin provide sources of rapidly available energy, helping to delay fatigue†
- Optimized for strenuous or prolonged exercise at least 1-2 hours in length†
- Provides a balanced mix of electrolytes and carbohydrates combined with Krebs cycle intermediates and tyrosine
- Great-tasting lemon-lime flavor
- Promotes healthy prostate function



# GIFTS FOR THE GUYS



HIMISTRY NATURALS

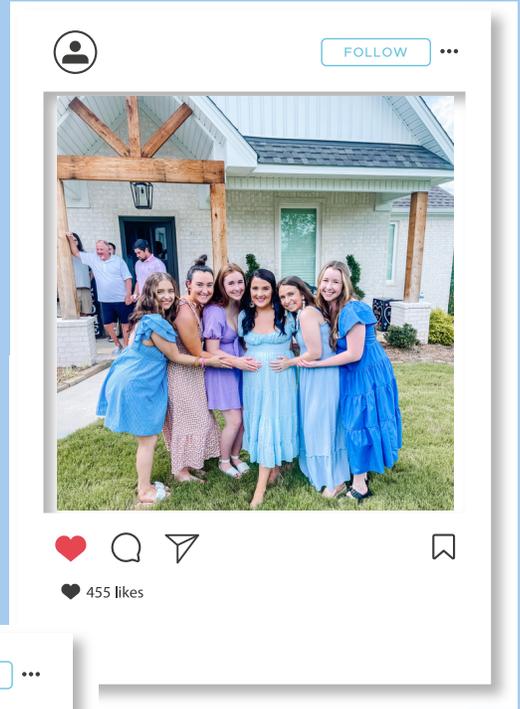


SWIG



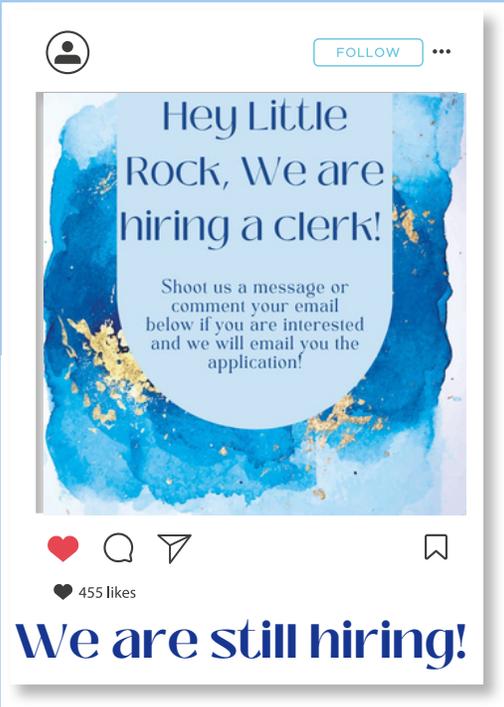
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Take me out to the  
ballgame

Big things happening  
at the Pharmacy!



We are still hiring!