The DrugSmith is The Monthly Newsletter of The Smith Drug Company
A Division of J.M. Smith Corporation
Spartanburg, SC • Paragould, AR • Valdosta, GA • Milton, VT

MARCH 2014:
National Nutrition Month
Colorectal Cancer Awareness Month
Poison Prevention Week

in this issue:
Spring Begins, So Does Allergy Season
Front End Fixation: First Aid
Time For Daylight Savings
On September 26, 1961, the 87th United States Congress passed a joint resolution (Public Law 87-319) requesting that the President of the United States proclaim the third week of March National Poison Prevention Week.

On February 7, 1962, President John F. Kennedy responded to this request and proclaimed the third week of March as National Poison Prevention Week. The first National Poison Prevention Week was therefore observed in March 1962.

The following daily themes will be promoted in 2017:
- Monday, March 20 – Children Act Fast … So Do Poisons
- Tuesday, March 21 – Poison Centers: Saving You Time & Money
- Wednesday, March 22 – Poisonings Span a Lifetime
- Thursday, March 23 – Home Safe Home
- Friday, March 24 – Medicine Safety

For Ideas and Opportunities, visit: www.aapcc.org/prevention/nppw/
Healthwise™ Pharmacy Clinical Solutions
Healthwise™ Pharmacy Circular Program
DollarWise™ Program
Good Sense® Controlled Label Program
Greeting Cards Program
Continuing Education
Gift and Trade Show
Rx QuickShip™
Third Party Station
Pharmacy First
DrugSmith™ Monthly Newsletter
Smith Weekly e-Blast
Diabeticare Program
Hamacher Retail Zone Pricing
Home Health Care Catalog
Healthwise™ Pharmacy Signage Program
Smith Gift Box Gift Category
Vials and Vitamin Program
Direct Mail Advertising
Well Staffed Customer Service
Excellent Service Levels
Store Fixture Program
Merchandising Services
Spotlight Program
Repeat Rewards Loyalty Cards

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SMITH DRUG COMPANY
PHOTO OPP

Smith Drug Company was a proud participant in the Walker Foundations’ 7th Annual “So You Think You Can Cook Chili Cookoff.” All monies raised go to support the South Carolina School for the Deaf & Blind located in Spartanburg, South Carolina.

This year's cook off theme was Heartbreak Hotel and the name of the Smith Drug Chili entry was “Hunka Hunka Burning Love.” Smith Drug Company was the 2017 recipient of the “Peoples Choice” award!

Jeff Foreman, R.Ph., President, Brian Purscell, R.Ph., SVP, Pharmacy Solutions, Kim Fleming, Director, Human Resources, Wade Lewis, VP, Operations, and Pete Morin, General Manager, Spartanburg DC.
Antibiotics, as indicated by the statistics below, are commonly prescribed. Many times, antibiotics may not be indicated as the illness may not be bacterial in nature. Often, antibiotics may be prescribed when the etiology of the illness is viral. The CDC’s Get Smart Antibiotic program aims to bring awareness to the growing problem of antibiotic resistance.

The inappropriate use of antibiotics results in secondary collateral damage that is avoidable. Possible consequences of inappropriate antibiotic use are increased resistance, clostridium difficile (C diff) infection, increased healthcare expenditures, and potential for increased mortality.

Below are a number of statistics that help describe how antibiotics are currently being prescribed in outpatient settings in the United States and how these practices are contributing to the larger issue of antibiotic resistance.

- In 2014, 266.1 million courses of antibiotics are dispensed to outpatients in U.S. community pharmacies. This equates to more than 5 prescriptions written each year for every 6 people in the United States.
- At least 30% of antibiotics prescribed in the outpatient setting are unnecessary, meaning that no antibiotic was needed at all.
- Total inappropriate antibiotic use, inclusive of unnecessary use and inappropriate selection, dosing and duration, may approach 50% of all outpatient antibiotic use.
- Antibiotic prescribing in the outpatient setting varies by state.
- Performance on quality measures for appropriate outpatient antibiotic prescribing varies both by region and health plan.
- Local outpatient prescribing practices contribute to local resistance patterns.
- Outpatient antibiotic prescribing is greatest in the winter months.
- The majority (>60%) of antibiotic expenditures are associated with the outpatient setting.
- An estimated 80-90% of the volume of human antibiotic use occurs in the outpatient setting.
- Azithromycin and amoxicillin are among the most commonly prescribed antibiotics.

Reference: www.cdc.gov/getsmart/community
ANTIBIOTIC RESISTANCE: THE GLOBAL THREAT

Super-Resistant Bacteria: Problem Today, Crisis Tomorrow

- In India, **58,000+ babies died in one year** from super-resistant bacterial infections, which are usually passed on from their mothers

- In the European Union, antibiotic resistance causes **25,000 deaths per year** and 2.5m extra hospital days

- In Thailand, antibiotic resistance causes **38,000+ deaths per year** and 3.2m hospital days

- In the United States, antibiotic resistance causes **23,000+ deaths per year** and more than 2m illnesses

Global Action to Slow Resistance

- **Improve Laboratory Capacity**: Countries need medical labs to identify bacteria and choose the right drugs to treat them. When people get antibiotics without this testing, they:
  - Often get treatment that doesn’t help
  - Develop and spread resistant bacteria
  - Increase their risk for future resistant infections

- **Develop National Tracking Programs**: Countries need the infrastructure to collect resistance data and report results globally. This information is necessary to:
  - Target and measure prevention efforts
  - Drive policies that help stop spread

- **Implement Antibiotic Stewardship Programs**: To ensure antibiotics are here when we need them, they must be prescribed and taken correctly now.

- **Expand Infection Control Programs**: Improving infection control practices in healthcare settings is critical to prevent spread of antibiotic-resistant germs.

CDC’s Impact on a Global Threat

CDC’s proposed Antibiotic Resistance Solutions Initiative will:

- **Allow standardized tracking** of antibiotic resistance internationally

- **Prevent** antibiotic resistance

- **Improve** antibiotic prescribing and use

- **Boost communication** of antibiotic resistance threats

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In an FDA Ruling that began on January 19, 2017, powdered medical gloves are now, officially banned.

FDA proposed the ban in March, citing mounting evidence that such gloves posed serious risks to patients, including airway and wound inflammation, post-surgical adhesions and allergic reactions.

This is only the second time FDA has banned a medical device since banning prosthetic hair fibers in 1983. In April, FDA proposed banning a third type of device, electrical stimulation devices when used to treat self-injurious or aggressive behavior, though a final ban is still pending.

"This ban is about protecting patients and health care professionals from a danger they might not even be aware of," said Jeffrey Shuren, director of the Center for Devices and Radiological Health, after the ban was proposed.

However, Michael Carome, director of Public Citizen's Health Research Group, criticized the agency for how long it took to issue the ban. Public Citizen has twice called for FDA to ban powdered gloves, first in 1998 and again in 2011.

"While we are pleased to see the FDA issue this final rule, the agency’s 18 year delay in acting to remove these dangerous products from the market represents reckless negligence. There is absolutely no new scientific information today that we didn’t have in 1998 about the dangers posed by cornstarch powder and by latex when used in surgical and patient examination gloves," Carome told Focus.

Powdered Gloves Ban

Specifically, FDA says it will ban the sale, distribution and manufacturing of all powdered surgeon’s gloves, powdered patient examination gloves and absorbable powder used to lubricate surgeon’s gloves, though it notes the ban will not apply to powdered radiographic protection gloves.

Additionally, the ban will not apply to powder used during the manufacturing process for non-powdered gloves, so long as only trace amounts (no more than 2mg of powder per glove) make it into the finished product.

"Based on a careful evaluation of the risks and benefits of powdered gloves and the risks and benefits of the current state of the art, which includes readily available alternatives that carry none of the risks posed by powdered gloves, FDA has determined that the standard to ban powdered gloves has been met," the agency writes.

According to FDA, the majority of the roughly 100 comments submitted to the proposed rule favored banning powdered gloves.

Most of the comments that opposed banning powdered gloves claimed that non-powdered gloves were more difficult to put on and are less comfortable. However, FDA rejected these claims, citing studies supporting the performance characteristics and ease of donning non-powdered gloves.

FDA also rejected claims that powdered gloves should not be banned as newer reduced-powder gloves are safer than gloves with a higher powder content. "Several studies indicate that gloves with reduced powder levels continue to present unreasonable and substantial risks to patients and health care workers," the agency writes.

To facilitate the ban, FDA says it is also amending the classification regulations for medical gloves in order to distinguish between powdered and non-powdered gloves, as the current classifications do not differentiate between the two.

http://www.raps.org/Regulatory-Focus/News/2016/12/16/26391/FDA-Bans-Powdered-Gloves/#sthash.TD6YH1Z0.dpuf
WASHINGTON — Executives from several pharmaceutical companies and the Pharmaceutical Research and Manufacturers of America convened at the White House on Tuesday, January 31, for a meeting with President Donald Trump, Vice President Mike Pence and House Energy and Commerce Committee chairman Rep. Greg Walden, R-Ore. The president kicked off the meeting by mentioning the price of drugs and the need for competition in the marketplace.

“You folks have done a terrific job over the years, but we have to get prices down for a lot of reasons. We have no choice,” Trump said. “I’ll oppose anything that makes it harder for smaller, younger companies to take the risk of bringing a product to a vibrantly competitive market. That includes price fixing by the biggest dog in the market, Medicare. But we can increase competition and bidding wars — we have to, big time — in that program.”

In addition to PhRMA CEO Stephen Ubl, Trump met with executives from Novartis, Merck, Worldwide Pharmaceuticals, Johnson & Johnson and Amgen. Ubl said the meeting was “positive and productive” and said they “discussed many areas of common ground including: advancing stronger trade agreements to level the playing field with countries around the world; reforming our tax code to spur investment and job creation here in the United States; and removing outdated regulations that drive up costs and slow innovation.” He noted that some policies, if enacted, could bring as many as 350,000 new jobs over the next 10 years due to biopharmaceutical industry growth.

“Our industry takes seriously the concerns raised about the affordability and accessibility of prescription medicines, and we have expressed our commitment to working with the administration to advance market-based reforms,” Ubl said.

“The current system needs to evolve to enable the private sector to lead the move to a value-driven health care system. To do this, we need to reform existing laws and regulations that are currently preventing private companies from negotiating better deals and paying for medicines based on the value they provide to patients and our health care system.”

Trump said that his administration is “focused on accelerating FDA approval — we’re going to get the process much faster,” with an emphasis on “streamlining the process so that from your standpoint when you have a drug you can actually get it approved if it works instead of waiting for many, many years.”

Ubl said, “We look forward to working with the administration and Congress to advance solutions that promote economic growth and job creation and create a more competitive health care marketplace.”

http://www.drugstorenews.com/article/trump-meets-industry-white-house
"Murky" PBM direct and indirect remuneration (DIR) fees are increasing the cost of Medicare drugs for patients and taxpayers, according to a law firm investigation.

“These fees, which have no basis in regulation or law, artificially inflate the costs paid by Medicare beneficiaries for prescription drugs, pushing them into the Medicare Part D 'donut hole' faster, fueling rising drug prices, and ultimately adding to the burden on taxpayers,” said an investigative white paper by the law firm Frier Levitt, LLC, commissioned by a physician group the Community Oncology Alliance.

"The white paper further reinforces many of our concerns, which are also illustrated in a recent Medicare fact sheet about pharmacy DIR fees," said B. Douglas Hoey, Pharmacist, MBA. "Namely, that DIR fees force beneficiaries into the 'donut hole' sooner and expose Medicare and taxpayers to higher liability and catastrophic coverage costs—in addition to greatly undermining the ability of independent community pharmacies to continue caring for patients."

"NCPA strongly supports the paper’s recommendations that Medicare finalize its proposed ‘negotiated price’ guidance for Part D plans," Hoey continued, "and for Congress to enact legislation to prohibit retroactive pharmacy DIR fees."

FDA Warns of Illnesses and Deaths in Pets Exposed to Fluorouracil

Food and Drug Administration (FDA) is alerting pharmacists that patients’ pets are at risk of illness and death when exposed to the topical cancer medication fluorouracil cream USP 5% (5-FU) that is intended for use in people. Fluorouracil may also be marketed under the brand names Carac®, Efudex®, and Fluoroplex®. Very small amounts could be dangerous to household pets; thus, patients should use care when applying and storing the medication. FDA has received reports of five dogs that became ill and died after accidentally ingesting the topical cream, notes a Center for Veterinary Medicine Update. Although FDA has not received any reports involving cats to date, cats are also expected to be extremely sensitive to fluorouracil cream. For instance, if an owner applies fluorouracil cream to an afflicted area and touches his or her cat, the cat may accidentally ingest the medication when grooming itself and suffer adverse events.

FDA advises that pharmacists who fill these prescriptions should advise patients with pets to prevent exposing their pet to the medication. Adverse events may be reported to FDA using the Form FDA 1932a.
# NEW! Private Label Specialty Supplements

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<th>BDC#</th>
<th>SDC#</th>
<th>Description</th>
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<td>810291</td>
<td>790766</td>
<td>HW GARCINIA CAMBOGIA 1300</td>
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<td>810374</td>
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<td>790782</td>
<td>HW CHILEAN OMEGA 8060</td>
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<td>804472</td>
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<td>HW MAINTENANCE CLEANSE 1600</td>
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National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

2017 NNM Theme

"Put Your Best Fork Forward" is the theme for NNM 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM activities and messages during March.

History


NNM Sponsor

The Academy's mission is to promote optimal nutrition and well-being for all people by advocating for its members. With more than 100,000 credentialed practitioners, the Academy is the world's largest organization of food and nutrition professionals. The majority of the Academy's members are registered dietitian nutritionists and nutrition and dietetics technicians.

Themes of the New Millennium

With the first "National Nutrition Week" in 1973, it was embraced by members of the Academy of Nutrition and Dietetics as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, the week-long celebration expanded to become National Nutrition Month®. Over the years, the theme has reflected trends and culture of the time, but has always remained true to its original purpose: "To increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition."
Eating Right Isn't Complicated
Reviewed by Sharon Denny, MS, RDN

Eating right doesn’t have to be complicated — simply begin to shift to healthier food and beverage choices.

These recommendations from the *Dietary Guidelines for Americans* can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

**Make Your Calories Count**

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

**Focus on Variety**

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

**Know Your Fats**

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polysaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

For more information, view the Academy infographic on the *Total Diet Approach to Healthy Eating* on the following page.
The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

**DIETARY GUIDELINES FOR AMERICANS (DGA)**

DGA defines ‘total diet’ as everything a person eats averaged out over time – it’s the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do not meet the DGA recommendations.

- **DON’T WANT TO GIVE UP FOODS THEY LIKE** in order to eat healthier: 82%
- **DON’T EAT FRUITS OR VEGETABLES** at least twice per day: 68%
- **HAVE NO TIME TO TRACK THEIR DIET** in order to eat healthier: 62%
- **JUGGLE BOTH WORK & FAMILY; PREFER** to prep meals in 15 min.: 60%
- **HAVE NO LEISURE-TIME PHYSICAL ACTIVITY**: 36%

**FACTORS THAT INFLUENCE EATING PRACTICES:**

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

**SUPPORT FOR THE TOTAL DIET APPROACH**

- **DASH**
  - Dietary Approaches to Stop Hypertension (DASH)
  - Eating plan consists of healthy food choices over time
  - Endorsed by U.S. Department of Health and Human Services

- **USDA**
  - The U.S. Department of Agriculture (USDA)
  - MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity

- **LET’S MOVE**
  - Campaign launched by the White House
  - Aims to reduce child obesity by improving the overall quality of children’s diets and increasing physical activity

**TOTAL DIET APPROACH TO HEALTHY EATING**

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

**WITH INTUITIVE PURCHASING SYSTEM, SMITH DRUG COMPANY CAN ASSIST YOU IN COST CUTTING, WHILE PROVIDING AN INCREASE IN PROFITABILITY AND CASH FLOW.**

- **POWERED BY P4 TECHNOLOGY, HEALTHWISE PHARMACY IPS:**
  - Keeps you in stock with the correct inventory
  - Tracks historical demand of drugs, regardless of different NDC’s
  - Optimizes inventory to provide the best customer service
  - Minimum script quantities
  - Utilizes the power of the Cloud

To get your pharmacy started, or for more information, contact your Pharmacy Business Consultant.
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Solution Driven LTC Business Consulting

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Wholesale drug distribution throughout 31 states

To find out more about moving your pharmacy into the LTC space, contact:
Jeff Schneider, RPh, VP of Long Term Care Pharmacy Solutions
864.216.2593 • jschneider@smithdrug.com

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In the pharmacy business, we tend to focus on analgesics and cough and cold, justifiably so, but first aid should not be neglected! Make your store a solid destination point for first aid. It’s important to keep smaller first aid kits on hand for impulse purchases. Remind customers, it’s a good idea to have a first aid kit in each vehicle, as well as the home. When a customer asks for advice about a particular bandage or ointment, take that opportunity to ask if they have a first aid kit, stocked with the right product that is in date. These small moments of probative questions could result in a larger shopping basket ring, or at least encourage your customer to go home and take a look at their medicine cabinet.

Smith Drug Company has an excellent supply of first aid products, from the basic plastic adhesive bandage to higher end wound care products. We can help you fill in any holes you may have in your section. Customers prefer buying first aid products from a pharmacy, so capitalize on that. According to the March 2016 edition of StoreBrands magazine, an aging and increasingly active shopper base is creating greater opportunities for sellers of first aid. Seniors and people suffering with chronic diseases have a harder time healing from wounds. Euromoitor notes that 9% of Americans with diabetes, especially aged 65+ are a key demographic for first aid. Older shoppers have the highest percentage of ownership of first aid products. They tend to have thinner skin, making them more susceptible to injury.

Over 67% of first aid products are purchased from a pharmacy. Is your first aid section filled with the products your customers are looking for?

As seen in the following graph, 81% of respondents to a survey indicated that they have used first aid products, and 25% of them have used first aid within the last month.

Category Penetration

When did you last take this type of medicine?

<table>
<thead>
<tr>
<th>Medicine Type</th>
<th>More than 12 months ago</th>
<th>6-12 months ago</th>
<th>4-6 months ago</th>
<th>2-3 months ago</th>
<th>Within the last month</th>
<th>Never</th>
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<tr>
<td>Analgesics/Pain Relievers</td>
<td>70.4%</td>
<td>10.4%</td>
<td>5.7%</td>
<td>3.3%</td>
<td>5.5%</td>
<td>3.2%</td>
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<tr>
<td>Cough and Cold Products</td>
<td>16.6%</td>
<td>21.8%</td>
<td>18.1%</td>
<td>13.2%</td>
<td>23.5%</td>
<td>6.9%</td>
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<tr>
<td>Muscle and Pain Rubs</td>
<td>27.5%</td>
<td>14.6%</td>
<td>10.0%</td>
<td>9.2%</td>
<td>20.6%</td>
<td>18.1%</td>
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<tr>
<td>First Aid and Antiseptics</td>
<td>24.8%</td>
<td>16.7%</td>
<td>11.0%</td>
<td>9.7%</td>
<td>19.4%</td>
<td>18.3%</td>
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<tr>
<td>Products</td>
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<tr>
<td>Digestive Health Products</td>
<td>26.8%</td>
<td>10.3%</td>
<td>6.9%</td>
<td>19.9%</td>
<td>30.9%</td>
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<td>Medicated Skin Products</td>
<td>28.0%</td>
<td>9.0%</td>
<td>5.2%</td>
<td>6.0%</td>
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<td>31.0%</td>
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<tr>
<td>Allergy or Sinus Products</td>
<td>23.4%</td>
<td>12.3%</td>
<td>8.1%</td>
<td>7.6%</td>
<td>19.1%</td>
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<td>Quit Smoking Aids</td>
<td>6.6%</td>
<td>12.1%</td>
<td>13.2%</td>
<td>74.8%</td>
<td>25.2%</td>
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Pop Culture Strategy Fuels Band-Aid Brand

Band-Aid brand’s recent success correlates directly with a big bet in 2015 on decorative adhesive strips, featuring characters from the Disney animated movie Frozen and the Star Wars franchise. The company told investors in July, 2015 that Band-Aid sales rose 6.3% in the first six months of 2015 and gained 2 percentage points in market share, compared to the same period in 2014. That came after the introduction of Frozen around Halloween 2014 and Star Wars in February 2015. Although some Band-Aid boxes still boast about “superior breathability,” “flexibility and comfort” or “one-step infection protection,” the decorative boxes feature the Band-Aid brand name and little else but a splashy image of a fictional character, such as C-3PO, Dora the Explorer or Disney princesses. Decorative Band-Aids now account for 20% to 30% of sales in their family of products.

Sources:
http://magazine.storebrands.info/i/652941-mar-2016/79
### First Aid Kits

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<th>Item#</th>
<th>Description</th>
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<tr>
<td>703991</td>
<td>JJ 1ST AID KIT ALL/PURP 125P</td>
<td>1X1 KT</td>
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<tr>
<td>717835</td>
<td>JJ 1ST AID KIT DISNEY PRINCESS</td>
<td>1X50 PC</td>
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<tr>
<td>231951</td>
<td>JJ 1ST AID KIT SAFE TRAVEL</td>
<td>1 EA</td>
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<tr>
<td>797506</td>
<td>JJ FIRST AID KIT MINI TRAVEL</td>
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### First Aid Products

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Flu and pneumonia vaccines may reduce heart failure patients’ risk of dangerous respiratory infections, a new review suggests. More than 5 million Americans have heart failure, when the heart is too weak to pump enough blood to meet the body’s needs. Respiratory infections are the leading cause of hospitalization for people with heart failure. These infections are associated with high death rates in a hospital, the review authors said.

The researchers reviewed studies published from January 1990 to July 2016. These studies suggested that flu and pneumonia vaccines seem to help protect people with heart failure from life-threatening respiratory infections.

People older than 65 with heart failure may benefit more from high-dose vaccination, the researchers said.”Vaccination represents a low-cost intervention that may be able to prevent the significant disease, death and cost associated with heart failure,” said senior author Dr. Robert Mentz, an assistant professor of medicine at Duke University School of Medicine in Durham, N.C.

But, the evidence is still limited, Mentz’s team said. That’s because most vaccination clinical trials either haven’t included heart failure patients or haven’t looked at the impact of vaccines in heart failure patients.

More research is needed, the authors said.

The review was published Feb. 1 in the journal JACC: Heart Failure.

"A deeper understanding of current vaccination practices within the heart failure population is necessary to guide population-level interventions aimed at improving vaccination rates," Mentz said in a journal news release.

The U.S. Centers for Disease Control and Prevention recommends yearly flu vaccination for adults with heart failure. Heart societies such as the American College of Cardiology also advise an annual flu shot. The ACC also recommends pneumonia vaccination for people with heart failure.
Colorectal cancer is the second leading cancer killer—but it doesn’t have to be.

MARCH IS colorectal cancer awareness month
SCREENING SAVES LIVES

Among cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the U.S. But if everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.

If you’re 50 or older, getting a colorectal cancer screening test could save your life.

Here’s How:

• Colorectal cancer usually starts from polyps Colon polyp in the colon or rectum. A polyp is a growth that shouldn’t be there. Over time, some polyps can turn into cancer.

• Screening tests can find polyps, so they can be removed before they turn into cancer.

• Screening tests also find colorectal cancer early, when the chance of being cured is good.

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For TTY, call 1.888.232.6348. To find out about Medicare coverage, call 1.800.MEDICARE (1.800.633.4227) or visit www.medicare.gov.
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