

Diamond Post *February*

HEALTHY HEART
HEALTHY LIFE

PINK & RED SALE
EVEN SWAN CREEK
CANDLES!

FEEL THE LOVE
SHARE THE JOY

VOL. 67
FEBRUARY 2026





February Specials

670 Philadelphia Street
724.465.4200
Mon-Fri: 8am-6pm, Sat. 9am-3pm



30% off All Pink & Red Swan Creek Scents!



35% off All Winter Wear

Scent Of The Month



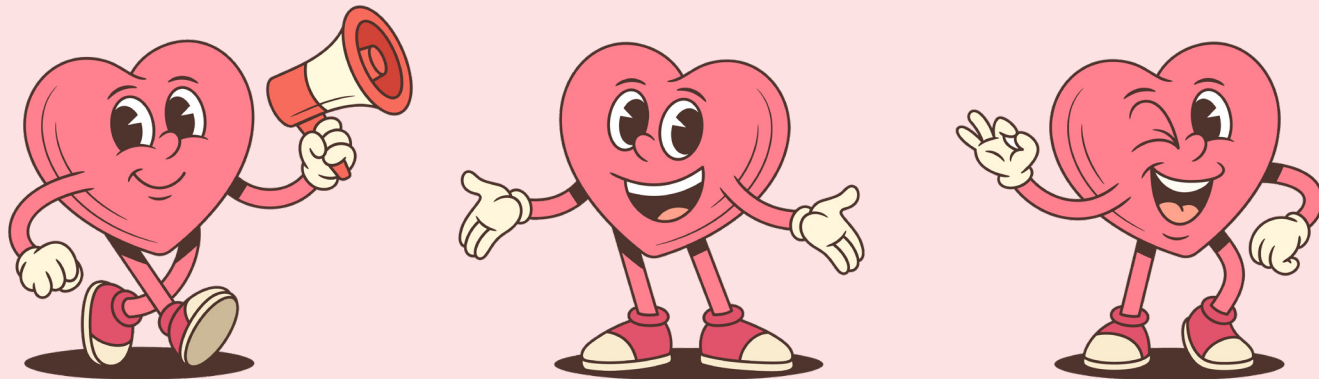
This February, our Swan Creek Candle Scent of the Month collection is all about celebrating warmth, love and heart healthy awareness with a lineup of all red and pink candles. These vibrant hues not only capture the spirit of Valentine’s Day but also honor American Heart Month, a time dedicated to promoting heart health and spreading awareness. Each candle brings a sense of comfort and positivity, perfect for brightening winter days or gifting to someone special.

From soft blush tones to rich romantic reds, this month’s featured candles fill any space with cozy fragrance and uplifting color. Whether you’re drawn to sweet, floral blends or deeper, richer scents, these candles are designed to make February feel a little warmer and more inviting. Their classic Swan Creek quality ensures a clean burn, long-lasting aroma, and a touch of elegance in any room.

As we celebrate both love and heart wellness this month, these candles serve as a beautiful reminder to slow down, savor meaningful moments and care for ourselves and those we cherish. Whether you’re treating yourself or giving a thoughtful gift, our red and pink Swan Creek Candle collection is the perfect way to honor February’s themes of love, connection and heart focused awareness.



MAKE THIS MONTH COUNT



As February is a month full of opportunities to connect and celebrate! As we move into the heart of winter, it's the perfect time to embrace warmth, kindness and community. Whether you're planning something special or simply savoring the season, February offers a chance to pause and appreciate the little things that make life meaningful.

Looking forward, we encourage you to make time for what matters, Start a fresh project, reconnect with someone important or treat yourself to a small win. This month is all about intention and momentum, and we're here to help you make the most of it. Let's make February 2026 a month of progress, positivity, and memorable moments together!

FEBRUARY DAYS

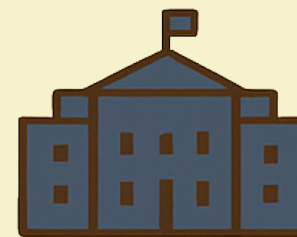


February 1st: National Freedom Day

This day commemorates the signing of the resolution that led to the 13th Amendment, abolishing slavery in the US. It serves as a reminder of importance of freedom and equality for all citizens.

February 14th: Valentine's Day

This day Celebrates love and affection among partners, friends and family. It is widely observed with cards, flowers, chocolates and acts of kindness.



February 16th: Presidents' Day

This day honors all US presidents, with special recognition to George Washington and Abraham Lincoln. It is a federal holiday that is often associated with patriotic themes and historical reflection.

Black History Month

This month celebrates the achievements and contributions of African Americans throughout history. It encourages learning about cultural heritage and promoting diversity.



American Heart Month

This month emphasizes the importance of cardiovascular health and disease prevention. It encourages healthy habits like exercise, balanced diets and regular checkups.

Heart Health Basics

What is cardiovascular health?



Cardiovascular health refers to the overall well being of your heart and blood vessels. It involves maintaining healthy blood pressure, cholesterol levels and blood flow to reduce the risk of heart disease and other related conditions.

Good cardiovascular health means your heart can efficiently pump blood throughout your body, delivering oxygen and nutrients to keep you energized and functioning at your best.

Key Statistics & Why Awareness Matters



Heart disease remains the leading cause of death globally, accounting for nearly 1 in 4 deaths in the US. According to the American Heart Association, about 48% of US adults have some form of cardiovascular disease.



Awareness is critical because early detection and proactive habits, such as regular exercise, balanced nutrition and stress management, can significantly lower your risk. By understanding these facts, you empower yourself to make choices that protect your heart for the long term.

Risk Factors



High Blood Pressure (Hypertension)

When blood pressure stays elevated over time, it forces your heart to work harder, increasing the risk of heart attack, stroke and heart failure. Hypertension is often called the “silent killer” because it typically has no symptoms, making regular monitoring essential.



High Cholesterol

Excess cholesterol can build up in your arteries, forming plaque that narrows or blocks blood flow. This condition, known as atherosclerosis, can lead to heart disease and stroke. Maintaining healthy cholesterol levels through diet and exercise is key.



Smoking

Smoking damages blood vessels, reduces oxygen in the blood and raises blood pressure. It significantly increases the risk of cardiovascular disease. Quitting smoking is one of the most powerful steps you can take to improve heart health.



Diabetes

High blood sugar levels can damage blood vessels and nerves that control the heart.



Why Nutrition For a Healthy Heart is Important



Reduces Risk of Heart Disease

A balanced diet rich in fruits, vegetables and healthy fats helps lower cholesterol and blood pressure, reducing the risk.

What to Eat: Berries, apples, spinach, broccoli, carrots, oats, quinoa and brown rice.



Supports Healthy Blood Vessels

Nutrient-dense foods improve circulation and prevent plaque build up in the arteries.

What to Eat: Leafy greens, kale, swiss chard, salmon, mackerel, sardines, walnuts, flaxseed and chia seeds.



Control Weight and Blood Sugar

Heart-friendly eating habits help maintain a healthy weight and regulate blood sugar, lowering the risk of diabetes, a major heart disease risk factor.

What to Eat: Lean proteins, skinless chicken, turkey, tofu, lentils, beans, whole grain bread, apples and pears.



Boost Energy and Overall Wellness

Proper nutrition provides sustained energy and supports other vital organs, improving overall health and productivity.

What to Eat: Carbs, blueberries, cherries, pomegranates, turmeric, ginger.



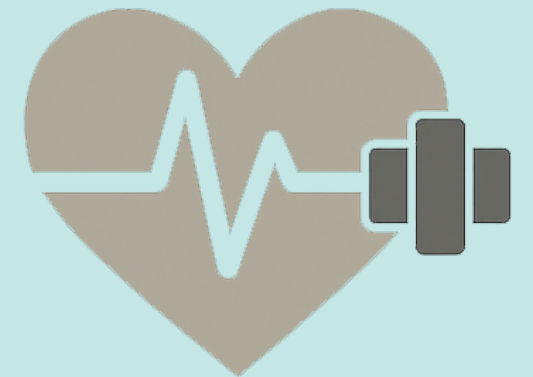
Exercise & Fitness For A Healthy Heart

Goal: Encourage physical activity that supports cardiovascular health and fits into busy lifestyles.



Why Exercise & Fitness Are Important

- Strengthens the heart muscle
- Improves blood circulation
- Helps control weight



Recommended Activities

- Aerobic exercises such as walking and cycling
- Strength training with weights or bands



Tips For Busy Schedules

- Try short micro workouts between meetings
- Take the stairs instead of elevators
- Walk during phone calls



Get your body moving in any way you can.

Warning Signs Of An Unhealthy Heart

Recognizing early signs of heart trouble can help you seek care sooner and protect long-term health. These warning signs may come on gradually or suddenly and should never be ignored.

General Warning Signs Of An Unhealthy Heart

1 Chest Discomfort Or Pressure



A feeling of heaviness, tightness or squeezing in the chest. May occur during activity or at rest. Often described as pressure rather than pain.

5 Irregular Or Rapid Heartbeat



Feeling like your heart is racing, fluttering or skipping beats. Especially concerning if accompanied by dizziness or chest discomfort.

2 Shortness Of Breath



Difficulty catching your breath after mild activity. Feeling breathless while lying flat. Unexplained breathlessness can be an early sign of heart strain.

6 Dizziness Or Lightheadedness



Feeling faint or unstable may be caused by inadequate blood flow to the brain

3 Unusual Fatigue



Feeling tired even after adequate rest. Fatigue that worsens with simple tasks like walking or taking the stairs. More common in women as an early heart attack warning.

7 Persistent Indigestion Or Nausea



Some people mistake heart related discomfort for heartburn. Especially when combined with sweating or chest pain.



Valentine's Day Quiz!

Test your festive knowledge and see how sweet your skills really are!

- 1

 What fruit was originally associated with love before the rose became popular?
A. Peach
B. Strawberry
C. Fig
D. Cherry
- 2

 Valentine's Day is the second largest card sending holiday. What holiday is #1?
A. Mother's Day
B. Christmas
C. Graduation Season
D. Thanksgiving
- 3

 What color rose symbolizes friendship?
A. Red
B. White
C. Pink
D. Yellow
- 4

 What classic Valentine's candy was temporarily discontinued in 2019?
A. Chocolate truffles
B. Candy hearts (Sweethearts")
C. Red licorice twists
D. Caramel chews
- 5

 Which famous Roman God is associated with Valentine's Day?
A. Apollo
B. Mars
C. Cupid
D. Zeus
- 6

 What percentage of people buy Valentine's treat for their pets?
A. 10%
B. 17%
C. 27%
D. 70%



Answer Key 1: B, 2: B, 3: D, 4: B, 5: C 6: C



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Thank you for choosing Diamond as your partner in pharmacy. We value our relationship and look forward to supporting you throughout 2026 with the same dedication, responsiveness, and collaboration you've come to expect.

Next Issue

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