



## LOVE YOUR HEART

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### Keep It Healthy!

Heart disease is the leading cause of death in the U.S., according to the National Heart, Lung and Blood Institute. But there are many things you can do to greatly reduce your risk:

- **Get moving.** Regular physical activity helps you maintain a healthy weight, reduce stress and improve your overall health. Just 30 minutes a day makes a difference. Go for a walk, take the stairs instead of the elevator, ride a bike or play ball with your kids.
- **Dump the cigarettes.** Smokers are twice as likely to die from a heart attack compared with nonsmokers. If you quit right now, your body can repair much of the damage from cigarettes within a year. Talk with your doctor or pharmacist about trying a nicotine gum, patch or lozenge to reduce cravings. Medications can help, too. Then quit with the support of a

friend, family member or smoking-cessation group.

- **Eat smart.** Eating foods high in salt, sugar and fat can contribute to high cholesterol, high blood pressure and obesity. Foods high in fiber, like whole grains, fresh fruits and vegetables, help lower the amount of LDL (bad) cholesterol in the blood.

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about heart health.



*Caring for you and about you*



## DIABETES UPDATE

### Help Prevent Diabetes with Healthy Eating

Fats are a good source of fuel for the body. Fat does not make blood glucose go up, but too much fat can make you gain weight, which can put you at higher risk of developing diabetes. Some fats are better for you than others. To help prevent diabetes, choose the types of fats that keep your heart healthy:

- Small portions of low-fat salad dressing, mayonnaise and margarine
- Small amounts of nuts, olives and olive oil
- A few slices of avocado

Choose these high-fat foods less often:

- Butter, stick margarine and regular mayonnaise
- Fried foods such as potato chips and French fries
- Meats with fat on them, bacon, deli meats and hot dogs

— Source: National Diabetes Education Program

## What Causes Hearing Loss?

### Learn the Facts — Then Talk with Your Doctor

A number of conditions can lead to hearing loss. The most common in adults is presbycusis, a gradual, age-related reduction in the ability to hear high-pitched sounds.

The second most common condition, noise-induced hearing loss, is caused by one-time exposure to extremely loud noise or by exposure to sounds at high decibels over months or years. Examples of potentially hazardous noise include sounds from powerful stereos and headphones, rock concerts, power tools, city and airport traffic, lawn mowers, and even some hair dryers and vacuum cleaners.

Both presbycusis and noise-induced hearing loss result in what is called sensorineural hearing loss, which occurs when

the delicate hair cells in the inner ear that translate sound waves into nerve impulses are damaged either by aging or abuse. High-frequency sounds — consonants such as “S” and “F” and children’s and women’s voices — are usually the first to be lost.

Talk with your doctor if you are experiencing hearing loss. A simple hearing assessment by a professional can determine your level of hearing in different ranges and whether a hearing aid would be beneficial.

— Source: National Academy on an Aging Society

Want more information on protecting your hearing? Visit [www.HealthMart.com](http://www.HealthMart.com).

## SENIOR HEALTH UPDATE



### Increase Your Appetite with These Tips

Sometimes as we get older, we just don’t have the appetite we had when we were younger. But it’s important to eat regular, healthful meals featuring fresh foods that can help protect our health and energy levels.

To help increase your appetite, add herbs and spices to enhance the taste of food to make it more palatable. For example, try adding garlic or onion powder to meat before cooking. Lemon pepper, oregano, rosemary and thyme are other herbs that can be added to your favorite dishes.

— Source: California Department of Aging

## SUPPLEMENT UPDATE

### Vitamin D

#### Get Stronger Bones

##### — Naturally

Want to increase your vitamin D intake? It's found in dietary sources such as fish, eggs and fortified milk. The sun also contributes significantly to the daily production of vitamin D. As little as 10 minutes of exposure is thought to be enough to prevent deficiencies.

Vitamin D aids in the absorption of calcium in the body, helping to form and maintain strong bones. It is used, alone or in combination with calcium, to increase bone-mineral density and decrease fractures.

Those who may be at a high risk for vitamin D deficiencies include the elderly, obese individuals and those who have limited sun exposure. Also, individuals who have fat malabsorption syndromes (e.g., cystic fibrosis) or inflammatory bowel disease (e.g., Crohn's disease) are more at risk.

If you are concerned that you may need more vitamin D, talk with your doctor. She can test and monitor your vitamin D levels and recommend treatment if needed.

— Source: Mayo Clinic

Want more information on good nutrition? Visit [www.HealthMart.com](http://www.HealthMart.com).

## DID YOU KNOW?



Proper hand washing can help keep you and your family healthy. When should you wash your hands?

- Before, during and after preparing food
- Before eating
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching garbage

Source: Centers for Disease Control and Prevention



## EYE EXAMS

### How Often Do You Need One?

As an adult, you may wonder how often you should see an eye-care professional. The American Optometric Association recommends the following schedule:

**Ages 18 to 60 years:** Every two years if you have no risk factors and no symptoms of eye problems; every one to two years or as recommended if you have risk factors.

**Age 61 and older:** Annually if you have no risk factors and no symptoms of eye problems; annually or as recommended if you have risk factors.

#### Patients at risk include:

- Those with diabetes, hypertension or a family history of ocular disease (e.g., glaucoma, macular degeneration)
- Those who work in occupations that are highly demanding visually or that expose the person to environments that could be hazardous to the eyes
- Those who take prescription or nonprescription drugs with ocular side effects
- Those who wear contact lenses
- Those who have had eye surgery

— Source: American Optometric Association



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## MANAGING ARTHRITIS

### Self-Help Programs Can Make a Difference

If you have arthritis, a self-management education program, such as the Arthritis Foundation's Self-Help Program ([www.arthritis.org/self-help-program](http://www.arthritis.org/self-help-program)), can teach you how to manage arthritis and lessen its effects. This six-week course reduces arthritis pain by 20% and physician visits by 40%, past participants have reported. Other tips for living (well) with arthritis:

■ **Be physically active.** For people with arthritis, physical activities such as walking, bicycling and swimming have been shown to have significant benefits, including reducing pain and improving physical function, mental health and quality of life.

■ **Control your weight.** Weight-control and injury-prevention measures can lower a person's risk of developing osteoarthritis. Weight loss also can reduce symptoms for people with knee osteoarthritis.

■ **Consult a physician.** Early diagnosis and appropriate management are especially important for people with inflammatory arthritis. Recommendations from healthcare providers are the most influential factor in convincing people to take an arthritis self-management course.

— Source: Centers for Disease Control and Prevention

### HEALTH TIP



### Love Your Kids: Buckle 'Em Up

Motor-vehicle crashes are the leading cause of death among children ages 3 to 14. In a study of one recent year's accidents, 1,670 children ages 14 and under died, and an estimated 200,000 were injured, in motor-vehicle crashes. Additionally, 45% of kids ages 14 and under who died in crashes were unrestrained.

Make sure your children are always safely restrained in an age-appropriate car seat, booster seat or adult seat belt whenever they're riding in a vehicle.

— Source: Safe Kids USA

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