



ARE YOU SUN SAFE?

WHAT'S INSIDE

Reduce Your
Bone-Fracture Risk

2

Obstructive Sleep Apnea
Linked to Increased Risk
of Stroke

3

Dental Health During
Pregnancy

4

Seniors and Young Children Are Most at Risk

Your body normally cools itself by perspiring. But during hot weather, especially with high humidity, perspiration just isn't enough sometimes. Your body temperature can rise to dangerous levels and you can develop a heat illness, according to the U.S. Centers for Disease Control and Prevention (CDC).

Most heat illnesses occur from staying out in the heat too long. Exercising too much for your age and physical condition are also factors. Older adults, young children, and those who are sick or overweight are most at risk, says the CDC.

Drinking fluids, replenishing salt and minerals, and limiting time in the heat can help. Heat-related illnesses include:

- **Heatstroke.** A life-threatening illness in which body temperature may rise above 106° F in minutes. Symptoms include dry skin; rapid, strong pulse; and dizziness. Prompt medical attention is needed.

- **Heat exhaustion.** An illness that can precede heatstroke. Symptoms include heavy sweating; rapid breathing; and a fast, weak pulse.

- **Heat cramps.** Muscle pains or spasms that happen during heavy exercise.

- **Heat rash.** Skin irritation from excessive sweating.

Visit www.HealthMart.com to learn more about staying safe in the sun this summer.



Caring for you and about you



BONE HEALTH

Reduce Your Bone-Fracture Risk

Taking Calcium, Vitamin D Daily Cuts Risk, New Study Confirms

Taking both calcium and vitamin D supplements daily reduces the risk of bone fractures, a large study of nearly 70,000 patients from throughout the U.S. and Europe has found.

The study includes data published from clinical trials conducted at University of California, Davis as part of the Women's Health Initiative. It appears online in the *British Medical Journal*.

"What is important about this very large study is that it goes a long way toward resolving conflicting evidence about the role of vitamin D, either alone or in combination with calcium, in reducing fractures," says John Robbins, professor of internal medicine at UC Davis and a co-author of the journal article.

Your Health Dollars

Doctors with Ownership in Surgery Center May Operate More Often

When doctors become invested in an outpatient surgery center, they perform, on average, twice as many surgeries as doctors with no such financial stake, according to a new study from the University of Michigan Health System.

"Our data suggest that physician behavior changes after investment in an outpatient facility. Through what some have labeled the 'triple dip,' physician owners of surgery centers not only collect a professional fee for the services provided, but also share in their facility's profits and in the increased value of their investment. This creates a

potential conflict of interest," says study author John Hollingsworth, M.D., of the U-M Medical School.

"To the extent that owners are motivated by profit, one potential explanation for our findings is that these physicians may be lowering their thresholds for treating patients with these common outpatient procedures," Hollingsworth notes.

Is your doctor part owner of the outpatient surgical center where your surgery will be performed? It never hurts to ask.



Cervical-Cancer Update

HPV Screening, Vaccine Less Beneficial for Older Women

As women age, they receive fewer benefits from frequent screening for human papillomavirus (HPV) and from vaccination to prevent the virus, new research shows.

While infection with certain types of HPV can lead to cervical cancer, there is a vaccine that can help protect against many of these infections. However, a new study of women ages 18 to 97, published in the *Journal of the National Cancer Institute*, concluded that the benefits of HPV vac-

ination and screening are low among women over age 41.

Women in their forties and older have lower rates of HPV infection, the researchers explain, and of those that do become infected with HPV, fewer go on to actually develop cervical cancer, compared with younger women.

ALLERGY UPDATE

Stop Summertime Sniffles and Other Allergic Reactions

Every spring and summer, millions of Americans dread outdoor activities that can trigger allergy symptoms. “No matter where the symptoms show up, the problem affects the entire individual and could last a lifetime,” says David Resnick, M.D., director of the Division of Allergy and Immunology at New York-Presbyterian Hospital/Columbia University Medical Center. But there are strategies that can help:

- **Stay in an air-conditioned space.** Run the air conditioner as much as possible instead of using a window fan. Air conditioners can filter out large airborne pollen particles, whereas window fans draw pollen in. Keep your windows closed and your air conditioner clean.
- **Cut back on morning activities.** Pollen counts are usually highest between 5 a.m. and 10 a.m., so minimize early morning outdoor activities. Shower after being outside.
- **Take medications.** Taking allergy medication before exposure can decrease symptom severity. Talk with your doctor about the right medications for your symptoms.

Want more information on treating allergies? Visit www.HealthMart.com.



DID YOU KNOW?



- Recent research shows that women who have a breast density of 75% or higher on a mammogram have a risk of breast cancer that is four to five times greater than that of women with little or no density, making mammographic breast density one of the strongest biomarkers of breast-cancer risk. Mammographic density refers to the amount of white (or radiodense) area compared to the amount of grey (or radiolucent) area on a mammogram.

— Source: Carol J. Fabian, M.D., professor of medicine in the division of clinical oncology and director of the Breast Cancer Prevention Center at the University of Kansas Medical Center



Obstructive Sleep Apnea Linked to Increased Risk of Stroke

Men Affected More Than Women

Obstructive sleep apnea (OSA) is associated with an increased risk of stroke in middle-aged and older adults, especially men, according to new research supported by the National Institutes of Health. Overall, sleep apnea more than doubles the risk of stroke in men. The research was reported in the *American Journal of Respiratory and Critical Care Medicine*.

Obstructive sleep apnea is a common disorder in which the upper airway is intermittently narrowed or blocked, disrupting sleep and breathing during sleep. Stroke is the second-leading cause of death worldwide. OSA also has been associated with other conditions, including heart disease, diabetes, and depression.

Researchers studied stroke risk in 5,422 participants ages 40 years and older without a history of stroke. They found that the increased risk of stroke appeared in men with mild sleep apnea and rose with the severity. Men with moderate-to-severe sleep apnea were nearly three times more likely to have a stroke than men without sleep apnea or with mild sleep apnea. However, in women, the increased risk of stroke was significant only with severe levels of sleep apnea.

If you think you may have OSA, talk with your doctor about treatment options.



Health Mart.
PHARMACY

Caring for you and about you



“Highest in Customer Satisfaction Among Chain Drug Store Pharmacies”

in the J.D. Power and Associates 2009 National Pharmacy Study*

HEALTH MART IS YOUR LOCALLY OWNED COMMUNITY PHARMACY

We offer all the benefits of national chains with the highly personalized care you expect from a family-run business. See how we're making a real difference every day.

PLAN ACCEPTANCE

Health Mart pharmacies honor nearly all prescription plans at the same co-pay as the national chains, and our pharmacists are always here to answer any questions you have about your medications.

DEDICATED SERVICE

Our pledge to you: care, quality, value, expertise, and dedication.

EVERYDAY SAVINGS

Because your locally owned Health Mart is part of a nationwide network of community pharmacies, you will find everyday low prices on all prescription and over-the-counter products. Not only does your Health Mart pharmacy have the brand names you want, it also offers a wide range of generics and over-the-counter products, including the full Sunmark product line.

* Health Mart Pharmacy received the highest numerical score among chain drug store pharmacies in the proprietary J.D. Power and Associates 2009 National Pharmacy StudySM. Study based on 12,215 total responses, and measures 7 chain drug stores. Proprietary study results are based on experiences and perceptions of consumers surveyed in June 2009. Your experiences may vary. Visit jdpower.com.



DENTAL HEALTH DURING PREGNANCY

What Moms-to-Be Need to Know

Although you have a lot to think about during this time, oral health is important during pregnancy and shouldn't be neglected. The following tips, from the Illinois Department of Public Health's Division of Oral Health, can help:

- Nutrition is especially important during pregnancy because your baby gets nutrients from your system. Include foods with calcium and vitamin D in your diet. Your doctor can give you information to help you eat well during pregnancy.
- Some women have dental problems during pregnancy. Hormonal changes can make your gums sore and swollen, and can cause them to bleed. Brush and floss daily. Having

your teeth cleaned by a dental hygienist or dentist early in your pregnancy may help prevent most gum problems.

- If you need emergency dental care during your pregnancy, you may need to have X-rays taken. Be sure to remind your dentist about your pregnancy. Care should be taken to limit or avoid nitrous oxide, some antibiotics, and some pain medications. Your dentist can contact your obstetrician with any questions.

Want more information on having a healthy pregnancy? Visit www.HealthMart.com.

HEALTH TIP



Want a Healthy Treat for the Kids (or Yourself)? Think Popcorn

South-of-the-Border Popcorn

- 8 cups air-popped popcorn
- 1/4 cup grated parmesan cheese
- 1 tbsp. chili powder
- 1 tsp. salt
- 1/2 tsp. garlic powder

In a small bowl, stir together cheese and seasonings. Pour over just-popped (warm) popcorn. Toss to coat.

8 servings

Health Mart's Health Smart newsletter is not intended as medical, legal, or regulatory advice. The information provided is intended to educate and inform. Please consult with your physician or other licensed professional for advice. Health Mart and its affiliates and member pharmacies disclaim all liability arising from or related to reliance on information contained in Health Mart's Health Smart newsletter.