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**SPF: Know Your Numbers**

Sun Protection Factor (SPF) is a measure of how much solar energy (UV radiation) is required to produce sunburn on sunscreen-protected skin relative to the amount of solar energy required to produce sunburn on unprotected skin. As the SPF value increases, sunburn protection increases.

Are you at risk? Many people believe that, if they normally get sunburned in an hour, then an SPF 15 sunscreen allows them to stay in the sun 15 hours (i.e., 15 times longer) without getting sunburned. This is not true, because SPF is not directly related to the amount of *time* of solar exposure, but to the *amount* of solar exposure. The intensity of the solar energy impacts the amount of exposure. For example, the following exposures may result in the same amount of solar energy:

- One hour at 9:00 a.m.
- 15 minutes at 1:00 p.m.

In addition to solar intensity, there are a number of other factors that influence the amount of solar energy that a person is exposed to, including:

- Skin type
- Amount of sunscreen applied
- Reapplication frequency (due to time in the sun, perspiration and water exposure)

Source: U.S. Food and Drug Administration



## Treating Insect Bites and Stings — These Tips Can Help

If someone receives a large number of bee stings, if the stings are in the mouth or throat, or if a person experiences shortness of breath or throat swelling after any insect bite or sting, call 911 for emergency assistance. Otherwise, follow these suggestions:

- Quickly remove any part of a bee stinger left in the skin.
- Cleanse the area with soap and water.
- In the case of a tick bite, use caution removing the tick

from under the skin so that no part of the tick body is left there.

- Apply ice to the area to relieve pain.
- Over-the-counter pain relievers such as acetaminophen or ibuprofen can be used.
- Seek medical care if pain, redness or swelling worsen.

*Source: Journal of the American Medical Association*

## Kids' Health Update

Let's Make Summer Treats!

Kids need extra energy for heading to the local swimming pool, playing sports or running around outside with friends in the summer. Fuel them with high-energy carbohydrates from whole grains, fruits, vegetables and dairy foods. Pack a bag with bagels, bananas, apples, string cheese, yogurt cups, juice boxes and low-fat milk for eating on the run.

For healthy and fun eating throughout the day, fill an insulated bag with high-energy snacks. Use frozen

juice boxes, water bottles or reusable gel packs to keep items cold. Include crackers and cheese, peanut butter and jelly sandwiches, trail mix, containers of cut fruit, and sliced vegetables with dip.

Hydration is important, too. Kids need at least six 8-ounce cups of water per day. Add another 8 ounces for every half hour of strenuous activity.

*Source: Academy of Nutrition and Dietetics*

## Summer Foot Care

Take Precautions — and Enjoy the Fun!

Taking care of your feet this summer means you'll be able to enjoy all that the season has to offer. These tips can help.

- Limit walking barefoot, as it exposes feet to sunburn as well as plantar warts, athlete's foot, ringworm and other infections. It also increases the risk of injury to your feet.
- Wear shoes or flip-flops around the pool, to the beach and in the locker room.
- Apply sunscreen all over your feet, especially the tops and fronts of ankles, and reapply it after you've been in the water.

- Some activities at the beach, lake or river may require different types of footwear, so be sure to ask the contact at each activity if specific shoes are needed. To be safe, always pack an extra pair of sneakers or protective water shoes. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

*Source: American Podiatric Medical Association*





## Rx Gourmet

Your Prescription for Healthy Eating  
Heart Healthy, Diabetes Friendly — and Delicious!

The pairing of citrus and shrimp has always been a fabulous culinary combination, but when you add a few spices to the mix, you take the flavor experience to a whole new level.

Serve these spicy little gems as an appetizer or pair them, for a regular meal, with a salad or stir-fried vegetables and cilantro rice pilaf. Another favorite is to use them in soft flour-tortilla tacos with the addition of avocado salsa or cilantro.

### Spicy Grilled Lime Shrimp

Serves 4

#### Ingredients:

1/2 teaspoon fresh lime zest	2 to 3 tablespoons fresh-squeezed lime juice
1/4 to 1/2 teaspoon cumin	3 cloves garlic, minced
1/2 teaspoon dried oregano	1 pound shelled, deveined, uncooked shrimp*
1/2 teaspoon salt	
1/2 teaspoon pepper	
2 tablespoons olive oil	



Mix together the first eight ingredients in a bowl. Add the prepared shrimp and toss to coat. Let the shrimp stand at room temperature for 10 minutes to marinate. Remove shrimp from marinade and thread on metal skewers; reserve marinade. Place skewered shrimp on grill over medium heat. Cook 3 to 7 minutes or until shrimp turn pink, turning once and brushing with marinade occasionally.

\*You can leave the tail on for easier handling when eating with hands or remove shells if using in tacos or serving with side dishes. Also, if using wooden skewers, make sure to soak them first, as they will burn easily.

Per Serving: 188 Calories; 9g Fat (42.9% calories from fat); 1g Saturated Fat; 23g Protein; 3g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 435mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

*Recipe is low fat, low calorie, diabetic friendly and gluten free.*

*Recipe courtesy of LowFatLifestyle.com. Visit them for more free recipes and healthy-cooking tips.*



## Senior Health Update

### Seniors and Sleep

As people get older, they tend to have a harder time falling asleep, and more trouble staying asleep, than they did when they were younger. It's a common misconception that sleep needs decline with age. In fact, research demonstrates that our sleep needs remain constant throughout adulthood.

So, what's keeping seniors awake? Changes in the patterns of our sleep occur as we age, and this may contribute to sleep problems. Sleep occurs in multiple stages, including dreamless periods of light and deep sleep and occasional periods of active dreaming (REM sleep). The sleep cycle is repeated several times during the night, and while total sleep time tends to remain constant, older people spend more time in the lighter stages of sleep than in deep sleep.

Talk with your doctor if you have insomnia symptoms and discuss any effects these symptoms may cause. Your doctor can help assess how serious a problem it is and what to do about it. In some cases, simply cutting back on caffeine and taking a short afternoon nap may help. More-serious cases of sleep disruption may require additional treatment.

*Source: National Sleep Foundation*

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## Children's Eye Update

### Healthy Vision Tips for Kids

Kids can do a lot to help protect their vision. Talk with your child about these simple tips:

- **Eat right to protect your sight.** A well-balanced diet with a variety of fruits and veggies (especially leafy greens) can help. Fish such as salmon, tuna and halibut have been shown to help keep eyes healthy, too.
- **Get moving.** Kids who exercise have a healthier body weight. Being overweight puts you at higher risk for diabetes and other conditions that can lead to vision problems.
- **Speak up if your vision changes.** Are you suddenly squinting a lot? Is

your vision blurry? Tell a parent if you notice vision changes or if your eyes are bothering you.

- **Got glasses? Wear 'em.** Ask about how to clean your glasses and how to safely store them when you're not wearing them.
- **Wear your shades.** Choose sunglasses that block either 99 or 100% of both UVA and UVB radiation.
- **Use protective eyewear.** Playing sports? Mowing the lawn? Wear protection to keep your eyes safe.

Source: National Eye Institute

## DID YOU KNOW?



## Treating Heat Stroke

Learn the symptoms and know what to do if someone shows signs of heat stroke.

What to look for:

- Body temperature above 103 degrees
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache, dizziness, nausea or confusion
- Losing consciousness

What to do:

- Call 911 right away.
- Move the person to a cooler place.
- Help lower the person's temperature with a cool bath or with cool cloths placed on the head, neck, armpits or groin area.
- Don't give the person anything to drink. (He or she may not be alert or may be vomiting.)

Source: U.S. Centers for Disease Control and Prevention