



## IS IT A BAD HEADACHE OR A MIGRAINE?

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### How to Tell the Difference

Compared with a migraine, a tension-type headache is generally less severe and is rarely disabling. While the pain level for both can be mild to moderate, in the case of a migraine, it can sometimes be severe and even debilitating.

Migraine headaches can sometimes cause nausea and vomiting, which are generally not associated with a regular headache. And while a headache can (rarely) cause sensitivity to light or sounds, that symptom is more common with migraines.

Some people with migraines experience a more distinct warning sign called a migraine aura. Auras are usually visual but also can be sensory, motor or verbal disturbances. Visual auras are the most common. A visual aura is like an electrical or chemi-

cal wave that moves across the brain's visual cortex. Auras aren't the same for everyone. Some people experience bright spots or flashes. Auras are sometimes accompanied by a temporary partial loss of vision. They commonly last for 10 to 30 minutes.

Are you at risk? Risk factors for more-severe, or daily, migraine include being female, having a BMI greater than 30, depression, caffeine use and high stress. If you are experiencing migraine symptoms, talk with your doctor.

*Sources: U.S. Department of Health and Human Services' Office on Women's Health; Mayo Clinic*



## Summer Fun Update

### Choosing a Bug Repellent

Personal bug repellents are available in various forms and concentrations. Aerosol and pump-spray products are often intended for skin application as well as for treating clothing. Liquid, cream, lotion, spray and stick products are designed for direct application to the skin.

According to the U.S. Centers for Disease Control and Prevention

(CDC), the three most common active ingredients in repellents are DEET, picaridin and oil of lemon eucalyptus. The CDC considers DEET and picaridin to be the most effective. Between the two active ingredients, picaridin products are less problematic when used repeatedly over an extended period of time.

*Source: University of Arizona*

## Teen Health Update

### Teens and E-Cigarettes

There are lots of names for e-cigarettes, including e-cigs, mods, vape pens and e-hookahs. These devices heat a liquid into an aerosol that the user inhales. The nicotine in e-cigarettes, like that in regular cigarettes, is addictive. (E-cigarettes are considered tobacco products because most of them contain nicotine, which comes from tobacco.) Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:

- Ultrafine particles that can be inhaled deeply into the lungs

- Flavorants such as diacetyl, a chemical linked to serious lung disease
- Volatile organic compounds
- Heavy metals such as nickel, tin and lead

The teen years are times of important brain development, which continues to about age 25. Nicotine exposure during adolescence and young adulthood can cause addiction and can harm the developing brain.

*Source: Office of the U.S. Surgeon General*

## Sun Smarts

### Take Precautions — and Enjoy the Season!

Heat-related illness occurs when the body's temperature-control system is overloaded. Infants and children up to 4 years old are at greatest risk. Even young, healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. The best defense is prevention:

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities for morning and evening hours.

- Take cool showers or baths.
- Seek medical care immediately if someone has symptoms of heat-related illness.

Just a few serious sunburns can increase the risk of skin cancer later in life. Choose clothing that covers skin and helps protect against UV rays. Use sunscreen with at least SPF 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you or your child go outside.

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



## Rx Gourmet

### Your Prescription for Healthy Eating

Heart Healthy, Diabetes Friendly – and Delicious!

These caprese salad bites are colorful, packed with flavor, and perfect to serve indoors or outdoors as an appetizer. They also pack and travel well, making them easy to bring to parties when you're asked to bring an appetizer. They're light and not too filling. Toss the guilt and indulge in a bite!

#### Caprese Salad Bites

Makes 12 skewers

##### Ingredients:

- |  |                        |
|--|------------------------|
| 8 ounces fresh small mozzarella balls                | Kosher salt            |
| 2 tablespoons extra-virgin olive oil                 | 12 cherry tomatoes     |
| 1 teaspoon Italian seasoning                         | 12 fresh basil leaves  |
| 1/4 teaspoon crushed red pepper flakes<br>(optional) | 1 cup balsamic vinegar |



In a small bowl, toss together mozzarella balls, olive oil, Italian seasoning and crushed red pepper flakes. Season to taste with salt. Set aside.

On small wooden or plastic appetizer skewers, layer a marinated mozzarella ball, a basil leaf, and a cherry tomato. Place on your serving platter.

Balsamic glaze: In a small saucepan or skillet, bring the balsamic vinegar to a low simmer. Let the vinegar thicken until syrupy, about 15 minutes. Set aside to cool. It should thicken even further as it cools.

Drizzle skewers with balsamic glaze and serve. You can also serve the glaze in a small bowl with a dessert spoon and let your guests drizzle the amount of glaze they desire.

Per Serving: 91 Calories; 7g Fat (66.9% calories from fat); 3g Saturated Fat; 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 82mg Sodium. Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

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

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



#### Fireworks Safety

Have a Fun (and Safe!) July 4th with These Tips

The best way to protect your family is to not use fireworks at home. Attend public fireworks displays. If you do plan to use fireworks, make sure they are legal in your area.

Use care with sparklers. Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. Let young children use glow sticks instead.

Closely supervise children around fireworks, and take precautions if you use fireworks. Don't wear loose clothing. Point fireworks away from homes. Never light fireworks indoors or near dry grass, brush, leaves or flammable substances.

Stand several feet away from lit fireworks. If a device doesn't go off, don't stand over it to investigate. Put it out with water and dispose of it. Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher.

If anyone is injured by fireworks, immediately seek medical help. If an eye injury occurs, don't touch or rub it, as this may cause additional damage.

*Source: Safe Kids Worldwide*

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## Men's Health Week Is June 11-17

### Let's Get Serious About Protecting Your Heart

The week before Father's Day is Men's Health Week. There's no better time to take a look at your heart health. If you experience an unusual pain, ache, or other possible heart-related warning sign or symptom, don't brush it off as "probably nothing." Heart disease remains the leading killer of men. Don't ignore these signs:

- Excessive sweating
- Shortness of breath
- Exhaustion with exertion

Many men believe that the pain of a heart attack is felt only on the left side of the

chest and moves to the left arm. It isn't always that cut and dried. Heart-attack pain is often felt under the breastbone (sternum), and pain occurs in both arms as often as in the left arm alone. Chest pain that is triggered by activity but that goes away with rest suggests angina (a narrowing of one or more coronary arteries) while oppressive pain that isn't relieved by rest suggests a heart attack. If you have any of these symptoms, seek immediate medical help.

Sources: [www.menshealthmonth.org](http://www.menshealthmonth.org); Harvard University

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### DID YOU KNOW?



### Preparing for a Doctor Appointment

Do you have a doctor appointment coming up? Make a list of what you want to discuss. Do you have a new symptom you want to ask the doctor about? Do you want to get a flu shot? Are you concerned about how a treatment is affecting your daily life?

Don't put off the things that are really on your mind until the end of your appointment. If you have more than a few items to discuss, list them in order of importance.

*Source: National Institute on Aging*