



COULD YOU BE LIVING WITH HIGH BLOOD PRESSURE?

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See Your Doctor

High blood pressure is a common, and potentially dangerous, condition that requires careful monitoring by your doctor. The term means the pressure of the blood in your blood vessels is higher than it should be. The good news: You can take steps to control your blood pressure and lower your risk of heart disease and stroke.

About one in three adults in the U.S. has high blood pressure, according to the Centers for Disease Control and Prevention. Only about half of these people have their high blood pressure under control. It is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it.

That’s why it is important to check your blood pressure regularly. Having it checked when you visit your doctor is one way to

track it. Your doctor may also recommend that you get a home blood-pressure monitor or that you visit your pharmacy regularly for a free blood-pressure check.

You can take steps to prevent high blood pressure or to control it if your blood pressure is already high. Talk with your doctor about diet, exercise and medications, if needed.

Source: Centers for Disease Control and Prevention



Meditation

Benefits for Mind and Body

Meditation is a mind-and-body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind-and-body practices focus on the interactions among the brain, mind, body and behavior.

There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking or

other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them).

Some research suggests that practicing meditation may help reduce blood pressure, anxiety, depression and insomnia. Meditation is generally considered to be safe for healthy people.

Sources: National Institutes of Health; National Center for Complementary and Integrative Medicine

It's National Nutrition Month

Try These Tips for Boosting Healthy Eating Habits

Replacing less-than-healthy habits with those that lead to better health is do-able if you take it one step at a time. Check out these tips to help you get started:

- Eat more slowly. If you eat too quickly, you may “clean your plate” instead of paying attention to whether your hunger is satisfied.
- Eat only when you're truly hungry instead of when you are tired, anxious or feeling an emotion besides hunger. If you find yourself eating when you are experiencing

an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better.

- Plan meals ahead of time to ensure that you eat a healthy, well-balanced meal.

Source: Centers for Disease Control and Prevention



Colorectal Cancer

What You Need to Know

When colorectal cancer occurs, abnormal cells in the colon or rectum divide uncontrollably, eventually forming a malignant tumor. Most colorectal cancers begin as a polyp, a growth in the tissue that lines the inner surface of the colon or rectum. A polyp can be flat or raised. Polyps are common in people over age 50 and most aren't cancer. A certain type of polyp, an adenoma, may have a higher risk of developing into cancer.

Colorectal cancer is the third most common type of non-skin cancer in both men and women. (For men, prostate cancer and lung cancer are higher; for women, it's breast cancer and lung cancer.) Colorectal cancer

is the second leading cause of cancer death in the U.S. after lung cancer.

The good news: The rates of new colorectal cancer cases and deaths among adults age 50 and over are decreasing in the U.S. due to increased screening and a reduction in risk factors, such as smoking. The major risk factors remain family history and older age. Talk with your doctor about your risk factors and family history and ask about when to schedule a colorectal cancer screening.

Source: National Cancer Institute



Rx Gourmet

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

Stir fry dishes are great because you can easily change out the protein with what you have on hand: pork, beef, chicken or even shrimp. You can also experiment with different vegetables.

Chicken Pepper Stir Fry

Serves 2

Ingredients:

3 medium button or baby portabella mushrooms
8 ounces boneless, skinless chicken breast, cut into bite-size pieces
2 teaspoons canola oil, divided
5 slices fresh ginger
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped

Marinade Ingredients:

1/2 tablespoon Shaoxing wine (a rice wine; you can substitute dry sherry or cooking sherry)
1/2 tablespoon cornstarch
1/4 teaspoon sesame oil
Pinch of salt

Sauce Ingredients:

1 tablespoon oyster sauce
1/2 tablespoon Shaoxing wine
1/2 generous teaspoon sugar
1/4 teaspoon sesame oil
1/2 teaspoon cornstarch
Pinch of salt
3 dashes finely ground pepper



Marinate the chicken with the marinade ingredients for 15 minutes. Mix all sauce ingredients in a bowl, stir to blend well and set aside. Heat 1 teaspoon canola oil in a wok or a large non-stick skillet and stir fry the chicken until the surface turns opaque, or almost fully cooked. Remove from pan and set aside. Heat remaining 1 teaspoon of the canola oil and stir fry the ginger until fragrant. Add bell peppers and stir fry one to two minutes. Return chicken back to the wok and stir with bell peppers. Add in the mushrooms and the sauce, stirring well. Stir fry until the sauce thickens and the chicken is completely cooked. Serve immediately.

Per serving (1/2 of recipe):

278 Calories; 8g Fat (25.0% calories from fat); 1g Saturated Fat; 30g Protein; 22g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 277mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Recipe is low fat, low carb, low calorie and diabetic friendly. It can also be gluten free if using a GF oyster sauce such as Wok Mei. There are several brands available.

Recipe courtesy of LowFatLifestyle.com. Visit them on the web and get more free recipes and healthy-cooking tips at LowFatLifestyle.com.



Using Antibiotics Wisely

They Fight Bacteria, Not Viruses

Antibiotics are meant to be used against bacterial infections. For example, they are used to treat strep throat, which is caused by streptococcal bacteria, and skin infections caused by staphylococcal bacteria. Although antibiotics kill bacteria, they are not effective against viruses. Therefore, they will not be effective against viral infections such as colds, most coughs, many types of sore throat and the flu.

Using antibiotics against viral infections:

- Won't cure the infection
- Won't keep other individuals from catching the virus
- Won't help a person feel better
- May cause unnecessary, harmful side effects
- May contribute to the development of antibiotic-resistant bacteria

Patients and healthcare professionals alike can play an important role in combating antibiotic resistance. Patients should not demand antibiotics when a healthcare professional says the drugs are not needed. Healthcare professionals should prescribe antibiotics only for infections they believe to be caused by bacteria.

As a patient, your best approach is to ask your healthcare professional whether an antibiotic is likely to be effective for your condition. Also, ask what else you can do to relieve your symptoms.

Source: U.S. Food and Drug Administration

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Senior Health

What Is Low Vision?

People who have age-related eye disease are more likely to develop what is known as "low vision." Low vision means that, even with regular glasses, contact lenses, medicine and even surgery, everyday tasks are difficult to do. Reading the mail, shopping, cooking, seeing the TV and writing can seem challenging.

Fortunately, help is available. Low-vision specialists can offer a variety of services that help people make the most of their remaining vision. (They cannot, however, restore lost vision.) As a result, people with low vision can continue enjoying friends, family, hobbies and other inter-

ests just as they always have. The key is knowing there is help.

Of course, whether or not you have low vision, regular exams are important. If you are age 50 or older, make a point of visiting your eye-care professional annually. Having a dilated eye exam every year, or as recommended by your eye-care professional, can help detect age-related eye diseases in their early stages. Early detection and treatment can help save your sight.

Sources: National Institutes of Health; National Eye Health Education Program

DID YOU KNOW?



Giving Medicine to Children

When kids are feeling sick and cranky, it may be tough to get them to take medicine. If taste is a problem, try giving your child a popsicle beforehand, because the cold will help numb the taste buds. Also, you can ask your doctor or pharmacist about whether a particular liquid medication can have flavor added at the pharmacy. You can also ask if a pill comes in a chewable form. Before mixing medicine with food (applesauce, pudding, etc.) to make it taste better, ask your doctor or pharmacist if that's OK. Doing so may reduce the effectiveness of certain medications.

Source: U.S. Food and Drug Administration