



TREATING YOUR CHILD'S ASTHMA

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What Parents Need to Know

Poorly controlled and undiagnosed asthma in small children can result in trips to the emergency room, hospital stays, missed workdays for parents and suffering that small children are often unable to express. It's important that a child with asthma receive proper treatment.

Is your child at risk? His or her doctor may prescribe two types of medicines:

- **Quick-relief.** Any child who has asthma needs a quick-relief medicine to treat the coughing, wheezing and shortness of breath that occur with symptoms or an asthma attack. This medicine (typically an inhaler) should be with the child at all times for use at the first sign of symptoms.
- **Long-term control.** This type of medicine is needed by some children to treat inflammation of the airways. It is taken

daily to help prevent asthma symptoms and attacks.

Your child can take both medicines using an inhaler with a device called either a holding chamber or a spacer (which helps to ensure that all the medication reaches the lungs), or through a nebulizer, a machine that includes compressor tubing and a mask to help deliver the medication. Your child's doctor, nurse or pharmacist can teach you how to use both, so you can determine what works best.

Source: American College of Allergy, Asthma & Immunology



Calcium

Your Diet Can Help Protect Your Bones

Calcium is found in many foods. You can get the recommended amount of calcium by eating a variety of foods:

- Milk, yogurt and cheese are the main food sources of calcium for the majority of people in the U.S.
- Kale, broccoli and Chinese cabbage are fine vegetable sources of calcium.
- Fish with soft bones that you eat, such as canned sardines and salmon, are good animal sources of calcium.

- Most grains (such as breads, pastas and unfortified cereals), while not rich in calcium, add significant amounts of calcium to the diet because people eat them often or in large amounts.
- Calcium is added to some breakfast cereals, fruit juices, soy and rice beverages, and tofu. To find out whether these foods have calcium, check the product labels.

Source: National Institutes of Health's Office of Dietary Supplements

Diabetes Update

Do You Know These Diabetes Symptoms?

- Symptoms of diabetes include:
- Increased thirst and urination
 - Increased hunger
 - Fatigue
 - Blurred vision
 - Numbness or tingling in the feet or hands
 - Sores that do not heal
 - Unexplained weight loss

might not even notice them. Many people with type 2 diabetes have no symptoms. Some people do not find out they have the disease until they have diabetes-related health problems, such as blurred vision or heart trouble.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Symptoms of type 1 diabetes can start quickly, in a matter of weeks. Symptoms of type 2 diabetes often develop slowly — over the course of several years — and can be so mild that you



Teen Health Update

What Causes Acne?

Acne occurs when your pores get clogged with dead skin and oil. It often starts during puberty because your body is making more oil, and bacteria starts growing in pores. Acne can show up on your face, but you can get it on your back, chest and other places, too.

- **Whiteheads** develop when a pore gets plugged with oil and dead skin cells.
- **Blackheads** happen when this plugged-up stuff comes to the surface of the skin. The black is *not* dirt.
- **Pustules (often called pimples)** develop when a plugged-up pore gets inflamed and filled with pus.

- **Cystic acne** happens when a plugged pore breaks deep inside the skin. Nodules (large, inflamed bumps) or cysts (pus-filled bumps) form and often look like larger pimples. Sometimes they can cause scars and pain.

Remember, acne is common among teens. You're not alone. Severe acne sometimes can be a sign of hormone problems, so ask your doctor if you're concerned.

Source: U.S. Department of Health and Human Services



Rx Gourmet

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

Sometimes simple is best. Great chefs know that, for sublime taste, it's best to start with good, fresh ingredients and to let the natural flavor come through. Oven roasting asparagus is not only super easy, it also brings out that delicious woody flavor of the asparagus as its sugars caramelize. For tender asparagus, just break off the woody end of each spear by holding the top and bottom of the spear and bending it. The woody end will break off, leaving the beautifully tender portion. (Save the woody portions to throw in with other vegetable ends and pieces to make a wonderful vegetable broth that can be used later for soup.)

Simple Oven-Roasted Asparagus *Serves 4*

Ingredients:

1 bunch thin-to-medium asparagus spears, trimmed (about 1 1/4 pounds)	1/8 teaspoon ground black pepper
1 teaspoon olive oil	1 tablespoon grated Parmesan cheese (optional)
1/4 teaspoon garlic powder	1 teaspoon lemon juice (optional)
1/4 teaspoon sea salt *	



Preheat oven to 425 degrees. Trim and rinse asparagus spears. Pat dry with tea towels. Place on baking sheet and drizzle with one teaspoon olive oil. Sprinkle with garlic powder, salt and pepper. Toss spears lightly and arrange the asparagus in a single layer. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness of spears. The thicker the spear, the longer the cooking time. Sprinkle with lemon juice and Parmesan cheese just before serving, if desired.

* If using the Parmesan cheese, remember it is salty, so do not add extra salt until you taste the finished dish.

Per serving: 34 Calories; 2g Fat (38.0% calories from fat); trace Saturated Fat; 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 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.



Your Healthy Pregnancy

Prenatal Checkups

During pregnancy, regular checkups are important. Typically, these checkups occur:

- Once each month for weeks 4 through 28
- Twice a month for weeks 28 through 36
- Weekly for weeks 36 to birth

Women with high-risk pregnancies need to see their doctor more often.

At your first visit, your doctor will perform a full physical exam, take your blood for lab tests and calculate your due date. Your doctor might also do a breast exam; a pelvic exam to check your uterus; and a cervical exam, including a Pap test.

After the first visit, most prenatal visits will include:

- Checking your blood pressure and weight
- Checking the baby's heart rate
- Measuring your abdomen to check your baby's growth

You also will have some routine tests throughout your pregnancy, such as tests to look for anemia, to measure risk of gestational diabetes and to check for harmful infections.

Become a partner with your doctor to manage your care. Keep all of your appointments. Ask questions and read to educate yourself about this exciting time.

Source: Office on Women's Health, U.S. Department of Health and Human Services

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Your Family's Health Talk about Your Medicine Cabinet

Educate yourself and your family about the medications you keep in your home. To help get the conversation started:

- Talk about appropriate versus inappropriate use of medication
- Inform your family members that abusing medications can be just as dangerous as using illegal drugs.
- Ask your doctor if any medications prescribed for your family have a potential for abuse.
- Be familiar with the warning signs of prescription and over-the-counter drug abuse. Warning signs can be both behavioral and physical, and may include withdrawal from normal activities, irritability, unusual requests for money, unexplained changes in friends, and frequent nasal or sinus infections.
- Remind seniors in your home that many medications do not mix well with alcohol or other medications, including herbal remedies.
- Teach your teens and younger children to respect medicines. Teach them, from an early age, that medicines are important tools in healthcare but they must be used according to directions.
- Set clear expectations with your teens and let them know that under no circumstances should they ever take medications without your knowledge.

Source: New York State Department of Health

DID YOU KNOW?



**Increase Your
Bone Density**

Girls and boys and young adults who exercise regularly generally achieve greater peak bone mass than those who do not. But even women and men age 30 and older can help prevent bone loss with regular exercise. The best activity for your bones is weight-bearing exercise. This is exercise that forces you to work against gravity, such as walking, hiking, jogging, climbing stairs, playing tennis, dancing and weight training.

Source: National Institutes of Health's Osteoporosis and Related Bone Diseases National Resources Center