

**SMOKING AND DIABETES**

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**What's the Connection?**

Diabetes is a group of diseases in which glucose levels are higher than normal. The pancreas makes a hormone called insulin that helps glucose enter the body's cells. When you have diabetes, your body either doesn't make enough insulin or can't use the insulin very well. Type 2 is the most common type in adults and accounts for more than 90% of all diabetes cases.

Smokers are 30 to 40% more likely to develop type 2 diabetes, compared with nonsmokers. And people with diabetes who smoke are more likely than nonsmokers to have trouble controlling their disease. Smokers with diabetes also have higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that

can lead to infections, ulcers and possible amputation

- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves in the arms and legs that can cause numbness, pain, weakness and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. For free help to quit, call 1-800-QUIT NOW (1-800-784-8669).

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





## Before You Try a Laxative

Lifestyle Changes Can Help

How often you have a bowel movement varies, but people normally have as many as three bowel movements a day to as few as three a week. You may be constipated if you have fewer bowel movements than are normal for you. In addition, constipation may involve stools that are difficult to pass because they're hard, dry or small.

- Eat fiber-rich foods, such as wheat bran, fruits, vegetables and oats.
- Drink plenty of fluids daily.
- Exercise regularly.



Lifestyle improvements relieve constipation for many people, but if problems continue despite these changes, your next choice may be a mild laxative. Ask your doctor or pharmacist about the best option for you.

Source: Mayo Clinic

## Have an Active Lifestyle?

Eat Right for More Energy

If you engage in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to an overall healthier lifestyle, too. Here's how.

- **Choose nutrient-packed foods.** Include whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars and sodium.
- **Energize with grains.** Make at least half of your grain food choices whole-

grain foods such as whole-wheat bread or pasta and brown rice.

- **Power up with protein.** Protein is essential for building and repairing muscle. You can get it from plant sources and from seafood, lean cuts of beef or pork, and skinless poultry.
- **Stay hydrated.** Drink water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

Source: ChooseMyPlate.gov

## Choosing an Antacid? Talk with Your Pharmacist

The next time you reach for an over-the-counter product to treat your upset stomach or heartburn, consider whether you should choose one of the many antacids that don't contain aspirin. Aspirin-containing medicines that treat heartburn, sour stomach, acid indigestion or upset stomach can cause stomach or intestinal bleeding, especially in some people, warns the U.S. Food and Drug Administration (FDA). Take a close look at the Drug Facts label, and if the product contains aspirin, consider choosing something else for your stomach symptoms, the FDA advises. Examples are Alka-Seltzer or other effervescent antacid products.

That doesn't mean people need to stop taking aspirin for other purposes, the FDA notes. Talk with your doctor about whether aspirin for inflammation, pain relief, etc. is appropriate for you. If your doctor has advised you to take an aspirin a day to help prevent a heart attack or other condition, don't stop without talking with him or her first.

Make sure you discuss with your doctor what kind of medicine you can take in case you get an upset stomach. There are plenty of stomach medicines that don't contain aspirin.

Source: U.S. Food and Drug Administration





## Rx Gourmet

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

### Green Beans with Mushrooms and Shallots

Serves 6

Dressing down some of our holiday favorites can not only be healthier but actually can awaken our taste buds. Without all the mushroom soup and canned fried onions, you can actually taste the delicious individual flavors of the green beans, shallots and mushrooms in this side dish.

#### Ingredients:

1 pound fresh green beans,  
trimmed and cut into 1-inch pieces

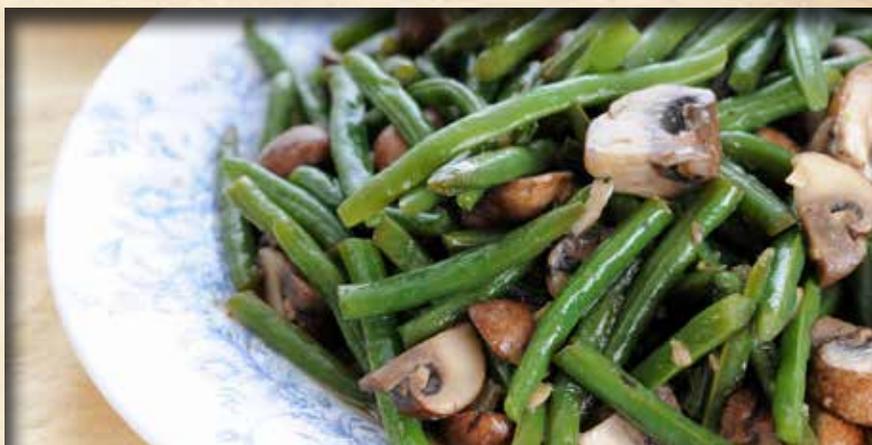
Water for steaming

2 tablespoons olive oil

1/3 cup sliced shallots  
(about 2 medium)

3/4 pound assorted fresh mushrooms,  
sliced (your choice of button, baby  
portabella, shiitake, oyster or any  
combination)

Salt and freshly ground black pepper



Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans and steam to your desired degree of tenderness (about 5 minutes). Once the beans have cooked, remove the cover, drain the beans in a colander and set aside.\*

To cook the shallots and mushrooms, heat the oil over medium-high heat in a large nonstick skillet. Add the shallots and cook, stirring until softened slightly, about 2 minutes. Add the mushrooms and cook, stirring occasionally, until the moisture they release evaporates and they begin to brown, about 10 minutes. Add the green beans and stir to combine until the beans are once again warm. Season with salt and pepper and serve.

*\* If short on stove-top space (and who isn't during holiday meals?), you can also steam the green beans in the microwave. Put them in a microwave-safe bowl with 1 tablespoon water. Cover tightly and microwave on high for 4 minutes. Follow directions above.*

Per Serving: 80 Calories; 5g Fat (48.1% calories from fat); 1g Saturated Fat; 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium.  
Exchanges: 2 Vegetable; 1 Fat.

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

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



## Your Healthy Hair and Skin

Here's Help for Dandruff

Dandruff is the excess shedding of the top layer of the skin on the scalp. It is normal for these cells to be shed. However, with dandruff, larger "scales" are shed at an increased rate. There is nothing medically serious about it. It will not lead to baldness, and it is not contagious.

Those who have acne or oily skin also tend to have more problems with dandruff.

The cause is unclear. Frequent washing with a regular shampoo is the most important treatment for dandruff. If frequent washing with a regular shampoo does not control dandruff, try a dandruff shampoo. Dermatologists recommend alternating a regular shampoo with an antifungal dandruff shampoo when dandruff appears. Dandruff shampoos may need to be used routinely to control dandruff. As symptoms improve, you may use them less frequently.

Seek medical help if:

- Itching associated with dandruff increases
- Using a dandruff shampoo fails to control the problem adequately
- Inflammation (redness, swelling, severe scaling) occurs on the scalp or on other parts of the body

*Source: University Health Services, University of Michigan*

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## Head Lice Try These Helpful Treatment Tips

When using a head lice medication::

- Apply according to instructions. If the person has long hair, a second bottle may be needed. Pay attention to instructions regarding how long the medication should be left on the hair and how it should be washed out.
- Have the person put on clean clothing after treatment.
- If a few live lice are found 8 to 12 hours after treatment, but are moving more slowly, don't re-treat. The medicine may take longer to kill all the lice. Comb lice out of the hair using a fine-toothed nit comb.
- If, after 8 to 12 hours of treatment, no dead lice are found and lice seem as active as before, the medicine may not be working. Don't re-treat until speaking with your doctor.
- After each treatment, check the hair and comb with a nit comb to remove nits and lice every 2 to 3 days to reduce the chance of self-reinfestation.
- Retreatment is meant to kill any surviving hatched lice before they produce new eggs. Ask your doctor if you have questions about retreatment.

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

## DID YOU KNOW?



## What Kind of Cough Is It?

Acute coughs last less than three weeks and usually are caused by the common cold or other infections such as sinusitis or pneumonia. Subacute coughs last three to eight weeks and remain after the initial cold or respiratory infection is over. Chronic coughs last more than eight weeks and can be caused by gastroesophageal reflux disease (GERD), post-nasal drip from sinus infections or allergies, or chronic lung conditions such as asthma, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and interstitial lung diseases. Talk with your doctor about your cough, its duration and how to treat it.

Source: National Heart, Lung and Blood Institute