



BREAST CANCER AWARENESS

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Tips for Having a Good Mammogram

Following these suggestions, from the American Cancer Society, can help you have a good-quality mammogram:

- Don't wear deodorant or antiperspirant. Some have substances that can show up on the x-ray as white spots.
- If you are still having periods, try to not schedule your mammogram for the week just before your period. Schedule it when your breasts are not tender or swollen to help reduce discomfort.
- Always describe any breast symptoms or problems you are having to the technologist who is doing the mammogram. Be prepared to describe any related medical history such as surgeries, hormone use, and any breast cancer that you or a family member has had. Also talk to your doctor about any new problems in your breasts before having the mammogram.
- Before having any type of imaging test, tell your radiology technologist if you are breastfeeding or if you think you might be pregnant.
- If you do not hear from your doctor within 10 days, do not assume that your mammogram was normal. Call your doctor or the facility.

Visit www.HealthMart.com to learn more about breast cancer.



Caring for you and about you



DID YOU KNOW?

If It's in the Air... It's in Your Lungs!

Lung health is critical to your overall health. Secondhand smoke, outdoor air pollution, and chemicals in the home and workplace all can cause or worsen lung disease. Make your home and car smoke-free. Avoid exercising outdoors on bad-air days. And talk to your healthcare provider if you are worried that something in your home, school or workplace may be making you sick.

— Source: American Lung Association

Choosing a Wheelchair

If You or a Loved One Has Mobility Issues, the Right Product Can Help

If you're shopping for a wheelchair, you'll want to think about a few things ahead of time:

- Where will I use my wheelchair the most?
 - What kinds of activities are most important to me?
 - How will I get my wheelchair and myself from place to place?
 - How much of the day will I spend in the wheelchair?
 - How will I transfer from the wheelchair to other surfaces?
- If I need help with my wheelchair, where will that come from?
 - How will I get my wheelchair around my neighborhood or yard?
 - Can I get insurance coverage for my wheelchair? Which models are covered by my plan?

An occupational therapist or physical therapist can help you make the best choice. The person you consult should be registered in their profession and licensed by your state.

— Sources: *The American Physical Therapy Association and the American Occupational Therapy Association*



IT'S "TALK ABOUT PRESCRIPTIONS" MONTH

What Questions Do You Have for Your Pharmacist?

There's a lot to know about prescription and over-the-counter (OTC) medications. Your pharmacist is always available for a private consultation. Some questions you may want to ask:

- Are there things I should avoid when taking this medication (too much sun, alcohol, certain foods, driving, etc.)?
- How should this medication be taken (at what time of day, with or without food, etc.)?
- Can I combine this medication with other medications? (Having a list is helpful. If you use the same pharmacy for all your prescriptions, your pharmacist will have that list. But you will also need to inform him or her of any OTC medications or supplements you are taking.)
- Where should I store this medication (refrigerator, room temperature, etc.)?
- What should I do if I miss a dose?
- Are there common adverse effects from this medication? What can I do about them?

EYE HEALTH

Top Tips for Healthy Eyes

There Are Many Things You Can Do to Help Protect Your Vision

Seeing clearly is one of life's greatest gifts. To keep your eyes healthy, it's important to protect them from injury, infection and vision loss. The following tips can help:

- **Get regular eye exams.** There are often no warning signs of diseases that may affect your vision. Schedule complete eye exams with your eye doctor regularly.
- **Eat healthfully.** A balanced diet that includes several servings of fruits and vegetables daily helps to provide the nutrients your eyes need.
- **Quit smoking.** Smoking increases your risk of developing serious eye diseases such as cataracts. If you have diabetes, smoking increases your risk of diabetic eye disease.
- **Shake your family tree.** You face a higher risk of developing age-related macular degeneration, glaucoma and other serious eye diseases if you have family members with these conditions.
- **Wear proper eye protection.** To prevent eye injuries at work, around the house or while playing sports, wear safety glasses, goggles or eye guards when needed.
- **Protect your eyes from the sun.** Wearing sunglasses helps prevent eye damage caused by ultraviolet (UV) radiation.
- **Wear contact lenses wisely.** To avoid infection or eye pain, follow your eye doctor's instructions for contact-lens cleaning, storage, use and replacement.
- **Take breaks to ease eye strain.** Spending hours reading or looking at a computer screen can make your eyes tired.
- **Watch for signs of eye problems.** See an eye doctor right away if you have a sudden loss of vision or if you see flashes of light, black spots or halos around light.

— Sources: Bausch + Lomb, National Eye Institute, American Optometric Association, American Academy of Ophthalmology

Want more information on eye health? Visit www.HealthMart.com.



SENIOR HEALTH UPDATE

Dental Care Isn't Just for Kids

Seniors have special concerns when it comes to dental health. These tips can help you maintain great oral health as you get older, which can enhance your overall health.

- Choose a toothbrush with soft bristles. If you have limited ability to move your shoulders, arms or hands, you may benefit from using an electric toothbrush.
- Clean between teeth daily with floss or other inter-dental cleaners.
- Bacteria stick to your teeth and also to full or partial dentures. If you wear dentures, remember to clean them daily. To stay healthy, the lining of your mouth needs to rejuvenate after prolonged contact with dentures. Your dentist will provide you with instructions about how long your dentures may be worn each day.
- If you smoke, talk with your doctor about quitting. Smoking increases problems with gum disease, tooth decay and tooth loss. It also affects healing after dental procedures and the retention of dental implants.
- Visit your dentist regularly for a complete dental check-up.

Source: American Dental Association



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SEASONAL FLU VACCINE

Who Needs It?

While everyone six months old and older should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated, either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than age five, but especially children younger than two years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions

- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including healthcare workers, household contacts of persons at high risk for complications from the flu, and household contacts and out-of-home caregivers of children less than six months of age (these children are too young to be vaccinated)

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

HEALTH TIP



Vitamin D Can Help Prevent RSV Infections in Infants

Respiratory syncytial virus (RSV) causes lower-respiratory-tract infections in infants. A recent study in the medical journal *Pediatrics* finds that infants who are deficient in vitamin D at birth have a higher risk of developing RSV in their first year of life. Healthy infants with low concentrations of vitamin D had six times the risk of developing RSV infections compared with infants with the highest levels of vitamin D. Only 46% of women in the study reported using supplements that contained vitamin D during pregnancy. The study authors suggest that larger clinical trials should examine the effect of vitamin D supplementation during pregnancy on the risk of RSV infections in newborns.

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