



WINTER IS COMING

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Let's Talk About the Flu Vaccine

Every year, millions of people get the flu. The good news is that the seasonal flu vaccine can lower the risk of getting the flu by about half. Getting the yearly flu vaccine is the best way to protect yourself. Note: Flu vaccines can't cause the flu.

Most people who get the flu have a mild illness. But for some, it can be serious, and even deadly. Are you or certain family members at particular risk? Serious complications from the flu are more likely in babies and young children, pregnant women, older adults, and people with certain long-term health conditions such as diabetes or asthma.

Keep in mind that getting the flu vaccine also protects the people around you. When you and your family get vaccinated, you

help keep yourselves and your community healthy. This is especially important if you spend time with people who are at risk for serious illness from the flu, such as young children or older adults.

Be sure to get the flu vaccine every year. Immunity (protection) decreases with time. Additionally, the flu viruses are constantly changing, so the vaccine is often updated to give the best protection.

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



Your Baby's Teeth

Start Now for a Lifetime of Good Dental Health

Taking care of your baby's gums and teeth isn't difficult. Just follow these tips:

- After each feeding, wipe your baby's gums with a damp washcloth or gauze pad to remove plaque.
- Start brushing, with a soft infant toothbrush, after the first tooth erupts.
- If your baby is teething and uncomfortable, try rubbing her gums with a clean finger, a wet gauze pad or a teething ring. If the discomfort persists, call your pediatrician or dentist. (Contrary to common belief, fever is not normal for a teething baby. If your infant has a fever while teething, call your pediatrician.)
- Schedule your child's first dental visit by her first birthday.

Source: American Academy of Pediatric Dentistry

Type 2 Diabetes

When Should You Get Tested?

Experts recommend routine testing for type 2 diabetes if you are:

- Age 45 or older
- Between ages 19 and 44, are overweight or obese, and have one or more other diabetes risk factors
- Are a woman who had gestational diabetes

Though type 2 diabetes most often develops in adults, children also can develop it. Experts recommend testing children between ages 10 and 18 who are overweight or obese and have at

least two other risk factors for developing diabetes, such as a low birthweight, a mother who had diabetes while pregnant with them, or any other type 2 diabetes risk factors.

Medicare covers the cost of diabetes tests for people with certain risk factors. If you have different insurance, ask your insurance company if it covers diabetes testing.

Source: National Institute of Diabetes and Digestive and Kidney Diseases



Home Health Care — What You Should Know

Home health care includes a wide range of medical services that can be given in your home to treat an illness or injury. Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

Where possible, home health care helps you get better, regain your independence and become as self-sufficient as possible.

It may also help you maintain your current condition or level of function and slow your decline.

Doctor's orders are needed to start home health care. Check your insurance coverage for participating providers and ask about any coverage limitations. Your insurance company or doctor should give you a list of agencies that serve your area. Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.

Source: Medicare.gov



Rx Gourmet

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

Simple salads are so versatile and can complement just about any entree or meal. This lovely fall salad is a breeze to make and can be easily varied to account for differing tastes.

If you like, you can use blueberries instead of the apple, or pecans instead of the walnut pieces. Don't like goat cheese? Try feta. Of course, you can use dried cherries instead of cranberries. And if you are not a fan of spinach, this salad will work wonderfully with any type of mixed salad greens and lettuce.

Best of all, it pairs well with any roasted or grilled poultry or meat.

Autumn Baby Spinach Salad

Serves 4

Ingredients:

2 cups baby spinach,
washed and stemmed
1/2 cup dried sweetened cranberries
1 ounce crumbled goat cheese
1/2 cup walnut pieces, toasted
1 large apple, cored and thinly sliced

Dressing:

1/4 cup orange juice
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
2 teaspoons honey
1/8 teaspoon cracked black pepper



For the dressing: In a small jar with a tight-fitting lid, combine the orange juice, vinegar, mustard, honey and pepper. Cover and shake well until combined. To store, refrigerate for up to 1 week. Shake well before serving.

For the salad: Combine spinach, cranberries, toasted walnut pieces and thinly sliced apple. Gently toss and sprinkle with crumbled goat cheese.

Serve along with the orange dressing.

Per Serving: 164 Calories; 11g Fat (56.9% calories from fat); 2g Saturated Fat; 6g Protein; 13g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 158mg Sodium.
Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.

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.



Preventing Falls

These Tips Can Help

You can make changes at home to decrease your risk of falling:

- Keep floors free of clutter.
- Use carpet runners.
- Wear low-heeled shoes.
- Do not walk in socks, stockings or slippers.
- Be sure rugs have skid-proof backs or are tacked to the floor.
- Be sure stairs are well lit and have rails on both sides.
- Put grab bars on bathroom walls near tub, shower and toilet.
- Use a non-skid bath mat in the shower or tub.
- Keep a flashlight next to your bed.
- Use a sturdy stepstool with a handrail and wide steps.
- Add more lights in rooms.

You can also do exercises to improve your balance. While holding the back of a chair, sink or counter:

- Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.
- Stand on your toes for a count of 10 and then rock back on your heels for a count of 10.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

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Physical Activity for Weight Loss

How Important Is It?

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.

Most weight loss occurs because of decreased caloric intake. However, evidence shows the best way to maintain weight loss is to be engaged in regular physical activity.

Most importantly, physical activity reduces the risk of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

To lose weight and keep it off, you will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to, and staying at, a healthy weight requires both regular physical activity and a healthy eating plan.

Source: Centers for Disease Control and Prevention

DID YOU KNOW?



Get Stronger, More Flexible with Pilates

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. It emphasizes proper postural alignment, core strength and muscle balance.

By practicing Pilates regularly, you can achieve a number of health benefits, including improved core strength and stability; improved posture, flexibility and balance; and prevention and treatment of back pain.

If you're just starting out, it's a good idea to go slowly at first and gradually increase the intensity of your workout. Be sure to get good instruction. Working with a certified Pilates instructor will help you improve while avoiding injury. Check with your doctor before starting any new exercise program, including Pilates.

Source: Mayo Clinic