



LIVING WELL WITH ARTHRITIS

WHAT'S INSIDE

Children's Eye Health:
Sight-Saving Safety Tips

2

Back-to-School Update:
Share the Road Safely
with School Buses

2

Medications and Sunburn Risk:
What's the Connection?

3

Work with Your Doctor and Take Control of Your Symptoms

Seventy million Americans (one in three adults) are estimated to have some type of joint pain related to arthritis. Living with arthritis can be frustrating and difficult. But if you are willing to work at it, taking control of arthritis is within your reach. Your doctor will talk with you about medications that can help. In addition, there are other things you can do to manage your symptoms:

- Lose weight, if recommended.
- Exercise daily with gentle stretching and relaxation. Check with your doctor before beginning any exercise program.
- Pace yourself, rest and understand your limitations.
- Be aware of how a joint moves and carefully monitor any twisting motions.
- Don't remain in the same position for long periods of time.

- If lifting or pushing, distribute the weight to as many joints as possible. For example, use both arms to lift a package.
- Use warm and cold treatments, such as ice packs or heating pads, as recommended.
- Try a muscle ointment to reduce morning stiffness.
- Be realistic and optimistic.

— Sources: Ohio State University;
Arthritis Foundation



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KID'S HEALTH

Children's Eye Health *Sight-Saving Safety Tips*

Each year thousands of eye injuries occur in children ages 14 and younger related to toys and play activities. During these summer months, children are especially vulnerable to eye injuries while participating in outdoor activities. The U.S. Consumer Product Safety Commission offers the following safety tips:

- Select toys to suit the age, abilities and skills of the child. Toys too advanced may pose eye-safety hazards to younger children.
- Look for labels that give age and safety recommendations.
- Use softer-than-standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related eye injuries.
- Ensure that your child wears appropriate protective eye-wear when playing sports.

Chronic Obstructive Pulmonary Disease *What Is It?*

You've likely heard of "COPD," and you may have wondered exactly what it is. Chronic obstructive pulmonary disease makes it hard for a person to breathe. Coughing up mucus is often the first sign of COPD.

Your airways branch out inside your lungs like an upside-down tree. At the end of each branch are small, balloon-like air sacs. In healthy people, both the airways and air sacs are springy and elastic. When you breathe in, each air sac fills with air like a small balloon. The balloon deflates when you exhale. With COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band.

Cigarette smoking is the most common cause of COPD. Breathing in other kinds of irritants, like pollution, dust or chemicals, may also cause or contribute to COPD. Quitting smoking is the best way to avoid developing COPD.

Once someone has COPD, treatment can make the person more comfortable, but right now there is no cure.

— Source: National Heart, Lung, and Blood Institute



Back-to-School Update *Share the Road Safely with School Buses*

School buses are one of the safest forms of transportation on the road today. In fact, according to the National Highway Traffic Safety Administration, riding a bus to school is 13 times safer than riding in a passenger vehicle and 10 times safer than walking to school.

The reality of school-bus safety is that more children are hurt outside the bus than inside as passengers. Most of the children who lose their lives in bus-related crashes are pedestrians, four to seven years old, who are hit by the bus or by motorists illegally passing a stopped school bus.

Know the proper laws and procedures for sharing the road safely with school buses: All 50 states have a law making it illegal to pass a school bus that is stopped to load or unload children. School buses use yellow flashing lights to alert motorists that they are preparing to stop to load or unload children. Red flashing lights and an extended stop-sign arm signal to motorists that the bus is stopped and children are getting on or off the bus.

Want more information on kids' safety? Visit www.HealthMart.com.

WELLNESS UPDATE

Medications and Sunburn Risk

What's the Connection?

Many drugs increase sensitivity to sunlight and the risk of getting a sunburn. Some common ones include thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics, and non-steroidal anti-inflammatory drugs, such as ibuprofen.

Sunlight exposure is highest during the summer and between 10:00 a.m. and 4:00 p.m. Working outdoors during these times increases the chances of getting sunburned. Snow and light-colored sand reflect UV light and increase the risk of sunburn. In these conditions, the UV rays can reach you from both above and below.

Use particular caution in the sun when you are taking one of these medications. For more information, talk with your doctor or pharmacist.



— Source: Centers for Disease Control and Prevention

Want more information on protecting your skin? Visit www.HealthMart.com.

DID YOU KNOW?

How Does Diabetes Affect the Rest of Your Body?

Diabetes can affect many parts of the body and can lead to serious complications such as blindness, kidney damage and lower-limb amputations. But by working together, people with diabetes, their support network and their healthcare providers can reduce the occurrence of these and other diabetes com-

plications by controlling the levels of blood glucose, blood pressure and blood lipids and by receiving other preventive care in a timely manner. If you have diabetes, talk with your doctor about what you can do to help take care of your overall health.

— Source: Centers for Disease Control and Prevention



CAN YOU AVOID THAT SUMMER COLD?

Hand Washing Can Help

An unexpected summer cold can be just as miserable as the more predictable winter illness. Although we usually expect colds to occur in the fall and winter, the nasty viruses that cause them are still around in the summer, and they seem ready to pounce just as we're ready for a summer vacation.

Summer colds, like their winter cousins, are caused by a large family of viruses. Common cold viruses are not only prevalent but worldwide, and summer travel puts us in contact with many of them. Colds are spread in crowded indoor areas and by contaminated surfaces such as door handles, telephones and slot machines. The viruses can live for hours on such surfaces, and when we touch contaminated items, we pick up the virus and transfer infection to our nose or eyes.

Although we cannot avoid touching contaminated surfaces and we cannot completely avoid crowded areas, we can decrease our risk of infection by washing our hands frequently — especially while traveling. Many other viruses are spread in the same manner and this simple precaution may also help prevent other infections.

— Source: University of Nevada Reno

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IMMUNIZATION UPDATE

Why Are Childhood Vaccines So Important?

Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life. Also, young children do not have this "maternal immunity" against some diseases, such as whooping cough.

If an unvaccinated child is exposed to a disease, the child's body may not be strong enough to fight it. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles and polio. Those same germs exist today, but because babies are now protected by vaccines, we do not see these diseases nearly as often.

Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized. These include children who are too young to be vaccinated (for example, children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (for example, children with leukemia), and those whose bodies can't make an adequate response to vaccination.

— Source: American Academy of Pediatrics

Want more information on kids and immunizations? Visit www.HealthMart.com

HEALTH TIP



Seniors: Stay Hydrated

As you age, your sense of thirst diminishes. Because you may not feel thirsty, you may forget to drink water, which can lead to mild dehydration.

A fever or other illness, or hot summer weather, can lead to severe dehydration. To prevent dehydration, drink water regularly, even if you don't feel thirsty.

— Source: University of Rochester Medical Center

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