



YOUR MAMMOGRAM

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Make It More Comfortable with These Tips

Want to make your next mammogram a bit more comfortable — and convenient? These tips can help.

- **Hold off on caffeine.** Caffeine has a tendency to make a woman's breasts tender, potentially making the mammogram more uncomfortable. Avoid drinking coffee and tea, unless it's decaffeinated, for a week prior to a mammogram. Other items containing caffeine include soft drinks, chocolate and even some common over-the-counter (OTC) pain relievers.
- **Dress for comfort and convenience.** Wear a two-piece outfit with a blouse or sweater on the day of the appointment. While a woman's choice of outfit will not affect the outcome of her mammogram, most women find it easier and faster to slip off a blouse instead of removing a one-piece dress.

— Source: Baylor Regional Medical Center in Plano, TX

Want more information on mammograms? Visit www.HealthMart.com.



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CAN'T SLEEP?

These Tips Can Help

The promotion of regular sleep is known as sleep hygiene. The following sleep-hygiene tips can help improve the quantity and quality of your sleep.

- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark and relaxing environment, which is neither too hot nor too cold.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such

as reading, watching TV or listening to music. Remove all TVs, computers and other “gadgets” from the bedroom.

- Physical activity may help promote sleep, but not within a few hours of bedtime.
- Avoid large meals before bedtime.

— Source: *The National Sleep Foundation*

Want more information on sleep? Visit www.HealthMart.com.

October Is Healthy Lung Month *Tips to Help Strengthen Your Lungs*

Want healthy lungs for life? Here are five things you can start doing — today.

- **Don't smoke.** Enough said! If you do smoke, talk with your doctor or pharmacist about help in quitting.
- **Eat your fruits and vegetables.** Fruits and veggies are high in compounds that can help repair cell damage.
- **Breathe the cleanest air available.** Avoid secondhand smoke. Avoid outdoor activity during peak traffic hours.
- **Get your flu shot.** Influenza can wreak havoc on health, especially in people with respiratory issues such as asthma. In

addition, pneumonia shots are recommended for those over age 65. (If you have asthma or are a smoker, your doctor may recommend the pneumonia vaccine earlier than age 65.)

- **Get moving.** Kick up your cardio health by walking, running, swimming or doing any sustained exercise that causes you to improve your lung capacity.

— Source: *Florida Department of Health*



It's "Talk about Prescriptions" Month *What Questions Do You Ask Your Pharmacist?*

When you pick up a prescription at your pharmacy, your pharmacist is always happy to take a minute for a private consultation to talk about your medication and answer questions. Do you take advantage of this free service? Some questions you may want to ask:

- What should I do if I miss a dose?
- Should I expect any side effects? What should I do if I experience side effects?
- Should I take the medication with or without food? At certain times of day?
- Can I drink alcohol while taking this medication?

- Should I be concerned about interactions with other prescription medications, over-the-counter medications or supplements I'm taking?
- Should I stop taking this medication when my symptoms subside, or should I continue taking it until it's finished?

— Source: *California Board of Pharmacy*

Want more information on taking medications? Visit www.HealthMart.com.

RSV

What Parents Need to Know

Respiratory syncytial virus (RSV) is the major cause of infections of the breathing passages and lungs in infants and young children. It is transmitted from an infected child by secretions from the nose or mouth by direct contact or airborne droplets.

Many children with RSV infections have only mild symptoms similar to those of a common cold. In children younger than 2 years, the infection may progress to symptoms more commonly found in bronchiolitis (an infection of the bronchioles, the small breathing tubes of the lungs).

Initially, the child with RSV will have a runny nose, mild cough and in some cases, a fever. Within one to two days, the cough will get worse. The child's breathing will become more rapid and difficult. He may wheeze when breathing out. The child will have a hard time drinking because he is using so much energy breathing. Even swallowing becomes very difficult. His fingertips and the area around his lips may turn a bluish color, a sign that his strained breathing is not delivering enough oxygen to his bloodstream.

In the early stages of an RSV infection, help ease your child's cold-like symptoms. Gentle suctioning of the nose may be useful to clear the nostrils. Mist has not been shown to be useful. Make sure your child drinks enough liquid to prevent dehydration.

Contact your pediatrician immediately if your child has breathing difficulties, is younger than 2 or 3 months, and has a fever or shows signs of dehydration, such as a dry mouth, crying without tears or urinating less often.

Your child should avoid close contact with other children and adults who are infected with RSV or other viruses that cause bronchiolitis. In childcare centers, hands should be washed frequently.

Vaccines are being developed for RSV, but none are currently licensed for use. Palivizumab is an antibody that has been made to prevent RSV infection. It is given as an intramuscular shot once a month during cold and flu season to children under 2 years who are at increased risk for serious diseases caused by RSV. These include premature babies, babies with chronic lung disease and some babies with immunodeficiencies.

Talk with your doctor about RSV. Learn the facts and protect your child.

— Source: American Academy of Pediatrics

Is It Flu?

People who have the flu often feel some or all of these signs and symptoms:

- Fever (It's important to note that not everyone with flu will have a fever, but it is very common.)
- Chills (Yes, you can feel chills even when you have a fever.)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

If you are having flu symptoms, see your doctor.

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



Nutrition for Seniors Make Your Calories Count

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers. Choose a variety of healthy foods. Avoid empty calories, such as chips, cookies, soda and alcohol. Pick foods low in cholesterol and fat, especially saturated and trans fats.

— Source: National Institute on Aging

Want more information on eating right?
Visit www.HealthMart.com.





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YOUR DENTAL HYGIENIST

Your Partner for a Healthy Mouth

Your dental hygienist, along with your dentist, can ensure that you are taking good care of your gums and teeth. He or she will assess your health history, examine your head and neck, and check your mouth, gums and teeth.

Your hygienist will work with you to develop a care plan that includes prevention and treatment therapies to achieve and maintain your best oral health and will teach you about home care.

Following these five steps for good oral health is a great way to get started:

- Brush your teeth daily. If you use an electric toothbrush, choose one that offers oscillation action.
- Floss daily. Talk with your hygienist about how to properly floss as well as how to use inter-dental brushes (for braces or bridges), picks, or irrigators.

- Rinse daily using an antiseptic mouthwash. This will help reduce the accumulation of dental plaque.
- Make healthy food choices. Choosing lean protein, low-fat dairy, healthy whole grains, and plenty of fruits and vegetables is good for your overall health and for your teeth and gums.
- Get regular professional dental-hygiene care as well as check-ups from your dentist.

— Source: *The Canadian Dental Hygienists Association*

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

HEALTH TIP



**Senior Health Update:
 Stay Mobile (and Safe) at Home**

These days, more and more of us are staying in our homes as we age. But to do that safely, we may need to make some modifications to our environment.

Items such as grab bars in showers and near toilets, as well as non-slip rubber mats in the bathtub, can help. You may consider a ramp on the exterior of the house to accommodate a wheelchair, if needed, or a chair lift on the inside of the house if you have stairs. Also, be sure to remove all throw rugs and repair any uneven flooring to limit the possibility of falling.

Talk with your doctor about the accommodations you'll need to remain in your home as you get older.

— Source: *Eldercare Resources Pittsburgh*

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