



## PREVENTING TYPE 2 DIABETES

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### Lifestyle Can Make a Big Difference

Talk to your doctor about how you can prevent or delay diabetes by losing a small amount of weight and by being physically active for 30 minutes, five days a week and following a low-fat, reduced-calorie meal plan.

Try eating more foods made with whole grains. Switch from whole milk to skim. Read food labels. Keep a written record of all the foods you eat for a week so you can see when you tend to overeat or to indulge in high-fat or high-calorie foods.

Take the stairs at work. Park farther away in the parking lot and walk to your destination. Make fewer phone calls and instead walk with friends to catch up. Borrow a workout DVD from your local library. March in place while you watch TV.

It doesn't take a lot of extra effort to make those small changes in your lifestyle, and they can really add up. Talk with a friend about doing this together. You'll make the process more fun — and you'll enjoy the rewards of better health together!

— Source: National Diabetes Education Program



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## Be a Role Model for Your Kids

### Setting a Great Example Can Mean Better Health for a Lifetime

Set a powerful example for your child by being active yourself. Go for a walk or a bike ride instead of watching TV, playing a video game or surfing the Internet. Playing ball or jumping rope with your children shows them that being active is fun.

you and let them pick the route. Discuss how walking helps you feel better and is a fun way to spend time together. It also helps offset calories eaten and inactive time spent in front of TV screens or computers.

— Source: *National Institutes of Health*

Take the time to talk to your children about how a certain food or physical activity may help them. For example, when going for your daily walk, bring your children with

## Folic Acid

### Why Is It Important?

Everyone needs the B vitamin, folic acid. But for women who can get pregnant, it is especially important. If a woman already has enough folic acid in her body when she becomes pregnant, it can help prevent major birth defects in her baby's brain and spine. Doctors recommend that women of child-bearing age take 400 mcg of folic acid every day, starting at least one month before getting pregnant and during pregnancy. Here are two easy ways to be sure you get enough folic acid each day:

- Take a daily multivitamin that contains 400 micrograms (mcg) of folic acid. Check the label to be sure it contains 100% of the daily value (DV) of folic acid, which is 400 mcg.
- Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day. Not every cereal has this amount. Check the label on the side of the box.

— Source: *Centers for Disease Control and Prevention*



## Preventing Holiday Stress

### Try These Coping Tips

The holiday season often brings unwelcome guests: stress and depression. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.

If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering

your time to help others also is a good way to lift your spirits and broaden your friendships.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Don't try to buy happiness with an avalanche of gifts. Give homemade gifts or start a family gift exchange.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend this time of year. With a little planning and some positive thinking, you can find peace and joy during this busy season.

— Source: *The Mayo Clinic*

## DIABETES UPDATE

### Help Prevent Gestational Diabetes ... Before You Get Pregnant

Gestational diabetes is a type of diabetes that develops or is first recognized during pregnancy. You are at risk for gestational diabetes if you:

- Had a previous pregnancy with gestational diabetes
- Had a baby born weighing more than 9 pounds
- Are overweight or obese
- Are more than 25 years old
- Have a family history of diabetes
- Are African American, Hispanic, American Indian, Alaska Native, Native Hawaiian or Pacific Islander
- Are being treated for HIV

The good news is there are things you can do before you become pregnant to reduce your chances of developing gestational diabetes during pregnancy:

- Talk with a healthcare provider about how to reduce your risk of gestational diabetes before becoming pregnant.

- Be physically active. Get at least 30 minutes of moderate-intensity physical activity five days a week.
- Make healthy food choices.
- Maintain a healthy weight.

— Source: Centers for Disease Control and Prevention



## DID YOU KNOW?

### Indigestion: When to Call the Doctor?

Mild indigestion is usually nothing to worry about. Consult your doctor if discomfort persists for more than two weeks. Contact your doctor right away if pain is severe or is accompanied by:

- Unintentional weight loss or loss of appetite
- Repeated vomiting or vomiting with blood
- Black, tarry stools
- Yellow coloring in the skin and eyes (jaundice)
- Trouble swallowing that gets progressively worse

Seek immediate medical attention if you have:

- Shortness of breath, sweating, or chest pain radiating to the jaw, neck or arm
- Chest pain on exertion or with stress

— Source: The Mayo Clinic



### HEALTHY WINTER SKIN Banish Dryness with These Tips

Dry skin is a very common problem with symptoms ranging from mild to severe. Winter is especially drying due to wind, cold air and indoor heating systems.

Dry skin can affect any part of the body, as the only significant oil glands we have are on the “T-zone” of the central face, armpits and groin. Arms and legs are most frequently affected. The most common symptom is itching, which can be mildly annoying to severely intense, often disturbing sleep. Symptoms of any other skin condition are often worsened by dry skin. Here are some things you can do to help your skin:

- Decrease the frequency of showering. Decrease the length/duration of the shower to five minutes. Turn down the temperature of the shower water.
- Use a mild bar soap. Any liquid soap is more drying to your skin than a bar of the same soap. Shower gels, glycerin soap and deodorant soap are the harshest for dry skin.
- Always use moisturizing lotion after bathing, while skin is still damp but not drippy wet. The drier your skin is, the heavier your moisturizer should be.
- A cool-mist vaporizer in the bedroom may add moisture to the air and your skin during the winter when the heat is on.

— Source: University of Illinois at Urbana-Champaign



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**THE GREAT AMERICAN SMOKEOUT IS COMING!**

**Make Your Plan Now to QUIT**

The American Cancer Society is marking the 37th Great American Smokeout on November 15 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step toward a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet more than 45 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year. As of 2010,

there were also 13.2 million cigar smokers in the U.S., and 2.2 million who smoke tobacco in pipes.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and can provide the resources and support that can increase your chances of quitting successfully. To learn about the available tools, call the American Cancer Society at 800.227.2345.

— Source: *The American Cancer Society*

**HEALTH TIP**



**Senior Health Update:  
 Top Tips for Avoiding Winter Bugs**

While contagious viruses are active year-round, fall and winter are when we're all most vulnerable to them. This is due in large part to people spending more time indoors with others when the weather gets cold. Here are some helpful reminders for ways to stay healthy this winter:

- Get vaccinated against flu.
- Wash your hands often.
- Limit exposure to infected people.
- Keep stress in check.
- Eat right.
- Get enough sleep.
- Exercise.

— Sources: *FDA Consumer Health Information; U.S. Food and Drug Administration*

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