



## LOVE YOUR HEART?

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### Get a Move On to Keep It Healthy!

Want to be good to your heart? Make it work. The American Heart Association says you don't need to run marathons to get the heart-healthy benefits of exercise. Just walking will do the trick. Here's how:

#### It's Easy

- Walking is the simplest way to start and continue a fitness journey.
- Walking costs nothing.
- Walking has the lowest dropout rate of any type of exercise.
- Walking is easy and safe.

#### It Works

- Studies show that for every hour of walking, life expectancy may increase by two hours.
- Walking for as few as 30 minutes per day provides heart-health benefits.

- Walking is the single most effective form of exercise to achieve heart health.

What will you do this month to become more active? Start walking your kids or grandkids to school? Walk the dog? Call up a friend and plan a walking date instead of a coffee-and-muffin date?

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about heart health.



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## HEARING UPDATE

### “Could You Speak Up, Please?” *There’s Help for Hearing Loss*

It’s frustrating to be unable to hear well enough to enjoy talking with friends or family. Hearing disorders make life more difficult. But they can often be helped.

#### What causes hearing loss?

- Heredity
- Ear infections and meningitis
- Trauma
- Certain medicines
- Long-term loud noise exposure
- Aging

There are two main types of hearing loss. One happens when your inner ear or auditory nerve is damaged. This type is permanent. The other kind happens when sound waves cannot reach your inner ear. Earwax build-up, fluid or a punctured eardrum can cause it. Untreated, hearing problems can get worse. If you have trouble hearing, see your doctor. Possible treatments include hearing aids, cochlear implants, special training, medication and surgery.

## Protect Your Joints

### *Try These Tips for Managing Rheumatoid-Arthritis Pain*

To avoid unnecessary joint strain and increased rheumatoid-arthritis pain, consider these tips, from The Mayo Clinic, for protecting your joints:

#### ■ Move each joint through its full pain-free range of motion at least once a day.

This will help you maintain the active motion of your joints. The amount you’re able to move each joint without pain may vary from day to day. Take care not to overdo it. Keep movements slow and gentle. Forcing a motion past the point of a tolerable stretch can damage your joints.

#### ■ Learn to understand and respect your rheumatoid-

arthritis pain. Understand the difference between the general discomfort of rheumatoid arthritis and the pain from overusing a joint. By noting when an activity causes joint pain, you can then avoid repeating that movement or think of ways that you can modify the task. Pain that lasts more than an hour after an activity may indicate that the activity was too stressful. Remember that you’re more likely to damage your joints when they’re painful and swollen.



## Diabetes Update

### *Help Prevent Diabetes with Healthy Eating*

Everywhere you turn, there is news about what is or isn’t good for you. Some basic principles have weathered the fad diets and have stood the test of time, says the American Diabetes Association. Here are their tips for making healthful food choices:

- Eat a wide variety of vegetables and fruits.
- Choose whole-grain foods over processed grain products. Try brown rice with your stir fry or whole-wheat spaghetti.
- Include dried beans (like kidney or pinto beans) and lentils in your meals.
- Include fish in your meals two to three times per week.
- Choose lean meats such as cuts of beef and pork that end in “loin” (pork loin, sirloin, etc.) Remove the skin from chicken and turkey.
- Choose non-fat dairy items such as skim milk, non-fat yogurt and non-fat cheese.
- Choose liquid oils, such as canola oil or olive oil, for cooking instead of solid fats that can be high in saturated and trans fats.

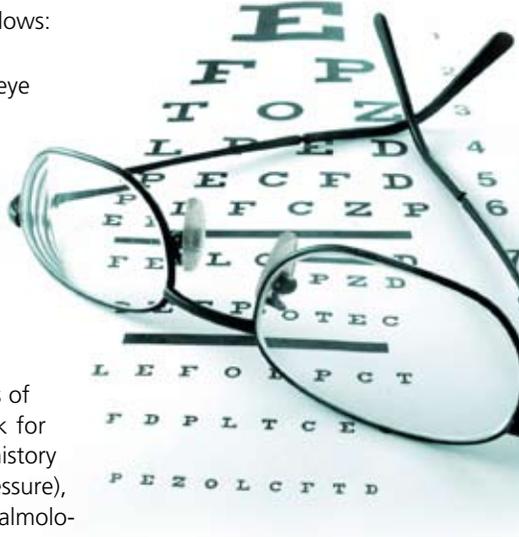
## VISION UPDATE

### Eye Exams

#### *Your Needs Change with Age*

The American Academy of Ophthalmology recommends an eye-disease screening for all adults as follows:

- If you have no signs or risk factors for eye disease, it is recommended that you get a baseline eye-disease screening at age 40 — the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.
- For individuals at any age with symptoms of eye disease, or for those who are at risk for eye disease (such as those with a family history of eye disease, diabetes or high blood pressure), the AAO recommends seeing an ophthalmologist to determine how frequently their eyes should be examined.



The recommendation does not replace regular visits to the ophthalmologist to treat ongoing disease or injuries, or for vision examinations for glasses or contact lenses.

Visit [www.HealthMart.com](http://www.HealthMart.com) for more information on eye health.

## DID YOU KNOW?

- Recent research shows that fresh or frozen strawberries, blueberries, acai berries and other dark-colored berries can help the brain stay healthy. These berries (and possibly walnuts, too) activate cells in the brain that clean up and recycle toxic debris linked to the mental decline that can accompany age.

— Source: AARP



- Staying physically active can help you maintain, or even improve, your driving ability as you age. Keeping fit improves your strength and flexibility, which may help with actions such as turning the steering wheel and looking over your shoulder. Look for ways to include physical activity in your daily routine. Walking is a great choice for many people. Stretching and strength training exercises are helpful, too. If you've been sedentary, get your doctor's OK before increasing your activity level.

— Source: The Mayo Clinic



## POWER WINDOWS AND KIDS *A Dangerous Combination*

Children can hurt themselves when using or playing with a vehicle's power windows. Many kids are injured when a window closes on their fingers, wrist or hand. Some children have been strangled by power windows. The National Highway Traffic Safety Administration has these tips to help keep kids safe:

- Never leave your children alone in a vehicle for any reason.
- Teach your children not to play with window switches.
- Teach your children not to stand on passenger-door arm rests.
- Properly restrain your children in car seats or seat belts to prevent them from accidentally activating power windows.
- Look and make sure your kids' hands, feet and head are clear of windows before raising the windows.
- Never leave the key in the ignition or in the "on" or "accessory" position when you walk away from your car.
- If available, activate the power-window-lock switch so that your children cannot play with the windows.

All new vehicles will have "pull-to-close" switches, which, as their name indicates, require you to pull up on them to close the window. Older vehicles may have window switches that a child can accidentally step or put weight on, easily causing a window to close.



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**FIGHT THE FLU!**

## What You Can Do to Help Stay Healthy

Whether or not you got your flu shot last fall (and we hope you did!), you'll still want to practice good health habits to help you avoid catching — or sharing — viruses this winter. Here are some tips from Duke University Medical Center and the U.S. Centers for Disease Control and Prevention:

- Regularly wash your hands with soap and water or an alcohol-based hand cleaner.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue in the trash after use and wash your hands with soap and water or an alcohol-based hand cleaner. If a tissue is not available, cough or sneeze into your elbow rather than on your hands.
- Avoid touching your eyes, nose or mouth, where germs can easily enter the body.
- Try to avoid close contact with people who appear to be ill. (Sometimes easier said than done, we know.)
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

### HEALTH TIP



## Get the Scoop on Vitamin D

Vitamin D appears to boost health from head to toe, according to a recent report in the *Mayo Clinic Health Letter*. The authors note that other reports on vitamin D suggest that it offers many benefits, especially for older adults. Findings point to improved balance, reduction in the risk of bone fractures and better thinking skills such as planning, organizing and abstract thinking. Low levels of vitamin D are associated with diabetes, cardiovascular disease, multiple sclerosis and other autoimmune disorders, infections such as tuberculosis and periodontal disease.

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