



## MIGRAINE HEADACHES DRIVING YOU CRAZY?

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### Here's Help

Is it a regular headache, or a migraine? A migraine headache can cause intense throbbing or pulsing in one area of the head and is commonly accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Some are preceded or accompanied by flashes of light, blind spots, or tingling in the arm or leg.

Medications can help reduce the frequency and severity of migraines. But migraine headaches often are undiagnosed and untreated. If you regularly experience signs and symptoms of migraine, keep a record of your attacks and how you treated them. Then talk with your doctor about a treatment plan.

See your doctor immediately or go to the emergency room if you have any of the following symptoms, which may indicate a

more serious medical problem:

- An abrupt, severe headache like a thunderclap
- Headache with fever, stiff neck, rash, mental confusion, seizures, double vision, weakness, numbness or trouble speaking
- Headache after a head injury, especially if the headache gets worse
- A chronic headache that is worse after coughing, exertion, straining or a sudden movement
- New headache pain if you're older than 50

— Source: Mayo Clinic



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## DIABETES UPDATE

### Want to Become More Active? Follow These Tips to Do It Safely

Is your doctor recommending more physical activity for better health and to help control your diabetes? Talk with her about the types of physical activity that might work best for you. Then:

- Check your blood glucose before and after you exercise. If it is too low or too high, you may want to wait to exercise until it is within the safe range. Talk to your doctor about your particular safe

range and about what to do in those cases.

- If you take insulin, make sure your blood glucose does not get too low during or after activity. Always wear a medical ID bracelet.
- Keep something handy to treat low blood glucose, such as fruit juice, glucose tablets or a snack.

— Source: National Institutes of Health

## Weight Loss

### Finding a Healthy Approach

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about one to two pounds per week) are more successful at keeping it off. Healthy weight loss isn't just about a "diet" or "program." It's about adopting an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake, or increase the number of calories you burn, by

500 to 1,000 calories per day to lose about one to two pounds per week.

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60 to 90 minutes at moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

— Source: U.S. Centers for Disease Control and Prevention

## PARENTS' CORNER



## Oral Health and Your Pregnancy

### What You Need to Know

There is now evidence suggesting that a woman's oral health, particularly gum disease, may have an impact on the occurrence of preterm births, resulting in low-birth-weight babies. Pregnant women with periodontal (gum) disease may be seven times more likely to have a baby that's born too early and too small.

The exact connection between poor oral health and preterm birth is unknown. It is thought that periodontal disease may lead to premature birth due to the bacteria in the mouth spreading to the placenta or amniotic fluid, and also that systemic inflammation caused by periodontitis may lead to preterm labor and membrane rupture.

To improve your oral health before and during pregnancy:

- Drink fluoridated water.
- Brush your teeth and gums twice a day with a fluoride toothpaste. Floss each day.
- Make an appointment with a dental provider.
- Make good nutritional choices; limit sweet drinks and avoid refined sugar.
- Include vitamin C and calcium in your daily diet.
- Quit smoking.
- Get plenty of rest.

— Source: Wisconsin Department of Health Services

## POISON PREVENTION

### Play It Safe: Store Chemicals and Medications Correctly

Each year in the U.S., thousands of people suffer from accidental poisoning. They often require emergency medical care. Household poisonings involve carbon-monoxide fumes, cleaning products, cosmetics and personal-care products, pesticides, medications, and plants. Poisonings are usually associated with young children, but also can involve adults and senior citizens.

Store chemicals and medications in their original containers. Original containers for these products contain information that may be needed in a poisoning. In addition, medicines and chemicals that have been transferred to an unlabeled container may be difficult to identify. Use of food containers such as drinking glasses, cups or soda cans to store pesticide solutions, cleaning compounds or solvents can result in an accidental poisoning.



— Source: Children's Hospital of Wisconsin  
Poison Center

Want more information on children's health?  
Visit [www.HealthMart.com](http://www.HealthMart.com).

## DID YOU KNOW?

### “Men's Health Week June 11-17”

Everyone feels sad or irritable sometimes, or has trouble sleeping occasionally. But these feelings and troubles usually pass after a couple of days. When a man has depression, he has trouble with daily life and loses interest in anything for weeks at a time.



Both men and women get depression. But men can experience it differently than women. Men may be more likely to feel very tired and irritable, and lose interest in their work, family or hobbies. They may be more likely to have difficulty sleeping than women who have depression. And although women with depression are more likely to attempt suicide, men are more likely to die by suicide.

Many men do not recognize, acknowledge or seek help for their depression. They may be reluctant to talk about how they are feeling. But depression is a real and treatable illness. It can affect any man at any age. With the right treatment, most men with depression can get better and gain back their interest in work, family and hobbies. If you feel you may be suffering from depression, talk with your doctor.

— Source: National Institute of Mental Health



### FIREWORKS SAFETY Protect Your Family This July 4

Who can picture July 4 in America without fireworks? They're part of the celebration, of course. But fireworks can be dangerous, causing serious burns and eye injuries. It's always best to attend a community celebration where fireworks are handled by the pros. But if fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:

- Never allow children to play with or ignite fireworks.
- Read and follow all warnings and instructions.
- Be sure other people are out of range before lighting fireworks.
- Only light fireworks on a smooth, flat surface away from the house, dry leaves and flammable materials.
- Never try to re-light fireworks that have not fully functioned.
- Keep a bucket of water handy in case of a malfunction or fire.

— Source: U.S. Consumer Product  
Safety Commission



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**TEEN HEALTH**

**Talk with Your Child about Alcohol**

Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth are major public-health problems:

- Alcohol is used by more young people in the U.S. than tobacco or illicit drugs.
- Excessive alcohol consumption is associated with approximately 75,000 deaths (of people of all ages) per year in the U.S.
- Alcohol is a factor in approximately 41% of all deaths from motor-vehicle crashes.
- Among youth, the use of alcohol and other drugs has been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.

As of 1988, all states prohibit the purchase of alcohol by youth under age 21. Consequently, underage drinking is defined as consuming alcohol prior to the minimum legal drinking age of 21. Zero-tolerance laws in all states make it illegal for youth under age 21 to drive with any measurable amount of alcohol in their system.

Talk with your teenagers about alcohol use. Let them know how you feel about it and share your concerns about their health and safety.

— *Source: U.S. Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion*

Want more information on teen health? Visit [www.HealthMart.com](http://www.HealthMart.com)

**HEALTH TIP**



**Pedicure Pointers**

Don't shave your legs before receiving a pedicure. Freshly shaven legs or small cuts on your legs may allow bacteria to enter.

Although certain salons offer this technique, don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.

To smooth nail edges, use an emery board. File lightly in one direction without using too much pressure, being sure not to scrape the nail's surface.

— *Source: American Podiatric Medical Association*

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