



BREAST CANCER UPDATE

WHAT'S INSIDE

Older Adults and
Medication Use

2

Rx Gourmet:
Pasta and Asparagus Salad

3

What Is a
Flexible Spending Account?

4

Reducing Your Risk

Many factors can influence your breast cancer risk. You can't change some, such as getting older or your family history, but you can help lower your risk by taking care of your health in the following ways:

- Maintain a healthy weight.
- Exercise regularly (at least four hours per week).
- Get enough sleep.
- Avoid alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that are known to cause cancer.
- Limit exposure to radiation from medical-imaging tests like X-rays, CT scans and PET scans if not medically necessary.
- If you are taking, or have been told to take,

hormone replacement therapy or oral contraceptives, ask your doctor about the risks and benefits.

- Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at higher risk for breast cancer. Talk to your doctor about additional ways to lower your risk.

— Source: Centers for Disease Control and Prevention



Caring for you and about you.



October Is Talk About Prescriptions Month

OLDER ADULTS AND MEDICATION USE

As we age, our bodies change. Medicines may affect you differently as you get older because your body processes them differently. You may take more medicines now than when you were younger. Even medicine that you've taken before or have taken consistently may act differently in your body as you age.

Medicines now may require more monitoring or dosage adjustments. While medicines are an important and often necessary tool for living well as we age, there can be risks associated with using medicines, especially for older adults. Talk with your doctor and pharmacist about your current medications, and any new medications, to make sure your prescription and over-the-counter medication use is safe and effective.

— Source: National Council on Patient Information and Education

Your Oral Health

HOW DOES DIABETES AFFECT YOUR TEETH AND GUMS?

If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for mouth infections, especially periodontal (gum) disease. Periodontal disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. Some people with serious gum disease lose their teeth. Periodontal disease may also make it hard to control your blood glucose.

Other potential problems due to diabetes include dry mouth and a fungal infection called thrush. Dry mouth happens when you do not have enough saliva. Diabetes may also cause the

glucose level in your saliva to increase. Together, these problems may lead to thrush, which causes painful white patches in the mouth.

The good news is you can keep your teeth and gums healthy. By controlling your blood glucose, brushing and flossing daily, and visiting a dentist regularly, you can help prevent serious problems in your mouth.

— Source: National Institute of Dental and Craniofacial Research



Diaper Rash

KEEP YOUR BABY'S SKIN HEALTHY AND COMFORTABLE

Diaper rash is a common form of inflamed skin (dermatitis) that appears as a patchwork of bright red skin on your baby's bottom. It is often related to wet or infrequently changed diapers, skin sensitivity and chafing. (It usually affects babies, though anyone who wears a diaper regularly can develop the condition.)

Diaper rash can alarm parents and annoy babies. But it usually clears up with simple at-home treatments, such as air drying, more-frequent diaper changes and over-the-counter diaper-rash ointment.

Diaper rash is marked by red, tender-looking

skin in the diaper region — buttocks, thighs and genitals. You may notice your baby seems more uncomfortable than usual, especially during diaper changes. A baby with a diaper rash often fusses or cries when the diaper area is washed or touched.

If your baby's skin doesn't improve after a few days of home treatment, talk with your doctor. Sometimes, you'll need a prescription medication to treat diaper rash.

— Source: Mayo Clinic



This is a quick and flavorful pasta salad with asparagus, tomatoes and Italian dressing. Perfect for a potluck or light dinner. It's tangy and light with a touch of sweetness. Serves 8 as a side salad, but be careful — you may want to eat it all at one sitting!

You can use any short pasta that you like: penne, macaroni, rotini, etc.

Pasta and Asparagus Salad

Serves 8 as a side salad

- 3 cups uncooked short pasta (use gluten-free if needed)
- 1 pound asparagus, tough ends broken off, then cut into 1-inch pieces
- 1 1/2 cups cherry tomatoes, cut in half
- 1/4 cup pine nuts
- 2 green onions, diced fine
- 1/2 cup shredded Parmesan cheese
- 1/2 cup fat-free Italian dressing (can also use light if desired; nutritional information shown below is for fat-free)

Bring a large pot of salted water to a boil. Add pasta and cook until al dente according to package directions. Two minutes before the pasta is done, add the asparagus to the boiling water and continue cooking. Drain the pasta and asparagus under cold water.

Transfer pasta and asparagus to a large bowl. Stir in the tomatoes, pine nuts, scallions and Parmesan cheese. Pour the dressing over the mixture and gently toss to combine.

Refrigerate for an hour or more to let the flavors meld together. Season to taste if needed with salt and pepper.



Per serving:

211 Calories; 4g Fat (18.2% Calories from Fat); 1g Saturated Fat; 9g Protein; 35g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 301mg Sodium. Exchanges: 2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Recipe is low fat, low calorie and gluten free if using GF pasta.

— Recipe courtesy of LowFatLifestyle.com. Visit them on the web and get more free recipes and healthy-cooking tips at www.lowfatlifestyle.com.



Lung Diseases

YOU CAN LOWER YOUR RISK

There are a number of things you can do to help reduce your risk for lung diseases:

- **Stop smoking.** If you smoke, the most important thing you can do is stop. Talk to your doctor about the best way to quit. All kinds of smoking (cigarettes, cigars, pipes and marijuana) can boost the chances of lung disease.
- **Avoid secondhand smoke.** If you live or work with people who smoke cigarettes, pipes or cigars, ask them to smoke outside. Non-smokers have the right to a smoke-free workplace.
- **Protect yourself from dust and chemical fumes.** Working in dusty conditions and with chemicals can increase your risk. And the risk is not just from industrial chemicals. Many products used at home, like paints and solvents, can cause or aggravate lung disease. Read labels and carefully follow instructions. If possible, avoid using products that cause eye, nose or throat irritation. If you can't avoid them, use them as little as possible and only in a well-ventilated area. Make sure you know which type of protective equipment you need and how to wear it.
- **Eat a healthy diet.** Studies show that eating a lot of fruits and vegetables may help lower the risk of lung cancer. (Of course, diet can't undo the damage caused by unhealthy behaviors like smoking.)

See your doctor if you have a cough that won't go away, trouble breathing, or pain or discomfort in your chest.

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



Health Mart Brand Products
**Exceptional Values
 with You in Mind**

Caring for you and about you.

healthmart.com/healthmartbrand

**Your Health.
 Your Choice.
 Our Brand.**



**HEALTH MART IS YOUR LOCALLY OWNED
 COMMUNITY PHARMACY**

We offer all the benefits of national chains with the highly personalized care you expect from a family-run business. See how we're making a real difference every day.

PLAN ACCEPTANCE

Health Mart pharmacies honor nearly all prescription plans at the same co-pay as the national chains, and our pharmacists are always here to answer any questions you have about your medications.

DEDICATED SERVICE

Our pledge to you: care, quality, value, expertise and dedication.

EVERYDAY SAVINGS

Because your locally owned, award-winning, customer service-focused Health Mart is part of a nationwide network of community pharmacies, you will find everyday low prices on all prescription and over-the-counter products. Not only does your Health Mart pharmacy have the brand names you want, it also offers a wide range of generics and over-the-counter products, including the best selection of Health Mart brand products.



Senior Health

UNDERSTANDING MEDICARE SUPPLEMENT INSURANCE (MEDIGAP)

A Medicare Supplement Insurance (Medigap) policy, sold by private companies, can help pay some of the healthcare costs that Original Medicare doesn't cover, such as co-payments, co-insurance and deductibles.

Some Medigap policies also offer coverage for services that Original Medicare doesn't cover, such as medical care when you travel outside the U.S. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the Medicare-approved amount for covered healthcare costs. Then your Medigap policy pays its share.

A Medigap policy is different from a Medicare Advantage Plan. Those plans are ways to get

Medicare benefits, while a Medigap policy only supplements your Original Medicare benefits.

The best time to buy a Medigap policy is during your six-month Medigap open-enrollment period, because during this time you can buy any Medigap policy sold in your state, even if you have health problems. This period automatically starts the month you're 65 and enrolled in Medicare Part B (medical insurance). After this enrollment period, you may not be able to buy a Medigap policy. If you're able to buy one, it may cost more.

— Source: Medicare.gov, the official U.S. Government site for Medicare

Did You Know?

WHAT IS A FLEXIBLE SPENDING ACCOUNT?

A Flexible Spending Account (FSA) is an arrangement you set up through your employer to pay for many of your out-of-pocket medical expenses with tax-free dollars. (This is often set up during your company's open-enrollment period, which typically takes place around this time every year.)

Eligible expenses include insurance co-payments and deductibles, and qualified prescription drugs, insulin and medical devices. You decide how much of your pre-tax wages you want taken out of your paycheck and put into an FSA. You don't have to pay taxes on this money. Your employer's plan sets a limit on the amount you can put into an FSA each year. Some FSA accounts require you to use all the funds set aside for that year or lose the money. For more information, talk with your company's human resources department.

— Source: HealthCare.gov, a service of the U.S. Centers for Medicare & Medicaid Services

HEALTH MART'S HEALTH SMART NEWSLETTER IS NOT INTENDED AS MEDICAL, LEGAL OR REGULATORY ADVICE. THE INFORMATION PROVIDED IS INTENDED TO EDUCATE AND INFORM. PLEASE CONSULT WITH YOUR PHYSICIAN OR OTHER LICENSED PROFESSIONAL FOR ADVICE. HEALTH MART AND ITS AFFILIATES AND MEMBER PHARMACIES DISCLAIM ALL LIABILITY ARISING FROM OR RELATED TO RELIANCE ON INFORMATION CONTAINED IN HEALTH MART'S HEALTH SMART NEWSLETTER.