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WHAT'S INSIDE

Kids' Dental Health:
How Do Cavities Develop?

2

Vitamin B12:
A Powerhouse Nutrient

3

Senior Eye Health:
What Is Glaucoma?

4

Help Lower Your Family's Heart-Disease Risk with These Tips

Want to serve your family meals that will leave them satisfied while also helping to protect them from heart disease and stroke? Limit these ingredients to items considered special treats.

- **Saturated fats.** Saturated fat is usually found in pizza, ice cream, fried chicken, cakes and cookies, bacon, and hamburgers. Less than 10% of your daily calories should be from saturated fats.
- **Trans fats.** These are found mainly in commercially prepared baked goods, snack foods, fried foods and margarine.
- **Cholesterol.** Cholesterol is found in foods such as bacon, whole milk, cheese made from whole milk, ice cream, full-fat frozen yogurt and eggs. (Eggs are a major source of dietary cholesterol for Americans, but studies show that eating one egg a day does not increase the risk for heart disease in

healthy people.) Aim for less than 300 milligrams of cholesterol per day.

- **Sodium.** Most of the sodium we eat does not come from salt that we add ourselves. Most comes from bread, cold cuts, pizza, hot dogs, cheese, pasta dishes and condiments. Limit your daily sodium intake to less than 2,300 milligrams unless your doctor advises otherwise.
- **Sugars.** These include sugars in sodas, sports drinks, cake, candy and ice cream.

— Source: Office on Women's Health, U.S. Department of Health and Human Services



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Kids' Dental Health

HOW DO CAVITIES DEVELOP?

When a tooth is exposed to acid frequently — for example, if your child eats or drinks frequently, especially foods or drinks containing sugar and starches — the repeated cycles of acid attacks cause the enamel to lose minerals. A white spot may appear where minerals have been lost. This is a sign of early decay.

Tooth decay can be stopped or reversed at this point. Enamel can repair itself by using minerals from saliva and fluoride from toothpaste or other sources.

But if the tooth-decay process continues, more minerals are lost. Over time, the enamel is weakened and destroyed, forming a cavity. A cavity is permanent damage that a dentist has to repair with a filling.

It's important to break this "cavity cycle" with regular brushing, flossing and visits to your child's dentist for professional cleanings.

— Source: National Institutes of Health

Type 1 and Type 2 Diabetes

WHAT'S THE DIFFERENCE?

There are two main forms of diabetes:

Type 1 Diabetes

This form of diabetes develops when the cells in the pancreas that produce insulin, known as beta cells, are destroyed. The destruction of the beta cells limits the making and release of insulin, a hormone that helps lower blood sugar. This disease can occur at any age, but the peak ages for diagnosis are in the middle teen years. There is no known way to prevent type 1 diabetes. To survive, people with type 1 diabetes must have insulin delivered by injection or pump.

Type 2 Diabetes

This form of diabetes is the most common, accounting for about 90 to 95% of diagnosed diabetes in U.S.

adults. It usually begins as insulin resistance, a disorder in which cells, primarily within the muscles, liver and fat tissue, do not use insulin properly. The risk of developing type 2 diabetes is associated with aging, obesity, family history of diabetes, a personal history of gestational diabetes, not being physically active, and race and ethnicity.

Schedule regular check-ups with your doctor, who will check for diabetes as part of your physical.

— Sources: Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion



Senior Health Update GET ACTIVE TO HELP RELIEVE ARTHRITIS PAIN

Long gone are the days when doctors told people with arthritis to "rest their joints." In fact, physical activity can reduce pain and improve function, mobility, mood and quality of life for most adults with many types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia and lupus. Physical activity can also help people with arthritis manage other chronic conditions such as diabetes, heart disease and obesity.

Most people with arthritis can safely participate in a self-directed physical-activity program or join one of many proven programs available in communities across the country. Some people may benefit from physical or occupational

therapy. Being physically active also can delay the onset of disability if you have arthritis.

Of course, people with arthritis may have a difficult time being physically active because of symptoms (e.g., pain, stiffness); their lack of confidence in knowing how much and what to do; and unclear expectations of when they will see benefits. Both aerobic and muscle strengthening activities are proven to work well, and both are recommended for people with arthritis. Check with your doctor before starting your exercise program.

— Source: Centers for Disease Control and Prevention

Hookah Smoking

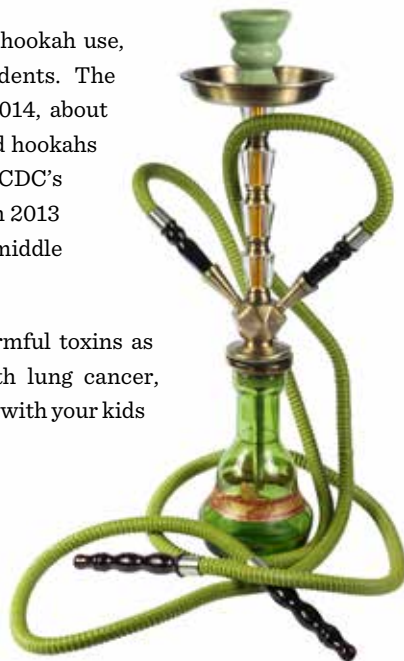
EDUCATE YOUR CHILD ABOUT THE DANGERS

Similar to cigarettes, hookah smoking delivers the addictive drug nicotine and it is at least as toxic as cigarette smoking. Hookahs are water pipes that are used to smoke specially made tobacco that is usually flavored. Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.

In recent years, there has been an increase in hookah use, most notably among youth and college students. The Monitoring the Future survey found that in 2014, about 23% of 12th-grade students in the U.S. had used hookahs in the past year, up from 17% in 2010. The CDC's National Youth Tobacco Survey found that from 2013 to 2014, hookah smoking roughly doubled for middle and high school students in the U.S.

Hookah smoke contains many of the same harmful toxins as cigarette smoke and has been associated with lung cancer, respiratory illness and periodontal disease. Talk with your kids about the dangers of hookah smoking.

— Source: Centers for Disease Control and Prevention



Did You Know?

HELP PREVENT THE SPREAD OF COLDS

Hand washing is one of the best ways you and your family can help prevent the spread of colds. Wash your hands often. To wash your hands correctly:

- Rub soap onto wet hands for 20 seconds. Make sure to get under your fingernails. Dry your hands with a clean paper towel and turn the faucet off with the paper towel.
- If you are unable to wash your hands, you can use an alcohol-based hand sanitizer. Use a dime-size amount and rub all over your hands until they are dry.

To further prevent the spread of colds:

- Stay home when you are sick.
- Cough or sneeze into a tissue or into the crease of your elbow and not into the air.

— Source: National Institutes of Health



Vitamin B12

A POWERHOUSE NUTRIENT

Vitamin B12 helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. It also helps prevent a type of anemia, called megaloblastic anemia, that makes people tired and weak. You can get the recommended amounts of vitamin B12 by eating a variety of foods including the following:

- Beef liver and clams, which are the best sources of vitamin B12.
- Fish, meat, poultry, eggs, milk and other dairy products, which also contain vitamin B12.
- Some breakfast cereals, nutritional yeasts and other food products that are fortified with vitamin B12. To find out if vitamin B12 has been added to a food product, check the product label.

Vitamin B12 is found in almost all multivitamins. Dietary supplements that contain only vitamin B12, or vitamin B12 with nutrients such as folic acid and other B vitamins, are also available. Some conditions may impair the absorption of vitamin B12 when it's taken orally, so injections may be necessary. Check the Supplement Facts label to determine the amount of vitamin B12 provided. Talk with your doctor about whether you need a vitamin B12 supplement and if so, the correct amount for you.

— Source: National Institutes of Health Office of Dietary Supplements



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Senior Eye Health WHAT IS GLAUCOMA?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. But with early detection and treatment, you can often protect your eyes against serious vision loss.

The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina to the brain. The retina is the light-sensitive tissue at the back of the eye. A healthy optic nerve is necessary for good vision.

Several large studies have shown that eye pressure is a major risk factor for optic nerve damage. When the optic nerve is damaged from increased pressure, glaucoma

— and vision loss — may result. That's why controlling pressure inside the eye is important. Fortunately, it is easy and painless to have your pressure checked during a routine eye exam and there are a number of effective treatments available for glaucoma.

Another risk factor for optic-nerve damage relates to blood pressure. Thus, it is also important that you work with your doctor to make sure your blood pressure is at a proper level.

— Source: National Eye Institute

Men and Alcohol

MODERATION IS KEY

According to the U.S. Department of Health and Human Services, current dietary guidelines recommend that men should not exceed two alcoholic drinks per day (one for women). Some people should not drink alcohol at all, including:

- Individuals who cannot restrict their drinking to moderate levels
- Individuals who plan to drive, operate machinery or take part in other activities that require attention, skill or coordination
- Individuals taking prescription or over-the-counter medications that can interact with alcohol
- Individuals with specific medical conditions
- Persons recovering from alcoholism

— Source: U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality