



LIVING WELL WITH ARTHRITIS

WHAT'S INSIDE

Got Questions about Vaccines?
These Sources Can Help

2

Get the Buzz on
Insect Bites and Stings

3

Protect Kids from Digital Eye Strain

4

Movement Is Key

Arthritis is made up of more than 100 different rheumatic diseases and conditions, the most common of which is osteoarthritis. Other common forms include rheumatoid arthritis, lupus, fibromyalgia and gout. Common symptoms include pain, aching, stiffness and swelling in or around the joints.

People with arthritis often face barriers to physical activity — such as pain or fear of pain, fear of worsening symptoms or damaging joints, and lack of information on how to exercise safely — that keep them from being physically active. Nearly 44% of adults with arthritis report no leisure-time physical activity (compared with about 36% of adults without arthritis).

Physical activities such as walking, bicycling and swimming have been shown to have significant benefits for people with arthritis, including reducing pain and improving physical function, mental health and quality

of life. Weight-control and injury-prevention measures also can lower a person's risk of developing osteoarthritis.

Talk with your doctor about how you can maintain a healthy weight, and how exercising safely can help reduce arthritis pain, help you stay active and help prevent joint stiffness and swelling.

— Source: Centers for Disease Control and Prevention



Caring for you and about you



Senior Health Update *Personal-Safety Tips for Older Adults*

You don't necessarily need physical strength, agility, speed or expensive security devices to help protect yourself and your home. You do need to be alert, cautious and confident.

Keep doors and windows locked. Install easy-to-use deadbolt locks. Don't attach an ID tag to your key ring. Install new locks if you move to a new home or lose your key. Keep your garage and basement doors locked. Draw curtains and blinds at night. Don't leave windows open at night. Use floor or ceiling fans for air circulation. Install and use a peephole in your door. Never open the door to strangers or let them know you are home alone.

— Source: Escondido, California Police Department

Got Questions about Vaccines? *These Sources Can Help*

Now that vaccines have virtually eliminated many once-feared diseases, the possibility of vaccine side effects or adverse reactions loom larger in some people's minds than the diseases that vaccines prevent. Most parents today have never seen a case of diphtheria or measles, and some wonder why their children must receive so many shots. Rumors and misinformation about vaccine safety abound.

For information about vaccine concerns, myths and safety issues, the National Institutes of Health recommends the following sources:

Institute for Vaccine Safety

Johns Hopkins Bloomberg School of Public Health

www.vaccinesafety.edu

(This page also contains a link to the CDC's 2015 Recommended Immunizations for Children.)

Vaccine Education Center at The Children's Hospital of Philadelphia

www.vaccine.chop.edu

(Type "Vaccine Education Center" in search field.)

215.590.9990

— Source: National Institutes of Health



Your Child's Feet — *How to Select Kids' Shoes*

It's back-to-school time, and that may mean it's time for shoe shopping. Children over 3 years of age experience increases of about one half a foot size every four to six months. Style and shoe fit are important for school-age children. At this age, they can choose from a variety of options, including athletic shoes, sandals, hiking shoes, etc.

Look for reasonably priced, flexible, well-ventilated shoes that allow plenty of room for growth. If you have a great deal of difficulty finding shoes that fit, or if your child develops calluses, sores or other foot problems, consult your physician.

Seventy percent of children wear shoes with D and E widths. Most boys wear E width and most girls wear D width. A tie-fastened shoe can accommodate most widths. Look for shoes with rounded toe boxes to give the toes more room for movement.

Remember, shoes should be comfortable from the start. If new shoes need to be "broken in," it means either they were not properly designed or not properly fitted for your child's foot.

— Source: American Orthopedic Foot & Ankle Society

Summer Safety Update

Good News in Bug-Bite Protection

Are you concerned about exposure to the ingredients in some bug repellents? Consumer Reports has good news. Their recent tests found the more effective bug repellents were also among the safer choices.

For the first time ever in Consumer Reports' tests, the top scorers (Sawyer Fisherman's Formula and Repel Lemon Eucalyptus) out-performed products that contained up to 25% DEET, a chemical that can cause serious side effects. The active ingredient behind Sawyer Fisherman's Formula is 20% picaridin, and for Repel Lemon Eucalyptus it's 30% oil of lemon eucalyptus. Both products were able to keep mosquitoes and deer ticks away for at least seven hours.

"They are not side-effect-free, but those problems are less severe than DEET. Still, all repellents should be used sparingly and only for the time you need them — especially on children and older people," says Ellen Kunes, Consumer Reports' health and food content development team leader.

— Source: *Consumer Reports*



Back-to-School Safety

Walk This Way!

Walking to school is fun! These tips can help ensure that it's also safe:

Walk together. Younger children should always walk with an adult. Older kids can walk with a sibling or friend.

Pick the best route. Help your kids pick a safe route to school. Tell them not to let friends talk them into taking shortcuts that may be more dangerous.

Be seen. Remember, drivers may not be able to see kids well. Make sure they wear bright-colored clothes. If it is dark or hard to see, have them carry flashlights or wear reflective gear.

Look for traffic. Teach kids to watch out for cars and trucks at every driveway and intersection on the walk to school. Look for drivers in parked cars. They may be getting ready to move.

Cross the street safely. Teach these steps: 1. Stop at the curb or edge of the street. 2. Look left, right, left and behind you and in front of you for traffic. 3. Wait until no traffic is coming and begin crossing. 4. Keep looking for traffic until you have finished crossing. 5. Walk, don't run across the street. 6. Obey traffic signs, signals and adult school-crossing guards.

— Source: *National Center for Safe Routes to School*

DID YOU KNOW?

What Kinds of Foods Do I Need as I Get Older?

As we get older, our bodies begin to need fewer calories, but we still need just as many nutrients. It's helpful to "eat from the rainbow" of foods rich in nutrients, like these:

- Fruits and vegetables (choose a range of types with vibrant colors)
- Whole grains, whole-wheat bread and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- Seafood, lean meats, poultry and eggs
- Beans, nuts and seeds



— Source: *National Institutes of Health*



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

Caring for you and about you

www.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.



Your Child's Eyes
Protect Kids from Digital Eye Strain

According to the American Optometric Association, 83% of children between the ages of 10 and 17 estimate that they use an electronic device for three or more hours each day.

Children often report experiencing burning, itchy or tired eyes after using electronic devices for long periods of time. These are all symptoms of digital eye strain, a temporary vision condition caused by prolonged use of technology. Additional symptoms of eye strain may include headaches, fatigue, loss of focus, blurred vision, double vision, or head and neck pain. While confined to home use of digital devices during the sum-

mer months, being back in the classroom significantly increases children's total use.

When it comes to protecting vision and eye health from digital eye strain, taking frequent visual breaks is important. Nearly one third of children go a full hour while using technology before they take a visual break. Encourage kids to practice the 20-20-20 rule: when using technology or doing close-up work, take a 20-second break every 20 minutes and view something 20 feet away.

— Sources: Wisconsin Optometric Association; American Optometric Association

Diabetes Update
Type 2 Diabetes Medications

People with type 2 diabetes use medicine to help their blood-glucose levels stay in their target range. If your body makes insulin and the insulin doesn't lower your blood-glucose levels enough, you may need to take one or more of these medications.

Diabetes medicines come in pill and shot form. Some people take diabetes medicines once a week, once a day or more often. Ask your healthcare team when you should take your diabetes medicines. Sometimes, people who take diabetes medicines may also need to add or switch to insulin shots.

Make sure you know the symptoms of low blood sugar and what to do. Check your blood sugar as your doctor recommends. Be sure to tell your doctor if your diabetes medicines make you feel sick or if you have any other side effects. If you get sick or have surgery, your diabetes medicines may need to be adjusted. Always check with your doctor before you stop taking your diabetes medicines.

— Source: National Institute of Diabetes and Digestive and Kidney Diseases

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.