



HEADACHES

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When to See a Doctor

Not all headaches require a physician's attention. But headaches can signal a more serious disorder that requires prompt medical care. Immediately call or see a doctor if you or someone you're with experiences any of these symptoms:

- Sudden, severe headache that may be accompanied by a stiff neck.
- Severe headache accompanied by fever, nausea or vomiting that is not related to another illness.
- "First" or "worst" headache, often accompanied by confusion, weakness, double vision or loss of consciousness.
- Headache that worsens over days or weeks or has changed in pattern or behavior.
- Recurring headache in children.
- Headache following a head injury.
- Headache and a loss of sensation or weakness in any part of the body, which could be a sign of a stroke.
- Headache associated with convulsions.
- Headache associated with shortness of breath.
- Two or more headaches per week.
- Persistent headache in someone who has been previously headache-free, particularly in someone over age 50.
- New headaches in someone with a history of cancer or HIV/AIDS.

— Source: National Institute of Neurological Disorders and Stroke



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Your Body

Know Your BMI for Better Health

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm.

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

— Source: U.S. Preventive Services Task Force

Senior Health Update

Avoiding Falls

As we get older, sometimes a simple fall can cause a broken bone. This can mean a trip to the hospital and maybe surgery. It might also mean being laid up for a long time, especially in the case of a hip fracture. So it is important to prevent falls. Some things you can do:

- Make sure you can see and hear well. Use your glasses or a hearing aid if needed.
- Ask your doctor if any of the drugs you are taking can make you dizzy or unsteady on your feet.
- Use a cane or walker if your walking is unsteady.
- Wear rubber-soled and low-heeled shoes.
- Make sure all the rugs and carpeting in your house are firmly attached to the floor, or don't use them.
- Keep your rooms well lit and the floor free of clutter.
- Use nightlights.

— Source: National Institute on Aging



Happy Fourth of July!

Enjoy the Day — and Keep Your Family Safe

Everyone loves a great July 4 celebration! 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 use them 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 relight 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

Let's Talk About Carbs

Good? Bad? What's the Difference?

Q: I've heard there are "good" carbs and "bad" carbs. Can you tell me how to add healthy carbohydrates to my diet?

A: Some diet books use the term "bad carbs" to talk about foods with refined carbohydrates (i.e., meaning they're made from white flour and/or have added sugars). Examples include white bread, cakes and cookies. The term "good carbs" is used to describe foods that have more fiber and complex carbohydrates. Complex carbohydrates are those that take longer to break down into glucose, such as vegetables, fruits, whole grains and beans. These terms aren't used in the CDC's "Dietary Guidelines for Americans." Instead, the guidelines recommend making fiber-rich carbohydrate choices from the vegetable, fruit and grain groups, while also avoiding added sugars.



— Source: Centers for Disease Control and Prevention

DID YOU KNOW?

What Exactly Is Diabetes?

Diabetes is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have type 2 diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as "sugar."



— Sources: The National Diabetes Education Program; CDC National Center for Chronic Disease Prevention and Health Promotion



Your Pregnancy

How Much Weight Should I Gain During Pregnancy?

Gaining the right amount of weight during pregnancy helps your baby grow to a healthy size. But gaining too much or too little weight may lead to serious health problems for you and your baby.

Too much weight gain raises your chances for diabetes and high blood pressure during pregnancy and after. If you are overweight when you get pregnant, your chances for health problems may be even higher. It also makes it more likely that you will have a hard delivery and need a cesarean section (C-section).

Gaining a healthy amount of weight helps you have an easier pregnancy and delivery. It may also help make it easier for you to get back to your normal weight after delivery. Research shows that a healthy weight gain can also lower the chances that you or your child will have obesity and weight-related problems later in life.

Talk with your doctor about the healthy amount of weight you should plan to gain during your pregnancy.

— Source: National Institutes of Health



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**Your Baby's Eyes
 What Can My Baby See?**

New parents often wonder "what exactly can my baby see?" Up to about 3 months of age, babies' eyes do not focus on objects more than 8 to 10 inches from their faces. During the first months of life, the eyes start working together and vision rapidly improves. Eye-hand coordination begins to develop as the infant starts tracking moving objects with her eyes and reaching for them. By eight weeks, babies begin to more easily focus their eyes on the faces of a parent or other person near them.

For the first two months of life, an infant's eyes are not well coordinated and may appear to wander or to be crossed. This is usually normal. However, if an eye appears to turn in or out constantly, check with your baby's doctor.

Babies should begin to follow moving objects with their eyes and reach for things at around 3 months of age.

— Source: American Optometric Association

**Men's Health Update
 Preventing Sexually Transmitted Infections**

Sexually transmitted infections remain a major public-health challenge in the U.S. But you can take specific steps to help protect yourself with these tips from the Centers for Disease Control and Prevention:

- The surest way to avoid transmission is to abstain from sexual intercourse and other sexual activities that can lead to the spread of these viruses.
- Be in a long-term, mutually monogamous relationship with a partner who has been tested and is known to be uninfected.
- Use latex condoms. Latex condoms, when used consistently and correctly, can reduce the risk of transmission of certain diseases.
- Get tested.

— Source: Centers for Disease Control and Prevention

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