



## HIGH BLOOD PRESSURE

### WHAT'S INSIDE

Salt:  
How Much Is OK?

2

Keep Your Kidneys Healthy

3

Build Your Own  
First-Aid Kit

4

### Know the Facts

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke — leading causes of death in the U.S.

One in three American adults has high blood pressure. That's an estimated 67 million people. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can work to reduce your risk by eating a healthy diet, maintaining a healthy weight, being physically active and not smoking.

High blood pressure usually has no warning signs or symptoms, so many people don't real-

ize they have it. That's why it's important to visit your doctor regularly. Be sure to talk with your doctor about having your blood pressure checked.

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



*Caring for you and about you*



## Food-Allergy Update

### Milk Allergy in Children

In children, an allergy to cow's milk can cause abdominal pain, hives and eczema. These symptoms are typically associated with IgE antibodies to milk. Because abdominal pain is also a symptom of lactose intolerance, only your healthcare professional can determine whether your child's symptoms are caused by an allergic reaction to cow's milk.

In some children, cow's milk can lead to a different type of reaction, resulting in colic and sleeplessness, as well as blood in the stool and poor growth. This type of reaction to milk is associated with immune responses that are not related to IgE antibody.

If your child is having any of these symptoms, see your healthcare provider.

— Source: *National Institutes of Health*

## Colorectal Cancer

### Is It Time to Get Tested?

Colorectal cancer occurs in the colon or rectum. Sometimes it's called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Colon cancer is the second leading cause of death from cancer in the U.S., but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. If you are age 50 or older, talk with your doctor about getting screened. (Some people are at higher risk and need to start screening earlier. Talk with your doctor about your and your family's medical history.)

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

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



## Salt

### How Much Is OK?

It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams per day (about one teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

To help reach that goal, think fresh. Most sodium is found in processed foods. Eat highly processed foods in smaller portions, especially cheesy foods such as pizza; cured meats such as bacon, hot dogs and sausage; and canned stews and soups.

Cook at home more often, where you are in control of what's in your food. Eat a fruit or vegetable at every meal. Cut back on salt little by little, and pay attention to the natural taste of your food. Your taste for salt will lessen over time.

— Source: *U.S. Department of Agriculture Center for Nutrition Policy and Promotion*

## SENIOR HEALTH UPDATE

### Choosing Shoes for Better Foot Health

Wearing comfortable shoes that fit well can prevent many foot problems. Try these tips when shoe shopping:

- Choose a shoe that is shaped like your foot. Styles with high heels or pointed toes can hurt your feet.
- Stand up when trying on shoes to make sure there is about 1/2 inch between your toe and the end of the shoe. Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight and hope they will stretch.
- Walk in the shoes to make sure they feel right. The heel of the shoe should not slide up and down.
- Soles should give solid footing and not slip. Thick soles cushion your feet when walking on hard surfaces.

— Source: National Institute on Aging



## DID YOU KNOW?

### Gerontology and Geriatrics: What's the Difference?

Gerontology is the comprehensive study of aging and the challenges facing older adults. Many people confuse gerontology with geriatrics. Whereas geriatrics focuses strictly on the medical conditions and diseases of older people, gerontology is a multidisciplinary study that incorporates biology, psychology and sociology. Because gerontology deals with multi-faceted aspects of aging, gerontology professionals can be found in a variety of industries, including healthcare, government, nonprofits and the business community. The U.S. Census Bureau projects that life expectancy in America will be 77.1 years for men and 81.9 years for women by 2020 — making both gerontology and geriatrics high-demand professions.

— Source: University of Southern California, Davis School of Gerontology



### Your Kidneys Keep Them Healthy

Recent studies indicate that 26 million American adults suffer from chronic kidney disease (CKD) and that the number is likely to rise unless Americans get serious about prevention. Primary risks include diabetes, heart disease, high blood pressure, a family history of kidney failure and being age 60 or older. Secondary risks include obesity, autoimmune diseases, urinary-tract infections and systemic infections. Exercising regularly and controlling weight are just two of the top 10 ways to keep your kidneys healthy, according to the National Kidney Foundation. Be sure to follow the entire list to maximize the health of your kidneys.

- Exercise regularly
- Don't overuse over-the-counter painkillers or NSAIDs
- Control weight
- Get an annual physical
- Follow a healthful diet
- Know your family's medical history
- Monitor blood pressure and cholesterol
- Learn about kidney disease
- Don't smoke or abuse alcohol
- Manage your diabetes, high blood pressure and heart disease if you have these conditions
- Talk to your doctor about getting tested if you're at risk for CKD

— Source: National Kidney Foundation

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

*Caring for you and about you*

[www.healthmart.com/healthmartbrand](http://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.



**BUILD YOUR OWN FIRST-AID KIT**

***This Checklist Can Help***

To be prepared for emergencies, keep a first-aid kit in your home and one in your car. Whether you buy a first-aid kit or put one together, make sure it has all the items you may need. Include any personal medications and emergency phone numbers or other items your doctor may suggest. Check the kit regularly. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that all kits for a family of four include:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram each)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)

- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First-aid instruction booklet

— Source: American Red Cross

**Ear Care**

***How to Clean Your Ears — Safely***

Cleaning your ears sounds like a no-brainer, right? But you can injure your ear canal or eardrum if you don't do it correctly. Here's how to do it safely:

- Wipe the outer ear with a washcloth. Do not put anything into your ear smaller than your elbow. Don't use Q-tips or sharp, pointed objects to clean your ears. These objects may cause injury.
- Ask your doctor about methods that allow you to safely remove small amounts of ear wax at home (with hydrogen peroxide or ear-wax drops, which are available at your pharmacy). If you have a build-up of wax that is blocking your hearing, see your doctor to have it removed.
- If you experience itching or pain in your ears, see your doctor.

— Source: Cleveland Clinic

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.