



WOMEN'S HEALTH UPDATE

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Is That Headache a Migraine?

Migraine is a medical condition affecting more than 29 million Americans. It can occur in both men and women but is more common in women. A migraine headache is usually an intense, throbbing pain on one side, or sometimes both sides, of the head. Most people with a migraine feel the pain in the temples or behind one eye or ear, although any part of the head can be involved. Migraine also can cause nausea, vomiting, and sensitivity to light and sound. Some people also may see spots or flashing lights or have temporary vision loss.

Migraine can occur any time of the day, though it often starts in the morning. The pain can last a few hours or up to two days. Some people get migraines once or twice weekly. Others, only once or twice a year. Most of the time, migraines are not a threat to your overall health, but they can interfere with your day-to-day life. Researchers don't know what causes them, but some things are more common in people who have them:

- Most often, migraine affects people between the ages of 15 and 55.
- Most people who get migraines have a family history of migraine or of disabling headache.
- Migraine often becomes less severe and less frequent with age.

If you have migraine symptoms, talk with your doctor about prevention and treatment options.

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



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Caregiver Stress?

TALK WITH YOUR DOCTOR

Caregiver stress is caused by the emotional and physical strain of caregiving. Caregivers report much higher levels of stress than people who are not caregivers. Many caregivers are providing help or are “on call” almost all day. Sometimes, this means there is little time for work or other family members or friends. Some caregivers may feel overwhelmed by the amount of care their aging, sick or disabled family member needs.

Caregiving also has its rewards. It feels good to be able to care for a loved one. Spending time together can give new meaning to your relationship. But remember that you need to take care of yourself to be able to care for your loved one. Talk with your doctor about how caregiving might be affecting your health, both mentally and physically.

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

Fireworks Safety

HAVE FUN AND PROTECT YOUR FAMILY ON JULY 4

Who can picture July 4 in America without fireworks? They’re part of the celebration, of course. 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 set them off 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 buildings, dry leaves and flammable materials.

- Never try to re-light 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



Diabetes Update — WHAT IS THE “DAWN PHENOMENON”?

All people have the “dawn phenomenon” whether they have diabetes or not. The dawn phenomenon is a surge of hormones that the body produces daily between about 2:00 and 8:00 a.m. People with diabetes don’t have normal insulin responses to adjust for this, and may see their fasting glucose go up.

Some researchers believe the natural overnight release of the so-called counter-regulatory hormones — including growth hormones, cortisol, glucagon and epinephrine — increases insulin resistance, causing blood sugar to rise. This is why high fasting blood glucose levels are common in people with type 2 diabetes.

Steps that may help:

- Eat dinner earlier in the evening.
- Do something active after dinner (such as going for a walk).

If your fasting glucose continues to be high, your healthcare provider may prescribe medication.

— Sources: American Diabetes Association; Mayo Clinic



June's warmer weather means cookouts with family and friends. To complement those delicious entrees on the grill, bring something healthy that will not spoil in the heat and that everyone can enjoy.

Our Black Bean and Corn Salad is gluten free and diabetic friendly, low calorie, and packed with fiber and vegetable protein. It's great as a side dish and can also be served with baked, reduced-salt tortilla chips for a tasty appetizer.

Black Bean and Corn Salad

Serves 8

- 2 15-ounce cans black beans, drained and rinsed
- 2 cups frozen corn, thawed
- 1/3 cup chopped red onion
- 1/3 cup chopped red bell pepper
- 1/4 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin (add more if desired)
- 1/8 teaspoon ground red pepper
- 1 small fresh jalapeno pepper, seeded and chopped (optional)

Mix all ingredients and chill overnight to let flavors meld. Taste and add additional seasonings if desired.

Per serving (not including optional baked tortilla chips): 148 calories; 3 g fat (17.3% calories from fat); trace saturated fat; 7 g protein; 24 g carbohydrate; 7 g dietary fiber; 0 mg cholesterol; 462 mg sodium. **Diabetic exchanges:** 1 1/2 grain (starch); 1/2 lean meat; 0 vegetable; 0 fruit; 1/2 fat.

This recipe is vegan, vegetarian and gluten free.



Note: *If watching sodium, use low-sodium or no-salt canned beans and control the added salt in the recipe to meet your needs.*

— Recipe courtesy of LowFatLifestyle.com. For more free recipes and healthy-cooking tips, visit www.lowfatlifestyle.com.



Teen Health Update

WHEN SHOULD YOU SEE A GYNECOLOGIST FOR THE FIRST TIME?

The American College of Obstetricians and Gynecologists recommends that teenage girls start seeing a gynecologist between the ages of 13 and 15. If you don't go at that time, you should make sure to visit a gynecologist, adolescent health specialist or other health professional who can take care of women's reproductive health if:

- You have ever had sex (vaginal, oral or anal) or intimate sexual contact.
- It has been three months or more since your last period and you haven't gotten it again.
- You have stomach pain, fever and fluid coming from your vagina that is yellow, gray or green with a strong smell. These are all possible signs of a serious condition called pelvic inflammatory disease that needs immediate treatment.
- You are having problems with your period, such as a lot of pain, heavy bleeding or bleeding for longer than usual.
- You have not gotten your period by the age of 15 or within three years of when your breasts started to grow.
- You've had your period for two years and it's still not regular or comes more than once a month.
- You are having sex and missed your period.

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



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Mosquito Bites and Ticks WHAT TO DO?

Summertime means playing outdoors with the kids, walking through the woods — and bugs. Try these tips for mosquito bites and ticks.

If you are bitten by mosquitoes:

- Avoid scratching mosquito bites.
- Apply hydrocortisone cream or calamine lotion to reduce itching.

If you think a tick may have hitched a ride — on you:

- Bathe or shower as soon as possible.
- Check your entire body (under your arms, in and around your ears, in your belly button, behind your knees, between your legs, around

your waist and especially in your hair). Use a hand-held or full-length mirror to view all parts of your body. Be sure to remove ticks properly. The Centers for Disease Control and Prevention suggests this method: Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers.

- Check your pets and belongings. Ticks can be on outdoor equipment and clothes.

— Source: Centers for Disease Control and Prevention

Men's Health Update

SCHEDULE THAT PHYSICAL

International Men's Health Week is June 13–19. What a great reminder (hint, hint!) to schedule a physical with your doctor. All men should have regular physicals, even if they are healthy. Your doctor will tell you how often, based on your age and health history. The purpose of these visits is to:

- Screen for diseases.
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with a healthcare provider in case of an illness

Call today to schedule your physical. It's an investment in your healthy future!

— Source: National Institutes of Health

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