

HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 1 • Here's to a Healthier, Happier 2015



this month's FEATURED ARTICLE

3 Here's to a Healthier,
Happier 2015

inside Health Connection

2 Have a Healthier Pregnancy
With These Tips

2 Protect Your Vision
with Regular Eye Exams

3 10 Snacks for 100
Calories or Less

4 I'm Sleepy During the
Day What Can I Do?

5 What Should I Do to
Prepare for a Doctor Visit?

6 What is a Diabetes
Meal Plan?

7 Can Artificial Sweeteners
Be Tied to Diabetes Risk?

MyGNP.com

CONLIN'S PHARMACY

30 Lawrence Street, Methuen, MA 01844

Hours: Mon-Fri 8:30am-7pm Sat 9am-3pm Sun Closed

Phone: (978) 552-1700 Fax: (978) 552-1785

Delivery Available • Compounding Specialists



To Do List

Have a Healthier Pregnancy With These Tips

Getting early and regular prenatal care is the best thing you can do to keep yourself and your developing infant healthy while you are pregnant. During your first prenatal visit, your healthcare provider will probably talk to you about the following steps you can take to help ensure a healthy pregnancy:

- Take folic acid. Begin or continue to get at least 400 micrograms of folic acid daily by taking vitamin supplements to reduce your child's risk of neural-tube defects.
- Avoid alcohol and tobacco. Drinking alcohol and smoking during pregnancy can increase your child's risk for problems such as fetal alcohol spectrum disorders (FASDs) and Sudden Infant Death Syndrome (SIDS). Your healthcare provider can be a source of help if you find it hard to quit smoking or drinking on your own.
- Talk with your healthcare provider about medications and supplements. As many as half of women take four or more medications during pregnancy. Although many are safe, talk to your healthcare provider before taking any over-the-counter or prescription medication or herbal supplements. Certain medications to treat acne and epilepsy and some dietary or herbal supplements are not safe during pregnancy.

—Source: Eunice Kennedy Shriver National Institute of Child Health and Human Development

Senior Health Update

Protect Your Vision with Regular Eye Exams

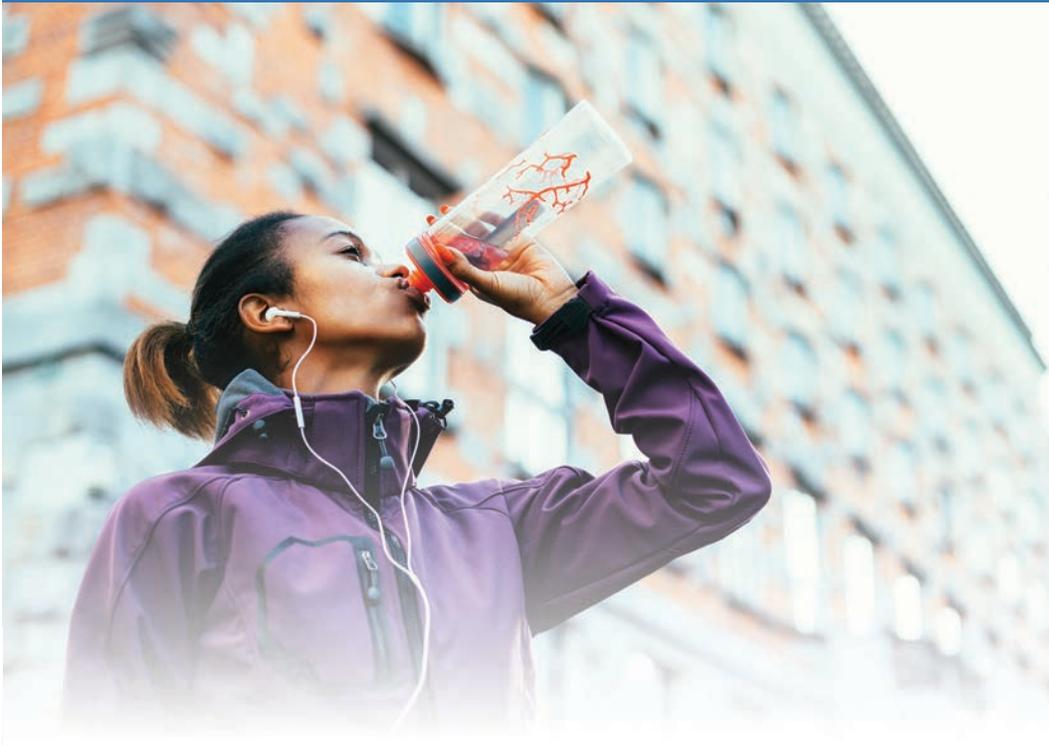
Since your 40s, you've probably noticed that your vision is changing. Perhaps you need glasses to see up close or you have more trouble adjusting to glare or distinguishing some colors. These changes are a normal part of aging. These changes alone can't stop you from enjoying an active lifestyle or keep you from maintaining your independence. In fact, you can live an active life well into your golden years without ever experiencing severe vision loss. But as you age, you are at higher risk of developing age-related eye diseases and conditions. These include: age-related macular

degeneration, cataract, diabetic eye disease, glaucoma, low vision and dry eye.

Everyone age 50 or older should visit an eye-care professional for a comprehensive dilated eye exam. Many eye diseases have no early warning signs or symptoms, but a dilated exam can detect eye diseases in their early stages before vision loss occurs. Early detection and treatment can help you save your sight.

—Source: National Eye Institute





Happy New Year!

Here's to a Healthier, Happier 2015

This month is a time for new beginnings. Plan now to discover ways to help you make New Year's resolutions or goals that will stick. People have great hopes of changing what they do not like about their health and fitness habits, yet within a couple of weeks after New Year's Day, they have often broken or given up on their resolutions. The key to keeping one's New Year's resolutions involves picking a realistic goal, taking small steps towards that goal and learning to take slip-ups in stride.

- Pick one thing that you want to change or set one goal that you want to accomplish.
- Take small steps, or make small changes every day to incorporate that change into your life.
- Be sure to congratulate yourself for making these small changes.
- Learn to take setbacks in stride and recommit to your goal. You can do this!

Many years ago, researchers at the University of Washington discovered there were key steps to making a successful resolution. These researchers discovered that people who were successful in keeping their resolutions:

- Had a strong initial commitment to make a change
- Had coping strategies to deal with problems that will come up
- Kept track of their progress.

The researchers learned that the more monitoring a person does and the more feedback the person is getting about their progress, the better he or she will do.

Another key element in making a successful resolution is the person's confidence that he or she is able to commit to making the change and then can change their behavior. They emphasized that "resolutions are a process, not a one time effort."

Don't make too many resolutions. Pick a realistic, attainable goal with a reasonable time frame. Choose your own resolution. Make sure your goal is something that you want to accomplish for yourself and not just for friends or family. Make a plan and write it down. Plan what you'd like to accomplish in a reasonable period of time, such three months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going.

—Sources: Columbia College; University of Washington

Healthy Eating 10 Snacks for 100 Calories or Less

Can't resist those mid-morning or late-night munchies? Satisfy your hunger with a snack that contains 100 calories or less:

- 1 cup blueberries
- 1 cup grapes
- ½ cup edamame, in pods, salted (or approx. ¾ cup if shelled)
- 25 oyster crackers
- 18 mini pretzel twists
- 1 cup minestrone soup with 1 saltine cracker
- 1-ounce stick of string cheese (part-skim mozzarella)
- 4 tablespoons hummus
- 10 almonds, cashews or walnuts
- 1 waffle, 7 inches in diameter

—Source: Clemson University Extension



What's Happening at the Pharmacy? Spotlight On... Vitamin B-12

Vitamin B12 is a water-soluble vitamin. Water-soluble vitamins dissolve in water. After the body uses these vitamins, leftover amounts leave the body through the urine. The body can store vitamin B12 for years in the liver. This vitamin, like the other B vitamins, is important for metabolism. It helps in the formation of red blood cells and in the maintenance of the central nervous system.

Vitamin B12 is found naturally in a wide variety of animal foods. Plant foods have no vitamin B12 unless they are fortified. You can get the recommended amounts of vitamin B12 by eating a variety of foods, including:

- Shellfish
- Meat, poultry, eggs, milk and other dairy foods
- Some breakfast cereals and nutritional yeasts

To find out if vitamin B12 has been added to a food product, check the nutrition fact panel on the label. If you choose to take a B12 supplement, ask your doctor what amount is right for you.

—Sources: National Institutes of Health



Kids' Corner

I'm Sleepy During the Day What Can I Do?

If you are in grade school, you need about 10 or 11 hours of sleep each night to give you energy for the day ahead and to help with all the growing your body is doing right now. But you have so much going on in your life, right? There's homework, sports, extracurricular activities after school and time for playing with friends.

And let's be honest: How much time do you spend watching TV, playing video games or spending time on a laptop or tablet? All these things take up hours in the evening and can keep you from getting to sleep at a reasonable time. "Screen time" too close to bedtime can make it hard for your brain and body to be ready for restful sleep.

Caffeine is another issue for kids your age. While you aren't yet drinking coffee (we hope!), you may be eating chocolate or cola

drinks containing caffeine. It's best to limit these items in your diet, especially in the late afternoon and evening. Energy drinks are a source of lots of caffeine and they aren't recommended for kids.

Going to bed at around the same time each night, and getting up around the same time each morning, can help your body get into a healthy routine and can make it easier to go to sleep. Asking your parent to help make your bedroom cool and dark can help, too.

Getting regular exercise and fresh air outside can also help you sleep better at night. Step away from the T.V. and join some friends in a game, or go for a walk or a bike ride.

Sweet dreams!

—Source: National Sleep Foundation



Health Q&A

What Should I Do to Prepare for a Doctor Visit?

Q: I want to get the most out of an upcoming visit to a new doctor. What can I do in advance to be well prepared?

A: First, be sure that your doctor accepts your insurance. You can call or go online to your insurance provider's website to see a directory of in-network providers. Then you can verify with the front office staff that office takes your insurance.

When making the appointment, either by phone or online, provide a few details about your concern so that a proper length of time can be scheduled.

Since this is your first visit to this particular physician, be ready to provide information about diseases that run in your family and describe current and past health problems and treatments. Write it all down if that helps and bring past medical records, test results, and your immunization records.

Make a list of the medications you are taking (or bring in the bottles) including the doses and frequency of prescription and over-the-counter drugs, as well as herbs, supplements and vitamins.

—Source: Center for Advancing Health, Washington D.C.



Did You Know...?

Many people view cigar smoking as more sophisticated and less dangerous than cigarette smoking. The traditional cigar is quite large, but today, smaller cigars are much more popular – you can buy them almost anywhere. Except for the brown wrapper, many of these little cigars look just like cigarettes. So when we talk about cigars, we're talking about 2 extremes: on one side is the traditional big cigar, and on the other is the small cigarette-like version. There are also sizes in between.

No matter the size, cigars are tobacco, and they are dangerous to your health. And like cigarettes, cigars give off secondhand smoke, which can fill a room for hours.

Tobacco use is responsible for nearly 1 in 5 deaths in the United States. Tobacco use is an acquired behavior. It's something that people choose to do. This makes smoking the most preventable cause of death in our society.

—Source: American Cancer Society



For more information on healthy living, timely health news, and exclusive savings, visit our website at GoodNeighborPharmacy.com.

Your Diet

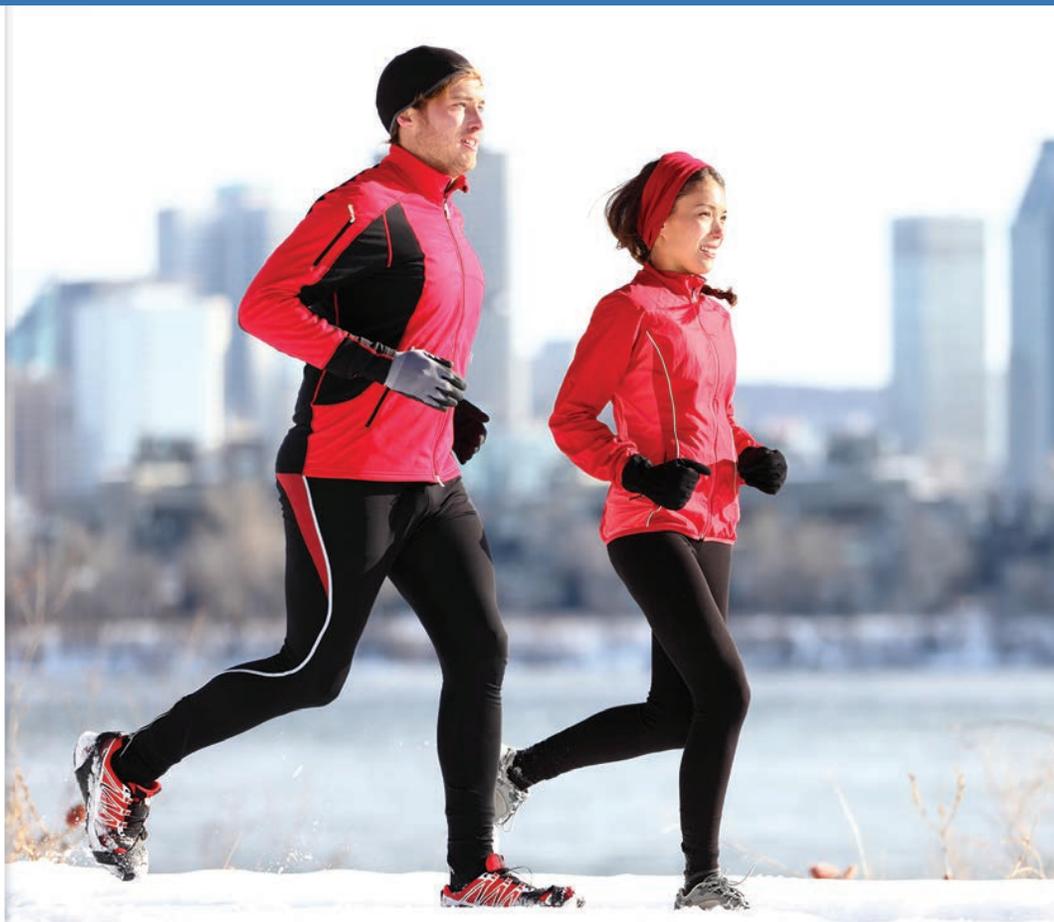
What is a Diabetes Meal Plan?

People with diabetes have to take extra care to make sure that their food is balanced with insulin and oral medications (if they take them), and exercise to help manage their blood glucose levels. This might sound like a lot of work, but your doctor and/or dietitian can help you create a meal plan that is best for you.

A diabetes meal plan shows you how much and what kinds of food you can choose to eat at meals and as snacks. A good meal plan should fit in with your schedule and eating habits.

The right plan will help you improve your blood glucose, blood pressure and cholesterol numbers and will also help keep your weight on track. Whether you need to lose weight or stay where you are, your meal plan can help.

—Source: American Diabetes Association



Get Fit

Use Caution During Cold-Weather Exercising

Almost everyone can exercise safely during cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor before you work out in cold weather. Your doctor can review any special precautions you need based on your condition or medications you might take.

Before heading out, check the forecast for the time you'll be outside. Temperature, wind and moisture, along with the length of time that you'll be outside, are key considerations in planning a safe cold-weather workout.

The combination of wind and cold make up the wind chill index, which is commonly included in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even if you dress warmly. The wind can penetrate your clothes and

remove the insulating layer of warm air that surrounds your body, and any exposed skin is vulnerable to frostbite. Although the risk of frostbite is less than 5 percent when the air temperature is above 5° F (minus 15° C), the risk increases as the wind chill falls. At wind chill levels below minus 18° F (minus 27° C), frostbite can occur on exposed skin in 30 minutes or less.

If the temperature dips below 0° F (minus 17.8 C) or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Similarly, consider putting off your workout if it's raining or snowing unless you have waterproof gear. Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

—Source: Mayo Clinic



Diabetes and Men

Sexual Dysfunction and Diabetes

An estimated 30 million American men experience impotence (erectile dysfunction), defined as the inability to achieve or maintain an erection sufficient for intercourse more frequent than one out of four times. Impotence can occur in men of any age, but it most often affects older men. A recent study of 1,300 males found some degree of erection difficulty in 52 percent of participants ages 40 to 70.

More than 50 percent of the estimated 10 million men with diagnosed type 2 diabetes experience impotence. But in men whose diabetes is well controlled, the rate of impotence is about 30 percent. (Sexual difficulties in people with diabetes are not always related to their disease.) Diabetes control is an important part of maintaining your overall good health. If you have diabetes and you are experiencing erectile dysfunction, talk with your doctor.

—Source: Harvard Medical School's Joslin Diabetes Center



Diabetes in the News

Can Artificial Sweeteners Be Tied to Diabetes Risk?

Consuming artificial sweeteners may lead to type 2 diabetes as directly as eating sugar does, according to research published recently in the medical journal *Nature*.

The benefits and risks of artificial sweeteners have been debated for years. Some studies show no link to diabetes while others suggest there is one. This new research, from the Weizmann Institute of Science in Israel, finds that differences in gut microbes may

explain why some people can handle artificial sweeteners just fine while in others, the sweeteners lead to diabetes.

The digestive system is home to bacteria that help digest food and that may play a role in health. The researchers were quick to note that their work needs to be repeated before it's clear whether artificial sweeteners truly can trigger diabetes. We'll keep you posted on future research.

—Sources: The medical journal *Nature*

Living with Diabetes

What is Pre-diabetes?

Before people develop type 2 diabetes, they almost always have “pre-diabetes” — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to pre-diabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

There are no clear symptoms of pre-diabetes, so, you may have it and not know it. Some people with pre-diabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have pre-diabetes when being tested for diabetes.

If you have pre-diabetes, you should be checked for type 2 diabetes every one to two years. Results indicating pre-diabetes are:

- An A1C of 5.7 percent to 6.4 percent
- Fasting blood glucose of 100 to 125 mg/dl
- An oral glucose tolerance test (OGTT) 2-hour blood glucose level of 140 mg/dl to 199 mg/dl

—Source: American Diabetes Association



"This newsletter is not intended to replace or substitute for the medical advice provided by a healthcare provider. The content of the newsletter is to be used as a reference tool. While Good Neighbor Pharmacy uses commercially reasonable efforts to ensure the accuracy of the content, it does not guarantee the accuracy or completeness of the content and specifically disclaims all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the material contained in the newsletter unless such liability is due to the gross negligence or willful misconduct of Good Neighbor Pharmacy. The content is not intended to be relied upon by any person or entity for purposes of medical diagnosis or treatment."

ATTENTION CASH CUSTOMERS



Ask your pharmacist how to
get 5 FREE
test strips in
ACCU-CHEK®
value packs.



ACCU-CHEK, ACCU-CHEK AVIVA and ACCU-CHEK SMARTVIEW are trademarks of Roche. © 2014 Roche. 304-53393-0314

ACCU-CHEK®

Here's to a Healthier, Happier 2015

The holidays are one time of the year when you really want to feel your best. But they're also chock full of health woes, from cold and flu bugs to overdoing the holiday cheer. Your local *Good Neighbor Pharmacy* has the products you need to stay healthy—and merry—as you shop, travel, and celebrate.



Good Neighbor Pharmacy features affordable, high-quality products with many of the same ingredients found in the top name brands.

All items may not be available in every *Good Neighbor Pharmacy* location.

