

# Health Connection

Issue 6 • Men's Health



GOOD NEIGHBOR PHARMACY



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## To Do List Keep Kids “Bug Safe” This Summer

It's June, the kids are ready for some outdoor fun, and bugs are, well, everywhere this time of year. Here is a handy list of tips for keeping bugs at bay.

- Avoid areas where insects nest or congregate, such as stagnant pools of water and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile Virus and other viruses. The current AAP and CDC recommendation for children older than 2 months of age is to use 10 percent to 30 percent DEET. DEET should not be used on children younger than 2 months of age.
- Children should wash off repellents when returning indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5 percent to 10 percent.
- When outside in the evenings, cover up with long sleeved shirts, pants and socks to prevent bites.

—Source: American Academy of Pediatrics

## Senior Health Update

### Is It Alzheimer's?

People with memory loss or other possible Alzheimer's warning signs may find it hard to recognize they have a problem and may resist following up on their symptoms. Signs of dementia may be more obvious to family members or friends.

The first step in following up on symptoms is finding a doctor with whom a person feels comfortable. (The Alzheimer's Association can help find the right one.) There is no single type of doctor that specializes in diagnosing and treating memory symptoms or Alzheimer's disease. Many people contact their regular primary-care physician about their concerns. Primary-care doctors often oversee the diagnostic process themselves.

In many cases, the doctor may refer the patient to a specialist such as a neurologist who specializes in diseases of the brain and nervous system, a psychiatrist who specializes in disorders that affect mood or the way the mind works or a psychologist with special training in testing memory and other mental functions

—Source: Alzheimer's Association



## Men's Health Update: Men Need Health Check-ups, Too

Yep, guys, it's time to face facts. Just like women, you need to see your doctor regularly. The only way to find out if you have high blood pressure, for example, is to have it checked. High blood sugar and high cholesterol levels also may not have any symptoms in the early stages. Simple blood tests can check for these conditions. Here are other reasons to make that appointment:

### Blood-Pressure Screening

In general, if the top number (systolic) is between 120 - 139 or the bottom number (diastolic) is between 80 - 89 mm Hg, begin having your blood pressure checked every year unless your doctor suggests more frequent checks. If the top number is greater than 140 or the bottom number is greater than 90, schedule an appointment with your doctor. If you have diabetes, heart disease, kidney problems or certain other conditions, you may need to have your blood pressure checked more often.

### Cholesterol Screening

Ask your doctor how often to have your cholesterol checked. If you have high cholesterol levels, diabetes, heart disease, kidney problems or certain other conditions, you may need to be checked more often than the norm for your age.

### Diabetes Screening

The frequency for diabetes screening will be determined by your doctor based on your age, weight, family history and past screening results.

### Colon-Cancer Screening

If you are under age 50, you will likely be screened only if you have a family history of colon cancer or polyps, or if you have had inflammatory bowel disease or polyps. If you are 50 or older, you should be screened.

### Prostate-Cancer Screening

Men are encouraged to talk with their doctor about their personal risk factors and family history of prostate cancer. With this information at hand, your doctor can discuss with you whether or not prostate-cancer screening is appropriate.

### Dental Exam

Visit your dentist every year for an exam and cleaning.

### Eye Exam

Ask your optometrist or ophthalmologist how often you should complete eye exam.

### Immunizations

Get a flu shot every year unless your doctor tells you there is a medical reason to avoid getting one. Talk with your doctor about how often to get a tetanus-diphtheria booster vaccination. You may get a shingles or herpes zoster vaccination once after age 60 and a pneumococcal vaccine after age 65.

### Osteoporosis Screening

If you are between ages 50 and 70 and have risk factors for osteoporosis, discuss screening with your doctor. Risk factors can include age, long-term steroid use, low body weight, smoking, heavy alcohol use or a family history of osteoporosis.

—Source: National Institutes of Health



### Healthy Eating

## Love Grilling? Try These Tips to Make it Healthier

Warm weather means grilling time! Time with family and friends and time to enjoy delicious foods. The American Heart Association wants you to keep these important tips in mind to help you grill "fat-sensibly" through the warm seasons.

- Go for grilled fish more often. The healthiest types include salmon and trout, which are high in heart-healthy omega-3 fatty acids.
- Buy chicken breasts – and remember to remove the skin before eating – instead of the fattier dark meat (legs and thighs). Or try grilling chicken or turkey burgers using breast meat, and add diced onions for another layer of flavor.
- Choose "loin" and "round" cuts of red meat and pork. And buy "choice" or "select" grades of beef instead of "prime." While these have the least amount of fat, don't forget to trim the fat when you get home. Use a rack so the fat drips away from the food.

—Source: American Heart Association



## *What's Happening at the Pharmacy?*

### Do You Know Your B Vitamins?

Learning more about vitamins and minerals can help you make better decisions, about your nutrition and your health. Let's take a look at the B vitamins. They include:

- B1 (thiamine)
- B2 (riboflavin)
- B3 (niacin)
- B5 (pantothenic acid)
- B6
- B7 (biotin)
- B12
- Folic acid (Women of childbearing age should regularly be taking a folic-acid supplement. Talk with your doctor about the right amount for you.)

These vitamins are helpful in the process your body uses to make energy from the food you eat. They also help form red blood cells. You can get B vitamins from proteins such as fish, poultry, meat, eggs and dairy products. Leafy green vegetables, beans and peas also have B vitamins. Many cereals and some breads have added B vitamins. Not getting enough of certain B vitamins can cause diseases. A lack of B12 or B6 can cause anemia..

Talk with your doctor about whether you should be taking any of the B vitamins in supplement form, and how you can get more of them in your diet.

—Source: National Institutes of Health



### *Kids' Corner*

## Hey, Teens: What's Your Favorite Sport?

There are so many sports available for you to enjoy this summer — and all year! Swimming, basketball, dance, baseball. The list is almost endless. How do you choose?

Do you want to participate in an organized team sport? Or would an individual sport be more fun? For some kids, choosing which sports to pursue is hard because they have never really played an organized sport before and aren't sure what they'll most enjoy. For others it's a tough decision because their friends don't like to play the same sports. But trying something new can be fun, and it's a great way to meet new friends.

Sports are meant to be fun. If there is a sport you really enjoy but you aren't sure if you can make the team, try out anyway.

What's the worst that can happen? If you get cut, you can always try another sport. And sports such as cross-country and track don't typically cut participants from the team.

With summer just starting, now's the time to work on skills you can use to try out for team sports when school starts. Want to join the cross country team? Start a regular running routine in June and you'll be much faster when September rolls around. Is swimming more your style? Hit the pool all summer and you'll be stronger ready to go when the school year starts.

Most important: Whatever sport you pick, have fun! That's what summer — and sports — are all about.

—Source: The Nemours Foundation

## Health Q&A

### Sunscreen: How Much is Enough?

**Q:** I'm concerned about protecting my skin from skin cancer — and wrinkles! How much sunscreen should I use? And how often should I apply it?

**A:** Use enough sunscreen to generously coat all skin that will be not be covered by clothing. Ask yourself, "Will my face, ears, arms or hands be covered by clothing?"

If not, apply sunscreen. Most people only apply 25 to 50 percent of the recommended amount of sunscreen. Follow the guideline of "one ounce; enough to fill a shot glass," which dermatologists consider the amount needed to cover the exposed areas of the body. Adjust the amount of sunscreen applied depending on your body size. Apply the sunscreen to dry skin 15 minutes

BEFORE going outdoors. Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher. Re-apply sunscreen approximately every two hours or after swimming or sweating heavily, according to the directions on the bottle.

—Source: American Academy of Dermatology



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### Did You Know...?

Being good to yourself isn't something you can wait to do "when I have more time." Most of us feel stress in our daily life now and then. Stress can cause us to overeat, feel tired and not want to do anything. Healthy eating and regular physical activity, on the other hand, may help offset the effects of stress. Try some of these suggestions to help relieve stress and stay on track with improving your health. You're worth the time and effort!

- Get plenty of sleep.
- Practice deep breathing while relaxing your muscles one at a time.
- Take a break and go for a walk.
- Add short stretch breaks to your day.
- Try a new hobby or any activity that sparks your interest.
- Surround yourself with people whose company you enjoy.

A balanced eating plan, regular physical activity and stress relief can help you stay healthy for life!

—Sources: National Institutes of Health

Do you have more questions?

Our website has the answers.

Visit [www.MyGNP.com](http://www.MyGNP.com)  
for more information.



## Diabetes and Men Low Testosterone: What You Should Know

Low testosterone is a common condition that often goes undiagnosed because its symptoms are similar to other conditions. If you have type 2 diabetes, you are twice as likely to suffer from low testosterone as a man without diabetes. The symptoms of low testosterone can include:

- Diminished interest in sex
- Erectile dysfunction (ED)
- Reduced lean body mass
- Depressed mood
- Lack of energy

If you are experiencing diminished interest in sex, ED or multiple symptoms together, such as lack of desire to have sex and lack of energy, talk to your doctor. Your physician can check your testosterone levels with a simple blood test. If you do have low testosterone, and have symptoms that interfere with your life, the condition can be treated. There are risks with testosterone-replacement therapy, including cardiovascular risks and increased risk of prostate cancer. Discuss the risks and benefits with your doctor. There are several treatment options available such as gels, patches or injections that increase the amount of testosterone in your body.

—Source: American Diabetes Association

## Get Fit

### Core Strength: How Good Is Yours?

Maintaining a strong body core is important at any age. Balance, posture and back health are linked to core strength. Your core is the vital “foundation” of all your body’s movements, whether you are walking, carrying a heavy bag or playing a sport.

There are many ways that you can work on core strength. Many people mistakenly think that their “abs” or abdominal muscles are the only core muscles. In fact, the core muscle group includes all of the muscles located in the torso that keep the body stable and balanced. It makes sense when you think about it: It takes many different muscles working together to keep your body well aligned during different activities.

We need to engage those muscles regularly. These days, as our lives become increasingly sedentary, we spend more and more time sitting, with our core muscles relaxed. This sedentary time

happens at home, in vehicles and at work. Adults today, on average, spend more than half of their waking hours at their workplace, often sitting at a computer for most of the workday.

A great way to start working your core can be as simple as being aware of your posture throughout the day. For example, several times a day, take a minute to stand tall, relax your shoulders and think about your posture.

Of course, exercise is important, too. Make sure you begin safely. Talk to your doctor to see if you are ready to be active. Begin slowly and consult a certified exercise professional if you are unsure about how to begin your new exercise routine. If you are just starting to focus on increasing your core strength, it is a great investment to enroll in a class or work with a professional who can teach you the proper technique for a variety of core exercises.

—Source: Government of Alberta, Canada's "Healthy U" program



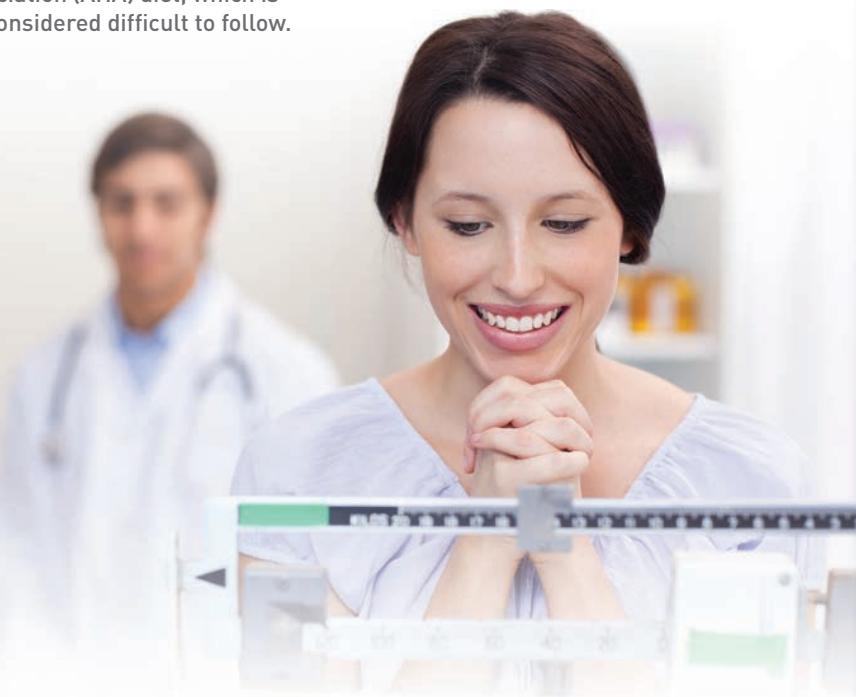
## Simply Eating More Fiber Could Reduce Risk of Type 2 Diabetes

New research suggests that simply eating more fiber could improve weight loss, thereby reducing the risk of developing type 2 diabetes.

In the study, conducted at the University of Massachusetts and published in the *Annals of Internal Medicine*, 240 adults who were at risk of type 2 diabetes were selected. Half followed a high-fiber diet and the other half followed the American Heart Association (AHA) diet, which is generally considered difficult to follow.

During that year, those on the AHA diet lost an average of 6 lbs, while the high-fiber group lost 4.6 lbs. Everyone who participated in the study had lower blood pressure, better insulin resistance and improved levels of fasting insulin, suggesting that their risk of developing type 2 diabetes was lower.

—Source: University of Massachusetts



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*Your Diet*

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## Choose Your Carbs Wisely

Foods containing carbohydrates are part of a healthful diet because they provide dietary fiber, sugars and starches that help the body function well. The sugars and starches in foods supply energy to the body in the form of glucose, which is the preferred fuel for your brain and nervous system.

It's important to choose carbohydrates wisely. Your best carbohydrate-containing foods are nutrient-packed foods in several of the basic food groups: fruits,

vegetables, grains and milk and milk products. Choosing these foods within your calorie requirements daily may help your heart stay healthy and reduce your risk for chronic disease. Whole, unprocessed, unrefined sources of carbohydrates are good choices. There are some carbohydrates you need to watch out for, such as foods with carbs that have added sugars — cakes, cookies and doughnuts, to name a few.

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

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*Living with Diabetes*

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## Alcohol and Diabetes: Is It Safe?

Should alcohol should be off limits with diabetes? Most people with diabetes can have a moderate amount of alcohol. Research has shown that there can be some health benefits such as reducing risk for heart disease. But, moderation is important. People with diabetes should follow the same guidelines as those without diabetes if they choose to drink:

- Women should have no more than 1 drink per day.
- Men should have no more than 2 drinks per day.

One drink is equal to a 12 oz. beer, 5 oz. glass of wine or 1 ½ oz. distilled spirits (vodka, whiskey, gin, etc.).

Alcohol can affect blood sugar and awareness of hypoglycemia. If you have any questions about whether alcohol is safe for you, and about how to incorporate an occasional alcoholic beverage into your food plan, check with your doctor.

—Source: American Diabetes Association



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## June is Men's Health Month.

Do you know the top men's health threats? Could a beer gut lead to health problems? Is male menopause a myth or a true men's health issue? Could testosterone therapy help you feel young again? Get answers to these and other men's health questions at your local *Good Neighbor Pharmacy*.

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