

HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 11 • National Diabetes Awareness Month



This month's FEATURED ARTICLE

3

It's Not Too Late to Prevent Type 2 Diabetes

inside Health Connection

2

Quitting Smoking Offers Benefits at Any Age

3

4 Ways to Help Ease Holiday Stress

4

When Should I Take A Multivitamin?

5

When Should I Start Being Tested for Osteoporosis?

6

Type 1 Diabetes Management: What Your Child Needs to Know

6

Making Family Fitness Fun!

7

Dealing with Diabetes Related Stress

7

Diabetes and Menopause



MyGNP.com



Healthy Eating Thanksgiving: Make it Lighter and Delicious

If you're cooking Thanksgiving dinner for family and friends this year, you'll no doubt want to make some traditional family-favorite dishes. But you can also lighten up your menu a bit and offer some healthier options:

- Make sure the menu includes lower-calorie foods, such as salads, steamed vegetables and lean meats (such as turkey!).
- Roasting is a good way to cook your turkey. Avoid frying or adding extra fat (like butter) during cooking.
- Offer your guests healthy options such as raw fruits and veggies as an appetizer, some calorie-free beverages such as iced tea and seltzer and a fresh-fruit-based dessert as a great alternative to all those pies.

—Source: American Association of Diabetes Educators

Senior Health Update

Quitting Smoking Offers Benefits at Any Age

If you're older, you may wonder if it's too late to quit smoking. Or you may ask yourself if it's even possible to quit at your age, especially if you've tried more than once and haven't been successful. Although it can be challenging, you CAN be successful.

Quitting has benefits at all ages. If you have health problems, many of your symptoms, your quality of life and your future health will start improving almost immediately if you quit now. For example, 20 minutes after quitting, your heart rate drops to more normal levels. Twelve hours

after quitting, the carbon-monoxide level in your blood returns to normal. Two weeks to three months after quitting, your heart-attack risk begins to drop and your lung function begins to improve. If you've been diagnosed with a significant health problem, quitting smoking makes it more likely the treatment will be successful and that you'll have fewer side effects.

For more information and help in quitting smoking, call the American Cancer Society toll-free at 1-800-227-2345.

—Sources: National Institutes of Health; American Cancer Society





It's Not Too Late to Help Prevent Type 2 Diabetes

Did you know that as you get older, you have a greater chance of developing type 2 diabetes? Your risk increases if you are age 45 or older, are overweight or obese, or if you have a family history of diabetes. You can take steps to help prevent or delay getting type 2 diabetes. Eating a healthy diet makes a difference. If you are overweight, losing even a modest amount of weight can help. Taking steps to lose weight can include eating smaller meal portions and choosing healthy foods.

Here are a few tips to help you get started.

- Eat more fruits and vegetables and fewer high-fat foods.
- Choose whole-grain foods such as whole-wheat bread, brown rice, oatmeal and barley.
- Choose fish, lean meat and chicken and turkey without the skin.
- Eat foods that have been baked, broiled or grilled instead of fried.
- Drink water instead of juice and regular soda.
- Reduce portion sizes. Fill half of your plate with fruits and vegetables. Fill one quarter with a lean protein, such as chicken or turkey or beans. Fill one quarter with a whole grain, such as brown rice or whole-wheat pasta. Share your main dish when eating out or wrap half of it to go.
- Eat small amounts of heart-healthy fats. Examples include nuts, seeds and vegetable oils.

Start now to get moving — and have fun! Moving more and sitting less can help you lose weight or stay at a healthy weight. It also can help you improve your strength and become more flexible. Ask your doctor how you can safely start to be more active. Find ways to move more every day. Add more activity each day until you reach at least 30 minutes a day, 5 days a week.

- Get off the couch, turn on the music and dance!
- Do not sit for long periods of time. (The Internet will still be there when you return from that walk!)
- Walk around the house while you talk on the phone.
- Park your car farther away from your destination and walk if it is safe.
- Stretch after being active.
- Brisk walking is a great way to be active. During a brisk walk, you walk faster than your normal pace. Start with 10 minutes a day if you have not been active. Walk slowly for a few minutes to warm up and then increase your speed over time. Wear walking shoes that fit your feet and provide comfort and support.
- Always talk with your doctor before starting any exercise program.

—Source: National Diabetes Education Program

To Do List

4 Ways to Help Ease Holiday Stress

The holidays are coming! And our to-do lists are growing... But here's one to-do list that will help you sail through the next two months with less stress.

1. Use a one-page calendar to track festivities. This gives you a visual reminder of what you have to look forward to, as well as reminding you when you're free to take care of other duties.
2. Make fitness part of your holiday tradition. Take neighborhood walks, go ice-skating or try bowling to get your heart rate up while enjoying family and friends.
3. Be realistic. Don't plan to do more than is reasonable. It's okay to politely decline some invitations. Choose activities that mean the most to you. And don't worry about everything going perfectly.
4. Control expenses. Too much holiday spending can stress your wallet and your brain. Make a budget and plan before you go shopping to avoid spontaneous spending.

—Source: University of Illinois Wellness Center



What's Happening at the Pharmacy? Should I Take a Multivitamin?

Multivitamins can't take the place of eating a variety of healthy foods. Foods provide fiber and other important ingredients for good health. But people who don't get enough vitamins and minerals from food alone, who are on low-calorie diets or who avoid certain foods (such as strict vegetarians/vegans) might consider taking a multivitamin. Healthcare providers might also recommend multivitamins to patients with certain medical conditions.

Some people might benefit from taking certain nutrients found in multivitamins. For example:

- Women who might become pregnant should get 400 mcg/day of folic acid from fortified foods and/or dietary supplements to reduce the risk of birth defects of the brain and spine in their newborn babies.
- Pregnant women should take an iron supplement as recommended by their healthcare provider. A prenatal multivitamin is likely to provide iron.
- In postmenopausal women, calcium and vitamin D supplements may increase bone strength and reduce the risk of fractures.
- People over age 50 should get recommended amounts of vitamin B12 from fortified foods and/or dietary supplements because they might not absorb enough of the B12 that is naturally found in food.

Talk with your healthcare provider about whether a multivitamin is right for you.

—Source: National Institutes of Health Office of Dietary Supplements



Kids' Corner

A-mazing You!

Hey kids! Can you find and circle six healthy (and fun!) activities that can help make your body strong?

R	U	N	N	I	N	G	P
A	E	W	T	B	Y	W	K
Z	J	T	E	V	B	D	D
A	R	U	M	N	R	S	R
Z	E	N	M	S	D	U	E
S	K	I	P	P	I	N	G
E	R	P	I	Z	I	Y	O
N	I	J	U	D	F	N	I
B	O	Y	H	S	S	T	G
V	K	O	V	W	C	F	H
C	H	G	B	Q	V	V	J
R	D	A	N	C	I	N	G

Health Q&A

When Should I Start Being Tested for Osteoporosis?

Q: When should I start having bone density tests?

A: A bone-density test tells you and your doctor if you have normal bone density, low bone density or osteoporosis. The lower your bone density, the greater your risk of breaking a bone. This test uses a machine to quickly and painlessly measure your bone density. It estimates the amount of bone in your hip, spine and sometimes other bones. The National Osteoporosis Foundation recommends that you have a bone-density test if you are a woman age

65 or older, if you are a man age 70 or older, if you break a bone after age 50, if you are a woman of menopausal age with risk factors, if you are a postmenopausal woman under age 65 with one or more risk factors or you are a man age 50 to 69 with risk factors. Risk factors (aside from age for both sexes and menopause status for women) include a family history of osteoporosis, low body weight/being small and thin, current smoking, excessive alcohol use, certain medical conditions, certain medications and broken bones or height loss.

—Source: National Osteoporosis Foundation



Did You Know...?

Q: How do I take antibiotics safely and effectively?

A: Do not demand that your doctor give you antibiotics to treat a viral infection. Antibiotics kill bacteria, not viruses. Take all of your prescribed antibiotic, even if you start to feel better. Do not save some of your antibiotic for the next time you get sick. Do not take an antibiotic that has been prescribed for someone else. Don't let anyone take your antibiotic, even if the symptoms are the same. Keep a written record of each time antibiotics are taken, including the name, strength, how often and how long the antibiotic was taken and any side effects experienced. Share this information with your doctor each time antibiotics are prescribed in order to assist your doctor in determining which antibiotic is best for you. Ask your doctor or pharmacist what to do if you should forget or miss a dose.

—Source: Association for Professionals in Infection Control and Epidemiology

Do you have more questions?
Our website has the answers.
Visit www.MyGNP.com
for more information.

Compliments of:



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



Diabetes and Kids Type 1 Diabetes Management: What Your Child Needs to Know

For both the individual child and the whole family, type 1 diabetes changes daily life. But while it may change your family's life, but it needn't become your family's life.

Your child can lead a full and normal emotional life with T1D. Young children may have difficulty understanding the sudden changes —glucose monitoring, insulin injections, food restrictions — that type 1 diabetes brings to their lives. One of your most important jobs as the parent of a child with T1D is to supervise, encourage and foster the independence your child needs to successfully manage T1D. Try to avoid being overprotective. Overly protective parents can undermine a child's self-esteem.

Self-care is the key to the development of a child's independence and self-esteem. With your continued supervision, help your child become involved in self-care as soon as he is able to master self-management tasks and is emotionally ready. You will be helping him create good diabetes-management habits for life.

—Source: Juvenile Diabetes Research Foundation

Get Fit

Making Family Fitness Fun!

Let's face it, kids love TV, video games and sedentary activities. The key is to get them to love fitness and movement, too. True, it's pretty hard to get a kid interested in a treadmill. But there are many other ways to stay active while having fun. Try these tips and start becoming more active as a family. Your kids will soon catch the fitness bug!

- **Do some (fun) research as a family.** Find ways to get active by looking online for ideas or finding books at the library on sports and other activities. (In fact, taking a family walk to the library is a great way to get started.) Your kids may read about ice skating and want to give it a try. They may see a kids' yoga video online and think that looks like fun. All kids have different interests. Ask yours what they think sounds like fun.
- **Educate.** Kids need to know, from an early age, that exercise is good for their health and that you value being active yourself. Make fitness

a fun team project. Get the family involved in activities you can do together. Go for a walk after dinner. Ride bikes in the neighborhood. Visit an indoor pool at your local YMCA or community center to show your kids that swimming is fun year-round.

- **Establish a habit.** It may take a week or so to get used to it, but make fitness a part of your family's life in some way most days of every week. Just like brushing their teeth every day, your kids will soon come to see fitness as a regular everyday part of their lives. Enjoy!

—Source: Obesity Action Coalition



Dealing with Diabetes-Related Stress

Some sources of stress are never going to go away, no matter what you do. Having diabetes is one of those. Still, there are ways to reduce the stresses of living with diabetes. Support groups can help. Knowing other people in the same situation helps you feel less alone. You can also learn other people's hints for coping with problems. Making friends in a support group can lighten the burden of diabetes-related stresses.

Dealing directly with diabetes-care issues can also help. Think about the

aspects of life with diabetes that are the most stressful for you. It might be taking your medication, checking your blood-glucose levels regularly, exercising or eating as you should. If you need help with any of these issues, ask a member of your diabetes team for a referral. Sometimes stress can be so severe that you feel overwhelmed. Then, counseling or psychotherapy might help. Talking with a therapist may help you develop tools for dealing with these common challenges.

—Source: American Diabetes Association



Your Diet

Make This Easy Cobbler and Feast on Fall Fruits

Peach and Pear Crunch Cobbler
Makes 4 Servings

- 2 cups sliced peaches
- 2 cups sliced pears
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon ground cinnamon
- ¾ cut low-fat granola with raisins

Combine peaches, pears, extract and cinnamon in a microwave-safe bowl. Stir well. Sprinkle granola over the top. Cover the bowl with a microwave-safe lid, leaving an opening for steam to escape. Microwave on high for 5 minutes. Let cool slightly before eating.

—Source: California Department of Public Health

Diabetes and Menopause

Menopause and the years leading up to it, when your body gradually produces less estrogen and progesterone, may present unique challenges if you have diabetes. How these hormonal changes affect blood glucose may vary depending on the individual. Many women, however, notice that their blood-glucose levels are more variable and less predictable than before.

The hormonal changes, as well as swings in your blood-glucose levels, can contribute to menopausal symptoms such as mood changes, fatigue and hot flashes. Menopause and diabetes produce similar symptoms. You may mistake menopausal symptoms such as hot flashes, moodiness and short-term memory loss for symptoms of low blood glucose. If you incorrectly assume these symptoms are a result of low blood glucose, you may consume unnecessary calories in an effort to raise your blood glucose, and inadvertently cause a surge in blood glucose.

As a woman with diabetes, you need to play an active role in your overall health care throughout menopause and beyond. Talk with your doctor about these changes and how best to care for yourself and manage your diabetes during the menopausal transition.

—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®

It's National Diabetes Month

Living well with diabetes can be challenging, but with the right management and treatment, it's possible to lead a full and active lifestyle. Your local *Good Neighbor Pharmacy*® has the products and advice to help you take steps towards living your best with diabetes. Talk with your pharmacist or visit <http://www.mygnp.com/diabetes-information> to learn more.



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.

