



WOMEN AND HEART ATTACK

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The Top Three Things You Need to Know

Well-known heart-attack symptoms — acute pain, tightness, burning, and a dull ache in the chest — describe what men typically experience. But for many women, the signs are different and can go unrecognized. Karla Kurrelmeyer, M.D., a cardiologist specializing in women's heart disease at the Methodist DeBakey Heart Center in Houston, offers the following information for women:

1. What are the symptoms of a heart attack in women? Nausea, shoulder pain, and exhaustion can sometimes be the only signs a woman experiences.

2. How are women often treated after a heart attack? Clot-buster drugs may be immediately given to allow blood to get through to the heart. A balloon or a stent may be placed in the clogged artery to open the artery and strengthen the artery wall. Sometimes surgery and other procedures are required.

3. What can women do to help prevent heart attacks? Maintain healthy cholesterol levels and a healthy weight. Exercise. Quit smoking. If you have diabetes, keep it controlled. Keep blood pressure in check. If there's a family history of heart disease, be even more diligent about prevention.

Visit www.HealthMart.com to learn more about heart health.



SLEEP UPDATE

Can't Sleep? *Here's Help*

Searching for a good night's sleep? Aparajitha Verma, M.D., a neurologist with the Sleep Disorders Center at the Methodist Neurological Institute in Houston, Texas, has some great tips:

Sleep in a quiet, dark environment and set the thermostat at a slightly cooler temperature. Don't allow pets in the bed. No reading, eating, or watching TV in bed. Don't watch the clock. Set a "wind down" time prior to going to bed. Try drinking warm caffeine-free tea or milk to increase your body temperature, which helps induce and sustain sleep. Exercise is good for sleep, but don't exercise within two hours of going to sleep.

Pre-Pregnancy Diabetes Is on the Rise *Here's How to Protect Yourself*

Diabetes that occurs in women before their first pregnancy more than doubled in six years among teenage and adult women, according to a recent study published in the journal *Diabetes Care*.

Researchers studied 175,249 women and found that there were twice as many births to women with diabetes in 2005 as there were in 1999.

More young women are entering their reproductive years with diabetes, in part because our society has become more overweight, says lead author Jean M. Lawrence, ScD, MPH. "The steps to reducing the risk of type 2 diabetes must start before the

childbearing years: healthy eating, active living, and maintaining a healthy weight," says Lawrence.

If you have type 1 or type 2 diabetes and are thinking about becoming pregnant, work with your healthcare professional to get your blood sugar in good control. If you are pre-diabetic or have type 2 diabetes and are overweight, work on reducing your weight by a few pounds before becoming pregnant, Lawrence suggests.

Want more information on diabetes? Visit www.HealthMart.com.



Kids Too Often Prescribed Antibiotics for Sore Throat *Simple Strep Test Recommended*

The most common cause of sore throat for which antibiotics are indicated is strep throat. But there can be many causes for a child's tender throat. The American Academy of Pediatrics recommends that a rapid strep test be performed before prescribing antibiotics for a sore throat.

Researchers from Children's Hospital Boston have found that, despite clear guidelines, physicians prescribed antibiotics in 53% of cases of

sore throat. This represents significantly more prescriptions than what is expected for actual rates (15 to 36%) of strep throat among kids with sore throat.

Most sore throats are caused by viruses, will go away on their own, and require just treatment of symptoms, so talk with your doctor about a rapid strep test the next time your child has a sore throat.

SAFETY UPDATE

Are Your Kids Safe in the Car?

Check Out Our Car-Seat and Booster-Seat Tips

The American Academy of Pediatrics and the U.S. Transportation Security Administration have teamed up to offer these safety tips for kids riding in cars:

Always use a car seat for infants and young children. A rear-facing car seat should be used until your child has reached one year of age AND weighs at least 20 pounds. Once your child is at least one year of age and at least 20 pounds, he can ride in a forward-facing car seat, but it is better to keep him rear-facing until he reaches the highest weight and/or height allowed for his car seat.

A child who has outgrown her car seat (she has reached the top weight or height allowed for the seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat) should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4'9" and is 8 to 12 years old). All children under age 13 should ride in the rear seat.



DID YOU KNOW?

- Winter squash provides healthy doses of vitamin C, beta carotene, and potassium. Butternut squash has a sweet flavor. Acorn squash tastes sweet, nutty, and peppery. Pick your favorite for a great winter health boost!

— Source: www.whfoods.org



- Kids need sunscreen in the winter, too. Melanoma is linked to excessive sun exposure in the first 10 to 19 years of life, a period during which almost 80% of a person's lifetime sun exposure occurs.

— Source: *American Academy of Dermatology*



Kids' Dental Update

A Knocked-Out Tooth Can Often Be Saved — If You Act Quickly

It's a fact of life: Sometimes a kid gets a tooth knocked out. If parents know what to do, it's more likely that the tooth can be saved, says the American Association of Endodontists.

- Pick up the tooth by the chewing surface, not the root. If it's dirty, gently rinse with water.
- Reposition the tooth in the socket, if possible. Carefully push the tooth into the socket and close the mouth slowly. Hold the tooth in place with your fingers or by gently biting down.
- Keep the tooth moist. If the tooth cannot be replaced in the socket, place it in a glass of milk or in the mouth next to the cheek. If these options aren't practical, use water with a pinch of salt.
- See an endodontist within 30 minutes. Seeking immediate treatment greatly improves the chances of saving the tooth.

Want more information on healthy teeth? Visit www.HealthMart.com.



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ARTHRITIS UPDATE

Three Things You Can Do to Help Ease Arthritis Pain

Think there's nothing you can do about arthritis? Great news! You can act right now. These tips from the Arthritis Foundation can help make living with arthritis a little easier.

- **Pay attention to symptoms, see your doctor, and get an accurate diagnosis.** If you have pain, stiffness, or swelling in or around a joint for more than two weeks, see your doctor. Symptoms can develop suddenly or slowly. Ask for a specific diagnosis of the type of arthritis you have so that it can be treated properly.

- **Start early.** Early diagnosis and treatment

can mean less joint damage and pain. Your doctor may recommend a combination of treatments that may include medication, weight management, exercise, use of heat or cold, and methods to protect your joints from further damage.

- **Get moving.** Exercise helps lessen pain, increases range of movement, reduces fatigue, and helps you feel better. Your doctor or a physical therapist can show you range-of-motion and strengthening exercises for arthritis.

Want more information on arthritis? Visit

HEALTH TIP



Watch Your Waistline to Cut Stroke Risk

Weight gain in the abdominal area is tied to a number of health risks, including stroke. Women ages 35 to 54 have higher stroke rates than men of those ages, most likely due to increasing rates of abdominal obesity.

— Amytis Towfighi, M.D., an assistant professor of neurology at the Keck School of Medicine at University of Southern California

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