



SUNSCREEN 101

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Be Wise and Protect Your Skin

Apply a broad-spectrum sunscreen with at least Sun Protection Factor (SPF) 15 before going outside, even on cloudy or cool days. (Bring along lip balm with SPF, too.) Apply to all exposed skin. Ask for help for hard-to-reach places such as your back.

- **Know how sunscreen works.** Most sun-protection products work by absorbing, reflecting or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients. If your skin reacts badly to one product, try another one or call your doctor.
- **Understand SPF.** Sunscreens are assigned an SPF number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection.

- **Know when to reapply.** Apply more sunscreen if you stay in the sun for more than two hours and after swimming, sweating or toweling off.
- **Check the expiration date.** Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Source: Centers for Disease Control and Prevention



Skin Cancer

Self-Exams Improve Early Detection Rate

It's important to learn about the warning signs of skin cancer and what to look for during a self-examination. You may find it helpful to have your doctor do a full-body exam first. Then, following your doctor's instructions, practice a monthly head-to-toe examination of your skin, looking for any changes. (After the first few times, self-examination should take no more than 10 minutes.) If you spot anything suspicious, see your doctor. Skin cancers found and removed early are almost always curable. Ask your doctor how often to return for a professional skin check.



Source: The Skin Cancer Foundation

Baby Safety Alert

Strings, Cords and Necklaces Can Strangle Infants

The U.S. Consumer Product Safety Commission has received numerous reports of infants who have been strangled by strings, cords, ribbons or necklaces around their necks. These items can become caught on a product, such as a crib or play yard, or they can become tightly wrapped or twisted around a child's neck.



Never tie pacifiers, necklaces, toys or other items around a child's neck. Never leave cords (such as those used to raise and lower household blinds) of any kind near an infant. Take off bibs or other clothing tied around a child's neck before

putting the child in a crib or play yard. Cut drawstrings out of hoods, jackets and waistbands in your baby's or toddler's wardrobe.

Source: Consumer Product Safety Commission



Kids' Dental Health

What Are Sealants?

Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth. They are applied in dentists' offices, clinics and sometimes in schools. Application is simple and painless. Sealants are painted on as a liquid and quickly harden to form a shield.

The most important reason for getting sealants is to avoid tooth decay. Fluoride in toothpaste and in drinking water protects the smooth surfaces of teeth, but back teeth need extra protection. Sealants cover the chewing surfaces of the back teeth and keep out germs and food. Having sealants put on teeth before

they decay will also save time and money in the long run by avoiding the need for fillings, crowns or caps.

Generally speaking, a dentist may recommend sealants on a child's permanent molars as soon as the teeth come in, before decay becomes an issue. Talk with your dentist about what is best for your child.

Source: National Institute of Dental and Craniofacial Research



Rx Gourmet

Your Prescription for Healthy Eating
Heart Healthy, Diabetes Friendly — and Delicious!

Greek Salad

Serves 3

Craving a fresh salad with all kinds of crunchy vegetables, salty olives and creamy cheese? Try this delicious, healthy Greek salad served with warm pita bread. The recipe makes enough for a lovely lunch for three. For an evening meal, try serving it with any grilled pork or chicken entree.

Ingredients:

1 large head Romaine lettuce, coarsely chopped
4 fresh ripe tomatoes, diced in large chunks
1 English cucumber, peeled, quartered and diced in chunks
1/2 red onion, sliced thinly
30 whole pitted Kalamata olives, cut in half
5 ounces crumbled or cubed feta cheese
1/4 cup fresh parsley, coarsely chopped
3 tablespoons good-quality olive oil
2 tablespoons red-wine vinegar
1 clove garlic, minced
1/4 teaspoon kosher salt
1 teaspoon granulated sugar to taste
Fresh ground black pepper to taste
Fresh lemon juice to taste

Add chopped lettuce, tomato, cucumber, onion, olives, half the feta, and parsley to a large salad bowl. Combine olive oil, vinegar, sugar, garlic, salt and pepper in a separate bowl. Whisk together until combined. Taste and adjust seasonings (especially sugar).



Pour dressing over salad ingredients, then add salt and pepper. Toss. Just before serving, top with remaining feta and squeeze a little lemon juice over the top to taste.

Per Serving: 158 Calories; 12g Fat (65.8% calories from fat); 3g Saturated Fat; 5g Protein; 9g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 454mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Recipe is low fat, low calorie, diabetic friendly and gluten free.

Recipe courtesy of LowFatLifestyle.com. Visit them on the web for more free recipes and healthy-cooking tips.



Your Healthy Spine

Tips for Maintaining Good Posture Throughout Life

Developing healthy posture now is an important gift to give yourself. The benefits will last a lifetime! These tips can help:

- Keep your weight down. Excess weight exerts a constant forward pull on the back muscles and stretches and weakens abdominal muscles.
- Avoid staying in one position for long periods. Inactivity causes muscle tension and weakness.
- Sleep on a firm mattress and use a pillow that is just big enough to maintain the normal cervical (neck) curve. Avoid using an oversized pillow or several pillows.
- Bend your knees when picking something up or putting it down. Carry a heavy object by using two hands and keeping the load close to your waist.
- Wear comfortable, supportive shoes. Avoid continuous use of high-heeled or platform shoes, which throw the back's natural curves out of alignment.
- Walk with good posture. Keep your head erect with your chin parallel to the ground and allow arms to swing naturally.

Source: American Physical Therapy Association

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Senior Health

Preventing Osteoporosis

People who have weak bones are at higher risk for fractures, but with good habits and medical attention when needed, adults can have stronger bones throughout their lives, even in their later years. Seeing your doctor regularly is important. If you have osteoporosis or another bone disease, your doctor can diagnose and help treat it. This can help prevent painful fractures.

Physical activity and diet are vital to bone health in older adults. Calcium, together with vitamin D, helps reduce bone loss. Activities that put stress on bones help keep them strong. Find time for activities

such as walking, dancing or gardening. Strengthening your body helps prevent falls. Protecting yourself against falls is essential to avoiding a broken hip or wrist.

Ask your doctor how often you should have a bone-density test. Also, talk with your doctor about whether you are getting enough vitamin D in your diet and whether a supplement is recommended.

Source: National Osteoporosis and Related Bone Diseases National Resource Center

DID YOU KNOW?



Protect Your Child from Accidental Poisoning

Young children are curious — and fast. Put the 24-hour national poison help number, 800.222.1222, on or near every home phone and in your cell phone.

Store medicines and household products in a high cabinet. When taking or giving medicines, don't put your next dose on the table where children can reach it.

Secure the child safety cap every time you use a medicine. Ask guests to store their medications where children can't find them. Children can easily get into pillboxes, purses, backpacks or coat pockets.

Source: Centers for Disease Control and Prevention