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ARTHRITIS AND EXERCISE

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"Move It or Lose It," Experts Say

Exercise can be the furthest thing from people's minds when they live with arthritis pain. But for people with arthritis, exercise is all-important. It helps limit pain, maintains mobility, boosts energy and keeps muscles strong to support joints.

It's easy to find excuses to avoid exercising. Pain, stiffness and fear of harming joints can be high on the list. The reality is that muscles lose strength and joints become painful, stiff and unstable if they are not exercised. Exercise does not make arthritis worse as long as the right technique is used and appropriate exercises are done. Your doctor can help you develop a safe exercise plan.

the morning, while others prefer to spread it throughout the day. Set realistic and short-term goals, and build up your routine gradually so that it becomes a natural part of your lifestyle. Finally, don't stop exercising once improvements begin to show. To maintain the benefits, exercising has to be a life-long commitment.

— Source: *Arthritis Care, United Kingdom*



Caring for you and about you

Finding the right time to exercise is important. Some people find it easier first thing in



Teen Health Update

Does Eating Chocolate Cause Pimples?

No way — and neither do dirt on your face, fried foods or sexual activity. But there are some things that can contribute to acne worsening. Changes in your skin during puberty trigger acne. Stress; your period; picking at or popping your pimples; scrubbing your skin too hard; getting too much sun; and using oil-based lotions, makeup or hair gels can cause breakouts to get worse.

— Source: U.S. Department of Health and Human Services Office on Women's Health

Senior Health Update

Older Adults and Anxiety Disorders

If you have an anxiety disorder, worry or fear becomes long-term and may get worse instead of better with time. Older adults sometimes tend to view anxiety as normal, given the circumstances of aging. But developing an anxiety disorder is not a normal part of aging. Such disorders can include generalized anxiety disorder, social phobia, panic disorder, post-traumatic stress disorder, obsessive-compulsive disorder or specific phobias. Studies estimate that anxiety disorders affect up to 14% of older adults in a given year.

Anxiety caused by stressful events such as moving or losing a job is normal. Anxiety disorders are different. An anxiety disorder lasts a long time and can get worse if it is not treated. In older adults, anxiety disorders often occur at the same time as depression, heart disease, diabetes and other medical problems. If you feel you or a loved one may be experiencing an anxiety disorder, talk with your doctor.

— Source: National Institutes of Health



Preventing Heatstroke

Use Caution on Hot Summer Days

Heatstroke is a medical emergency. It can kill or cause damage to the brain or other internal organs. Take these steps to help prevent it:

- **Wear loose-fitting, lightweight clothing.** Wear light-colored clothing if you're in the sun. Dark clothing absorbs heat.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- **Never leave children, or anyone else, in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees in just 10 minutes.
- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, rest frequently in a cool spot. Try to schedule exercise or physical labor for early morning or evening. Taking breaks and replenishing your fluids during that time will help your body regulate your temperature.

— Source: Mayo Clinic

Back-to-School Update

It's Immunization Time

Back-to-school season is here. It's the perfect time to make sure your kids are up to date on their vaccines. Getting children all of the vaccines recommended by CDC's immunization schedule is one of the most important things parents can do to protect their children's health — and that of classmates and the community. Most schools require children to be current on vaccinations before enrolling to protect the health of all students.

Today's childhood vaccines protect against serious and potentially life-threatening diseases, including polio, measles, whooping cough and chickenpox.

Kids who are 4 to 6 years old are due for boosters of four vaccines: DTaP (diphtheria, tetanus and pertussis), chickenpox, MMR (measles, mumps and rubella) and polio. Older children, like pre-teens and teens, need Tdap (tetanus, diphtheria, and pertussis), HPV (human papillomavirus) and MCV (meningococcal conjugate virus) vaccines. In addition, yearly flu vaccines are recommended for all children 6 months and older.



Check with your child's doctor to find out what vaccines they need this year. Parents can find out more about the recommended immunization schedule at www.cdc.gov/vaccines/parents.

— Source: Centers for Disease Control and Prevention

DID YOU KNOW?

Fun Eye Facts

- You blink every 2 to 10 seconds, to help keep your eyes lubricated. Be sure to blink while you read or work on the computer.
- The most effective sunglasses provide at least 98% protection from both UVA and UVB rays.
- One in every 12 males is color blind. Color blindness does not mean you see in black and white, but that you have trouble telling the difference between certain colors.



— Source: National Institutes of Health



What Causes Summer Colds?

Hint: It's Not the Weather

Summer colds, like their winter cousins, are caused by a large family of viruses. Summer travel puts us in contact with many of these viruses. Colds are spread in crowded indoor areas and on contaminated surfaces, such as door handles, stair railings, etc. The viruses can live for hours on such surfaces, and when we touch contaminated items we can pick up the viruses and transmit them to our nose or eye tissues. We can decrease our risk with frequent hand washing.

Although summer colds occur less frequently than winter ones, there are some special factors that increase the risk of infection: air travel, where we are contained in a small space with hundreds of other people; air conditioning, which removes moisture from the air and causes a drying of protective mucous membranes; and hay fever, which also can disrupt the integrity of the mucous membranes.

If you catch a summer cold, rest, drink plenty of liquids (especially water), use a humidifier in the room where you sleep, and expect to get well in about 7 to 10 days. If symptoms persist after that, see your doctor.

— Source: University of Nevada Reno



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SCHOOL-ZONE SAFETY

What Drivers Need to Know

Parents and caregivers, keep in mind these tips for driving in a school zone (especially during drop-off and dismissal times):

- 1. Slow down.** The simplest thing any driver can do when there are new driving hazards is to take it slow.
- 2. Allow more time.** As a new school year begins, allow yourself a bit more time to get where you are going.
- 3. Stay alert.** Make a mental note of any new bus stops or students walking to and from school. This way you will be prepared if you need to stop.
- 4. Learn the rules.** Schools usually have places for parents to drop off and pick up children. Learn where these areas are and

follow the procedures. If you need to go into the school, ask where you can park your vehicle so traffic can continue to move smoothly. Never block pick-up and drop-off areas.

- 5. Stop for school buses.** When the red lights are flashing, stop. It is against the law to pass a school bus when the lights are on.

— Source: Warren County, New York Department of Public Health

**Do You Know Your BMI?
 Taking Charge of Your
 Health Starts with You**

The best way to learn if you are overweight or obese is to find your body mass index (BMI). Enter your height and weight into a BMI calculator, such as the one available here: www.nhlbi.nih.gov/guidelines/obesity/BMI/bmi-calc.htm.

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. Note: BMI may not be as accurate for those with very high muscle mass or very low muscle mass (such as the elderly). If you are obese, talk to your doctor or another healthcare professional about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

You have more power than you think. Find your BMI today and take charge of your health.

— Sources: U.S. Agency for Healthcare Research and Quality; U.S. Preventive Services Task Force

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