



845 Scenic Highway • Lawrenceville, GA 30045

Phone: (770) 962-4071

Fax: (770) 962-4072

Monday-Friday: 9am-6pm • Saturday: 10am-3pm

FREE Delivery • EZ Transfer • DME • Dollar Items • Vitamins

www.mytcparmacy.com

HM031593

MEDICARE UPDATE

WHAT'S INSIDE

Enjoy Festive Meals —
Without the Guilt!

2

Antiviral Flu Medications:
What You Need to Know

3

Are You an Informed Patient?

4

What Are Medicare Advantage Plans?

A Medicare Advantage Plan (such as an HMO or PPO) is one way to receive your Medicare benefits. Unlike "Original Medicare," in which the government pays for Medicare benefits when you receive them, Medicare Advantage Plans, sometimes called "Part C" or "MA Plans," are offered by private companies approved by Medicare, and Medicare pays these companies to cover your Medicare benefits.

If you join a Medicare Advantage Plan, the plan will provide all of your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) coverage. Many also cover prescription drugs (Part D).

This is different than a Medigap (Medicare Supplement Insurance) policy, which just pays for costs that Medicare does not cover. In all types of Medicare Advantage Plans, you are always covered for emergency and urgent care.

Medicare Advantage Plans must cover all of the services that Original Medicare covers except hospice care. Original Medicare covers hospice care even if you're in a Medicare Advantage Plan.

Make sure you understand how a plan works before you join. Call 1-800 MEDICARE (1-800-633-4227) to speak with a Medicare specialist who can answer your questions.

— Source: U.S. Department of Health and Human Services' Centers for Medicare & Medicaid Services



Caring for you and about you



Drunk Driving *It Affects Us All*

As we all know, people who drink and drive put all of us on the road in danger. It's critical to choose not to drink and drive and to help others make good choices as well. Before drinking, designate a non-drinking driver when with a group. If out drinking, get a ride home or call a taxi. Don't let friends drink and drive.

Choose not to binge drink and help others avoid binge drinking. Talk with a doctor or nurse about drinking and driving and request counseling if drinking is causing health, work or social problems.

Buckle up every time, no matter how short the trip. Encourage all passengers in the car to buckle up, including those in the back seat.

— Source: U.S. Centers for Disease Control and Prevention

Healthy Holiday Eating *Enjoy Festive Meals — and Treats! — Without the Guilt*

The holidays are almost here, and temptation is everywhere. Try these tips for enjoying the foods of the season while keeping your healthy food plan in mind. (Most of the time, anyway!)

- Only purchase food items you intend to eat in the near future. Don't fill your pantry with holiday treats long before the holidays. It is better to avoid the temptation. (Remember the saga of the Halloween candy you purchased in late September "to save"?)
- Allow yourself to enjoy your favorite holiday foods on the actual holidays. Avoid eating these treats on "regular" days between Thanksgiving and New Year's Day. This way your 2015 resolutions list will be made simpler.
- Plan ahead for handling tempting buffets. Look at all the foods and choose those you really want, while maintaining reasonable portions. Sometimes a small taste can satisfy your craving.

— Source: University of Michigan Health System



Got Sleep? *Don't Skimp on This Critical Part of Good Health*

We need sleep to think clearly, react quickly and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep. Studies show that people who are taught mentally challenging tasks perform them better after a good night's sleep. Other research suggests that sleep is needed for creative problem solving.

Skimping on sleep comes with a price. Cutting back by even one hour can make it tough to focus the next day and can slow your response time. Studies also find that when you lack sleep, you are more likely to make bad decisions and take more risks. This can result in lower perfor-

mance on the job or in school and can also put you at a greater risk for a car accident.

Sleep affects mood as well. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.

If poor sleep is an issue for you, talk with your doctor about healthy sleep practices that can help you get a better night's shut-eye.

— Source: National Institutes of Health

SENIOR HEALTH UPDATE

Our Skin As We Age: What to Expect

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts or bumps can take longer to heal. Years of tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots and even cancer.

But there are things you can do to help protect your skin as you age and to make it feel and look better.

Older people may bruise more easily than younger people. And it can take longer for the bruises to heal. Some medicines or illnesses may cause bruising. If you see bruises and you don't know how you got them, especially on parts of your body usually covered by clothing, see your doctor.

Age spots, once called "liver spots," are flat, brown spots often caused by years in the sun. They are bigger than freckles and many times show up on areas such as the face, hands, arms, back and feet. Age spots are harmless, but if they bother you, talk with a dermatologist about removing them. Also, applying sunscreen may help prevent more of them from forming.

— Source: National Institutes of Health



DID YOU KNOW?

Snacking Affects Your Dental Health, Too

For optimal dental health, it's recommended that people limit eating and drinking between meals. But let's admit it: We all snack from time to time. Unfortunately, many people choose foods such as sweets and chips for snacks; foods that harm teeth by promoting tooth decay. If you do snack, make it a nutritious choice — such as cheese, yogurt, fruits, vegetables or nuts — for your overall health and the health of your teeth. Drinking plenty of water between meals is also great, not just for your general health but also for helping to flush away food from teeth and gums between brushings.

— Source: American Dental Association



Antiviral Flu Medications What You Need to Know

Can the flu be treated?

Yes. There are prescription medications called "antiviral drugs" that can be used to treat influenza.

What are antiviral drugs?

These are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu in your body. They are not sold over the counter. You can only get them if you have a prescription from your healthcare provider. Antiviral drugs are different from antibiotics, which fight against bacterial infections. These drugs lessen and shorten the duration of symptoms by about a day if started within two days of the onset of symptoms.

What should I do if I think I have the flu?

Check with your doctor promptly if you have a high-risk condition and you get flu symptoms, which can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Once your doctor confirms you have the flu (with a rapid flu test) and if you are within 24 to 48 hours of the onset of symptoms, he or she may prescribe antiviral drugs to treat your illness.

— Source: U.S. Centers for Disease Control and Prevention



Health Mart Brand Products
**Exceptional Values
 with You in Mind**

Caring for you and about you

www.healthmart.com/healthmartbrand

**Your Health.
 Your Choice.
 Our Brand.**



HEALTH MART IS YOUR LOCALLY OWNED COMMUNITY PHARMACY

We offer all the benefits of national chains with the highly personalized care you expect from a family-run business. See how we're making a real difference every day.

PLAN ACCEPTANCE

Health Mart pharmacies honor nearly all prescription plans at the same co-pay as the national chains, and our pharmacists are always here to answer any questions you have about your medications.

DEDICATED SERVICE

Our pledge to you: care, quality, value, expertise and dedication.

EVERYDAY SAVINGS

Because your locally owned, award-winning, customer service-focused Health Mart is part of a nationwide network of community pharmacies, you will find everyday low prices on all prescription and over-the-counter products. Not only does your Health Mart pharmacy have the brand names you want, it also offers a wide range of generics and over-the-counter products, including the best selection of Health Mart brand products.



HAND WASHING AWARENESS

Keep Yourself and Your Family Healthier This Winter

Proper hand washing can help your family have a healthier winter — when many viruses are passed from person to person. These tips can help.

Here's how to wash your hands most effectively:

- Use soap and warm, running water.
- Rub your hands vigorously for 20 seconds.
- Wash all surfaces, including backs of hands, wrists, between fingers, tips of fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.

Always wash your hands after:

- Going to the toilet or changing diapers

- Coughing/sneezing or using a tissue
- Handling raw meat or poultry
- Touching lacerations/cuts, sores or infected areas on the skin
- Handling or playing with pets
- Touching dirty kitchen equipment, utensils, dishes or work surfaces

Always wash your hands before:

- Cooking or handling ready-to-eat foods, such as breads, deli meats, cheese, fruits and vegetables
- Eating

— Source: Kansas Department of Health and Environment

Are You an Informed Patient?

Bring This List to Your Next Doctor Appointment

When you visit your doctor, be sure to collect as much information as you can about your condition and any tests or treatments he or she may order. Asking these questions can help:

- Can you tell me more about my condition?
- Do you have any written information that I can take home with me?
- Why do I need to have this particular test?
- What are the different treatments for this condition?
- How will this treatment help me?
- What are the risks of this treatment?
- What is likely to happen if I don't have this treatment?
- What does the treatment involve?
- What side effects, if any, should I look out for?
- When should I return for a follow-up visit?

— Source: Australian Council for Safety and Quality in Healthcare

Health Mart's Health Smart newsletter is not intended as medical, legal or regulatory advice. The information provided is intended to educate and inform. Please consult with your physician or other licensed professional for advice. Health Mart and its affiliates and member pharmacies disclaim all liability arising from or related to reliance on information contained in Health Mart's Health Smart newsletter.