

*Kick the Smoking Habit!*



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**YES, YOU CAN  
STOP SMOKING!**

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## There Has Never Been a Better Time to Quit

When it comes to quitting smoking, a combination of approaches works best, says the U.S. Department of Health and Human Services:

### Get Ready

- Set a quit date.
- Get rid of all cigarettes and ashtrays in your home, car and place of work. Do not let people smoke in your home. After you quit, don't smoke — not even a puff! Don't use any tobacco.

### Talk with Your Doctor about Medications

- You can buy nicotine gum, the nicotine patch or the nicotine lozenge at a drug store. Ask your pharmacist for more information.
- Ask your doctor about other medicines that can help you, such as nicotine nasal spray, nicotine inhaler, Bupropion SR (pill) and Varenicline (pill).

- Most health insurance will pay for these medicines.

### Get Help

- Tell your family, friends and co-workers that you are going to quit. Ask for their support.
- Talk to your doctor.
- Call 1.800.QUIT.NOW (1.800.784.8669) to be connected to the quitline in your state. It's free. They will set up a quit plan with you.

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about how to stop smoking.



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## WOMEN'S HEALTH UPDATE

### For More-Accurate Results, Prepare for Your Pap Test

The Pap test, also called the Pap smear, is a cervical-cancer screening test. To prepare for the Pap test, doctors recommend that for two days before the test you should avoid:

- Douching
- Using tampons
- Having sexual intercourse
- Using birth-control foams, creams or jellies
- Using vaginal medications or creams

Doctors also recommend that you try to schedule your Pap test for a time when you are not having your menstrual period.

— Source: Centers for Disease Control and Prevention

### Herbal Supplements and Drug Interactions *Keep Your Doctor Informed*

Although many consumers may consider them harmless because they're "natural," herbal supplements contain active ingredients that may not safely mix with prescription or over-the-counter drugs. Tell your doctor about any herbal supplements you take.

- Epilepsy
- Glaucoma
- Enlarged prostate gland
- History of stroke

— Source: University of Arizona Cooperative Extension

In addition, some medical problems may increase your risk of adverse effects if you take herbal products. Talk to your doctor before taking any herbal products if you're pregnant or nursing or have any of the following medical conditions:

- High blood pressure
- Blood-clotting problem
- Thyroid problems
- Heart disease
- Parkinson's disease

Want more information on herbal supplements? Visit [www.HealthMart.com](http://www.HealthMart.com).



### Weight-Loss Success *Make Yourself an Offer You Can't Refuse*

Working on losing weight? Offer yourself a promise like this: "If I reach my goal this (day/week/month), I will treat myself to a well-deserved (fill in a reward here — but not a food reward)."

Think of something you want, such as an afternoon off, a massage, a movie or even a deposit toward a larger reward. Be creative, set up rewards for yourself frequently, and make sure you give them to yourself when you reach your goal.

Working toward a mutual goal with a friend who is losing weight can make the process more fun. Call a friend and plan a walk, a trip to the gym or a tennis game. Then talk about that great movie you'll see together when you reach your next goal!

— Source: U.S. Department of Health and Human Services

## SENIOR HEALTH

### Want to Reduce Stress, Sleep Better, Increase Energy?

#### Try Exercise

It's normal to lose some degree of aerobic capacity as we get older. In many people, however, much of that loss is due to declining activity levels rather than physiological change related to age. A 70-year-old who exercises regularly may well be in better shape than a 35-year-old who is sedentary. Research has shown that even in old age, conditioning can improve cardiovascular endurance, muscle strength and well-being.

Many communities offer programs that give older people the opportunity to exercise in a safe and pleasant manner. Start at a slower pace and increase the intensity and duration of your exercise gradually. Select "low-impact" aerobic activities that do not place extra stress on joints (for example, swimming, cycling or walking). Remember that age alone is no barrier to physical fitness, no matter how long a person has been inactive. Always talk with your doctor before starting any exercise program.

— Source: Yale University School of Medicine

Want more information on getting fit? Visit [www.HealthMart.com](http://www.HealthMart.com).



## DID YOU KNOW?



- Breaded, batter-dipped and tempura all mean fried food, which is heavy in fat. Look instead for lower-fat grilled, broiled and flame-cooked main dishes. Other good choices include entrees that are steamed, roasted or baked in their own juices.

— Source: University of Wisconsin Nutrition Services Department



## FAD DIETS

### Skip 'Em, Experts Say

Fad diets often promise quick weight loss or tell you to cut certain foods out of your diet. You may lose weight at first on one of these diets, but diets that strictly limit calories or food choices are hard to follow.

Fad diets may be unhealthy because they may not provide all of the nutrients your body needs. Also, losing weight at a very rapid rate (more than three pounds a week after the first couple of weeks) may increase your risk for developing gallstones (clusters of solid material in the gallbladder that can be painful). Diets that provide less than 800 calories per day also could result in heart-rhythm abnormalities, which can be fatal.

Research suggests that losing one-half to two pounds a week by making healthy food choices, eating moderate portions and exercising is the best way to lose weight and keep it off. By adopting healthy eating and exercise habits, you may also lower your risk for developing type 2 diabetes, heart disease and high blood pressure.

— Source: National Institutes of Health



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## START 2012 WITH A HEALTHIER HEART!

### Lower Your Heart-Disease Risk with Simple Changes

Research shows that more than 95% of those who die from heart disease have at least one major risk factor. Some risk factors, such as age and family history of early heart disease, can't be changed. For women, age becomes a risk factor at 55. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as pre-menopausal women of the same age. Another reason for the increasing risk is that middle age is a time when women tend to develop other risk factors for heart disease.

Regardless of your age, background or health status, you can lower your risk of heart disease. It can be as simple as taking a brisk walk, whipping up a good vegetable soup or getting the support you need to maintain a healthy weight. Stopping smoking and avoiding excessive alcohol consumption are important factors as well. What will you do to start off this new year with a healthier heart?

— Source: U.S. Department of Health and Human Services and the National Heart, Lung and Blood Institute

### HEALTH TIP



### If You Have Arthritis, Create an Exercise Plan with Your Doctor

Therapeutic exercises, prescribed by health professionals, address specific joints or body parts affected by arthritis or arthritis-related surgery. A therapeutic exercise program is often a necessary first step for individuals who have been inactive, have restricted joint motion or muscle strength, are experiencing joint pain or are recovering from surgery such as a joint replacement.

— Source: American College of Rheumatology

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