



ASTHMA-MEDICINE FAST FACTS FOR KIDS

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(And Parents, Too!)

Asthma (az-ma) is a condition that causes people to have trouble getting enough air into their lungs. An "asthma attack" is when you have trouble catching your breath. Some common triggers include:

- Dust in your house
- Tobacco smoke
- Dirty air outside
- Cockroach droppings
- Pets
- Mold
- Hard exercise that makes you breathe really fast
- Some medicines
- Bad weather
- Some kinds of food

Even getting really excited, or feeling very

mad, sad or scared can cause an asthma attack.

Different kinds of medicine can help. Sometimes you'll use an inhaler, a little can of special air you squirt into your mouth as you breathe in. Some contain "quick help" medicine to use if you are having trouble breathing. Other inhalers contain medicine that helps keep your asthma under control.

Your doctor can explain more about your medications and how to use them. Remember: It's always OK to ask questions! Your doctor is here to help.

Sources: The Centers for Disease Control and Prevention's National Asthma Control Program



Poison Control — Talk with Your Family

The best way to prevent poisoning at home is to think about it and take precautions before an emergency occurs. That includes talking with your family.

- Never call medicine “candy.” This can be confusing to children.
- Remind family members that certain everyday products, such as household cleaning solutions, can be poisonous.
- Explain that some poisons, such as carbon monoxide, cannot be seen or smelled but they are still dangerous.
- Make sure everyone knows what to do if a poisoning happens: Immediately call the

toll-free Poison Help line (800.222.1222), which connects you to your local poison center.



Source: U.S. Health Resources and Services Administration

Calcium

This Vital Mineral Helps Strengthen Bones, Teeth

Calcium, the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as antacids).

Approximately 99% of the body’s calcium supply is stored in the bones and teeth, where it supports their structure and function. Bone itself undergoes continuous remodeling, with calcium being deposited into new bone. This process is most active in children and teens and it slows with age.

Milk, yogurt and cheese are rich natural sources of calcium

and are the major food contributors of calcium to people in the U.S. Non-dairy sources include vegetables such as Chinese cabbage, kale and broccoli. Foods fortified with calcium include many fruit juices, tofu and cereals.

Your doctor can tell you whether you need to take additional calcium in supplement form and, if so, the correct amount.

Source: National Institutes of Health

Can't Sleep? Try These Tips

If you have insomnia, developing healthy sleep habits can make a big difference. These guidelines are especially important for people who can't fall asleep or stay asleep regularly.

- **Stick to the same bedtime and wake-up time, even on the weekends.** This helps to regulate your body’s clock and could help you fall asleep and stay asleep for the night.
- **Avoid naps, especially in the afternoon.** A power nap may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.

- **Exercise, but not close to bedtime.** Exercising can help regulate your body and make you sleep better, but working out too close to bedtime can make it harder to settle into sleep.
- **Create a clean, comfortable, quiet and dark sleep space.** Use a sound machine or a fan to block noise from inside or outside the house, and install darkening blinds to block streetlights and morning light.
- **Avoid alcohol, cigarettes and heavy evening meals.** Alcohol and cigarettes can disrupt sleep, and eating big meals can cause discomfort that affects sleep.

Source: National Sleep Foundation





Rx Gourmet

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

Grilled Pork Skewers

Serves 5

Want to make a simple, delicious recipe for your next barbecue that will wow all of your guests? This is it. The marinade is super easy and the pork will turn out juicy and flavorful. If you don't have a grill, don't pass on this recipe. It will work just fine in the oven or on a grill pan on your stove top.

Pair these with grilled skewered vegetables. Some to try: zucchini, cherry tomatoes, red onion, button mushrooms and bell peppers.

- 1/3 cup brown sugar
- 1/2 cup reduced-sodium soy sauce*
- 1/2 medium onion, diced
- 2 large cloves garlic, chopped
- 1/2 teaspoon ground black pepper
- 1 (2-pound) boneless pork loin, cut into 1 1/2-inch cubes
- 5 bamboo skewers



Soak the skewers in water for 30 minutes prior to grilling so they won't burn on the grill. Mix sugar, soy sauce, onion, pepper and garlic in a large bowl. Add the cubed pork and turn to coat. Cover tightly and refrigerate at least 3 to 4 hours. If possible, marinate overnight for best flavor.

Preheat grill for high heat. Lightly oil the grate. Thread the pork onto the prepared skewers. Discard marinade. Place pork skewers on preheated grill and cook until the pork is no longer pink in the center, 3 to 5 minutes per side.

*To make this recipe gluten free, use tamari sauce, which is made with 100% soybeans and no wheat.

Per serving: 276 Calories; 6g Fat (20.9% calories from fat); 2g Saturated Fat; 40g Protein; 13g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 1,055mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Recipe is low fat and low calorie. It's gluten free if using tamari sauce instead of regular soy sauce.

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



Drug Interactions

Ask the Right Questions
and Stay Safe

If you take several different medicines, see more than one doctor or have certain health conditions, you and your doctors need to be aware of all the medicines you take to avoid potential problems, such as drug interactions. Before taking a drug, ask your doctor or pharmacist the following questions:

- Can I take it with other drugs?
- Should I avoid certain foods, beverages or other products?
- What are possible drug-interaction signs I should know about?
- How will the drug work in my body?
- Is there more information that you would recommend I read about the drug?

Educate yourself about how to take your medications safely and responsibly. The written information that accompanies your prescription should tell you what the drug is used for and explain possible side effects and potential interactions with other drugs. If you still have questions after reading this information, ask your doctor or pharmacist for more information.

Sources: Council on Family Health; U.S. Food and Drug Administration; National Consumers League

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Senior Health — You're Never Too Old to Get Cavities

Tooth decay isn't just a problem for children. It can happen as long as you have natural teeth. Dental plaque, a sticky film of bacteria, can build up on teeth. Plaque produces acids that, over time, eat away at the tooth's hard outer surface and create a cavity.

Even teeth that already have fillings are at risk. Plaque can build up underneath a chipped filling and cause new decay. And if your gums have pulled away from the teeth (called gum recession), the exposed tooth roots are also vulnerable to decay.

But you can help protect your teeth against decay. Here's how:

- Use fluoride toothpaste. Brush twice daily to help remove dental plaque.

- Floss regularly to remove plaque from between teeth. Or use a device such as a special brush or wooden or plastic pick recommended by a dental professional.
- See your dentist for routine checkups. If you are at a higher risk for tooth decay (for example, if you have a dry mouth because of medicines you take), your dentist or dental hygienist may give you a fluoride treatment during the office visit. Or the dentist may recommend a fluoride gel or mouth rinse to use at home.

Source: National Institute of Dental and Craniofacial Research

DID YOU KNOW?



Bone-Density Testing

A bone-density test helps determine if you have osteoporosis, a disease that causes bones to become more fragile and more likely to break. In the past, osteoporosis could be detected only after you broke a bone. By that time, however, your bones could be quite weak. A bone-density test enhances the accuracy of calculating your risk of breaking bones. Risk depends on gender, age and other health factors. Screening guidelines are available to help determine when to test.

The test uses X-rays to measure how many grams of calcium and other minerals are packed into a segment of bone. The bones that are most commonly tested are in the spine, hip and forearm. Ask your doctor about whether you should be screened for osteoporosis.

Source: Mayo Clinic