



WHICH ALLERGY MEDICATIONS ARE RIGHT FOR YOU?

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Understand Your Options

Your doctor may recommend prescription or over-the-counter allergy medications to relieve symptoms. Here's what you need to know.

Antihistamines reduce or block symptom-causing histamines and are available in many forms, including tablets and liquids. Many oral antihistamines are available over the counter (OTC) and in generic form. When choosing an OTC antihistamine, read the Drug Facts label closely and follow the dosing instructions. One thing to change: To avoid antihistamine-related daytime drowsiness, talk with your doctor or pharmacist about a non-sedating oral or nasal antihistamine option.

Nasal corticosteroids are typically sprayed into the nose to treat inflammation. They may take several days to start working and should be taken continuously during allergy season or all year, if your allergies require year-round treatment.

Decongestants are available both by prescription and OTC and come in oral and nasal-spray forms. They are sometimes recommended in combination with antihistamines which, used alone, do not reduce nasal congestion. They should not be used for more than a few days, as rebound congestion can occur. Decongestants that contain pseudoephedrine are available without a prescription but are kept behind the pharmacy counter to prevent their use in making methamphetamine, a powerful, highly addictive stimulant often produced illegally. You'll need to show identification to purchase medications that contain pseudoephedrine.

Source: U.S. Food and Drug Administration



Menopause and Your Moods

Try These Tips to Help Ease the Transition

During the menopause transition, you may sometimes feel irritable or have crying spells. Mood changes during this time also could be from stress, family changes or feeling tired. Mood changes are not the same as depression. What you can do:

- Aim for seven to eight hours of sleep per night.
- Get active to help you feel your best.
- Join a menopause support group online or in your community.

- Talk with your doctor about the pros and cons of hormone therapy.

Remember, mood changes during menopause are usually not the same as depression, which is a different, serious illness that should be discussed with your doctor.

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

Osteoporosis

Protect Your Bones, Starting Today

Many things can weaken bones. Some are outside your control. Some medical conditions can make you prone to bone disease. But there are some things you *can* control:

- **Get enough calcium and vitamin D** in your diet.
- **Be physically active.** Yoga and weight-bearing exercise, for example, have been shown to help maintain bone mass.
- **Reduce hazards in your home** that could increase your risk of falling.
- **Talk with your doctor about medicines** you are taking that

could weaken bones, such as medicine for thyroid problems or arthritis. Discuss ways to protect bones while treating other problems.

- **Maintain a healthy weight.** Being underweight raises the risk of fracture and bone loss.
- **Don't smoke.** Smoking can reduce bone mass and increase your risks for a broken bone.
- **Limit alcohol use.** Heavy alcohol use reduces bone mass and increases your risk for broken bones.

Source: National Institutes of Health



Got Medication Questions?

Talk with Your Pharmacist

Your pharmacist will talk with you about all prescription medications that have not been provided to you before. You should know the answers to at least the following questions before taking prescription medications:

- What is the name of the medicine and what is it supposed to do?
- How and when do I take it and for how long?
- What do I do if I miss a dose?
- Are there any side effects? What do I do if they occur?
- Is there any written information available about the medicine?

- Is this medication safe to take with my other medications?
- Does this medication interact with any over-the-counter medications or supplements?
- Are there any food, alcohol or laboratory interactions (such as when you take a blood test) with this medication?

A consultation with your pharmacist allows him or her to educate you about new-to-you medications and to protect you from potential problems associated with a new medication. Your pharmacist can discuss possible side effects, contraindications and the importance of following directions.

Source: California State Board of Pharmacy



Rx Gourmet

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

Asian Chicken Lettuce Wraps *Serves 8*

Who doesn't love healthy, low-calorie lettuce wraps? Crunchy vegetables, buttery lettuce and small portions of meats with various dipping sauces combine for delicious meals that are eaten with your hands. The secret to a good wrap is bold spicing, along with a mixture of textures and crunch in the fillings. Almost any lettuce will work as long as the leaves are pliable.



Ingredients:

1 head butter lettuce or romaine
lettuce leaves (whichever you prefer)

Sauce:

1 tablespoon low-sodium soy sauce
2 tablespoons oyster sauce
1 tablespoon dry sherry
1 teaspoon sugar

Filling:

1 tablespoon sesame oil
1 half-inch slice fresh ginger, peeled
and minced
1 garlic clove, minced
2 green onions, chopped
1 pound boneless, skinless chicken
breasts, thinly sliced
1 red pepper, seeded and diced
1 can water chestnuts, rinsed in warm
running water and chopped
1 stalk celery, diced
1 teaspoon cornstarch mixed with
2 tablespoons water

Wash the lettuce, dry it, and separate the leaves. Set aside.

Mix together the sauce ingredients. Heat the sesame oil in a wok (or a non-stick frying pan) on high heat. Add the garlic, ginger and green onions and fry until the garlic and ginger are aromatic. Add the chicken and cook until it is browned. Remove the chicken from the wok and set aside.

Add the red pepper, water chestnuts and celery to the wok. Add the sauce ingredients and cook at medium heat. Give the cornstarch/water mixture a quick re-stir and add to the sauce, stirring to thicken. Add the chicken back into the wok. Cook for 2 to 3 more minutes, stirring, to heat through and finish cooking the chicken.

Lay out a lettuce leaf and spoon a heaping teaspoon of the chicken and vegetable/sauce mixture into the middle. Fold into a package. Continue with the remainder of the chicken mixture and lettuce leaves, and serve.

Per Serving: 274 Calories; 7g Fat (22.6% calories from fat); 1g Saturated Fat; 37g Protein; 14g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 393mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Recipe is low fat, low calorie and diabetic friendly.

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



Your Baby's Health

When Should You Schedule Your Child's First Dental Visit?

Take your child to the dentist after the first tooth appears, but no later than her first birthday. Your dentist will check for decay and overall tooth and jaw development and will give tips on cleaning your child's teeth.

Baby teeth are important. They help your baby chew, speak and smile. They hold space in the jaws for the permanent teeth. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in.

Decay can occur with the first tooth. When that tooth appears, start brushing twice a day with a soft-bristled child's toothbrush. Decide, with the help of your child's dentist, whether or not to use fluoride toothpaste. If used before your child is about 3 years old, use an amount no more than a smear or the size of a grain of rice. At about age 3, you should start putting a pea-sized drop on your child's toothbrush.

Sources: The American Dental Association; the National Institute of Dental and Craniofacial Research

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Know Your Medications

What Are “Behind the Counter” Medications?

There are three classes of medications in the U.S. **Prescription medications** can be obtained only after you have consulted a medical practitioner and received a prescription. **Over-the-counter (OTC) medications** can be purchased without a prescription. **Behind-the-counter (BTC) medications** don't require a prescription, but they aren't available in just any location in the pharmacy. You can buy them only in locations where a pharmacist is present, and you must request them at the pharmacy counter. Examples include:

- Pseudoephedrine
- Insulin (certain types)
- Syringes
- Emergency contraceptives

The reason you must visit a pharmacist before purchasing these BTC products varies with the specific item. Some products (such as insulin or syringes) require special training or education. Other products may require a record of the transaction to meet regulations due to age requirements or diversion potential. Pseudoephedrine, for example, became a BTC medication when illegal drug-lab operators found that it could be used as a starting element to make methamphetamine (meth). Purchasers must now show photo identification and have their transaction logged. They also are subject to daily and monthly purchase limits.

Sources: U.S. Food and Drug Administration; medical journal U.S. Pharmacist

DID YOU KNOW?



Protect Your Gums

Many older adults have gum, or periodontal, disease. It's caused by the bacteria in plaque which irritates the gums, making them swollen, red and more likely to bleed. If left untreated, gums can begin to pull away from the teeth and form pockets, where food particles and more plaque may collect. The good news is that with regular brushing and flossing, along with regular dental visits, gum disease can be treated or prevented entirely.

Source: American Dental Association