



FLU IMMUNIZATION UPDATE

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Know the Facts and Protect Your Family

Even healthy people can get very sick from influenza (flu) and can spread it to others. The U.S. Centers for Disease Control and Prevention estimates that flu-related hospitalizations since 2010 have ranged from 140,000 to 710,000 annually, while flu-related deaths have ranged from 12,000 to 56,000.

During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the U.S. can begin as early as October and last as late as May.) Getting an annual flu vaccine is the best way to reduce your risk of getting sick with flu and spreading it to others. When more people get vaccinated against flu, it spreads less easily through a community.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The flu vaccine is given annually and it changes slightly from year to year. The vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. While it may not protect against all strains of influenza, it can lessen the severity of the infection by preparing the immune system for a similar strain.

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



Your Child's Health

What Does a School Nurse Do?

In addition to performing screenings of vision, hearing and height/weight, school nurses administer medications, monitor students with chronic health conditions such as asthma or diabetes, administer first aid, train school staff on health issues, and serve on school committees to address student behavior and achievement. Nurses communicate with healthcare providers, develop individualized healthcare plans, create emergency treatment plans and collaborate with parents to provide care and to support student attendance. If you



have concerns about a health issue that affects your child's experience at school, talk with your school nurse.

Source: New Jersey State School Nurses Association

Psoriasis

Causes and Cures

Psoriasis is a chronic skin disease that involves scaling and inflammation. It affects approximately 3.1% of the U.S. population, or more than 6.7 million people. Although it occurs in all age groups, it primarily affects adults.

Typically, psoriasis results in patches of thick, inflamed skin covered with silvery scales. These patches usually itch or feel sore. They most often occur on the elbows, knees, other parts of the legs, scalp, lower back, face, palms and soles of the feet, but can occur on skin anywhere on the body.



Talk with your doctor if you are experiencing any of these symptoms. Treatment can include medicines applied to the skin, treatment with special lights, or medicines administered by mouth or injection.

Source: National Institutes of Health



Fad Diets?

Just Say No

Fad diets are not the best way to lose weight. These diets often promise quick weight loss if you strictly reduce what you eat or avoid some types of foods. You may lose weight at first, but most people quickly get tired of these diets and regain any lost weight.

Fad diets may be unhealthy, as well. They may not provide all of the nutrients your body needs. Also, losing more than three pounds a week, after the first few weeks, may increase your chances of developing gallstones (solid matter in the gallbladder that can cause pain).

Research suggests that safe weight loss involves combining a reduced-calorie diet with physical activity to lose 1/2 to 2 pounds per week. Make healthy food choices. Eat small portions. Integrate exercise into your daily life. These habits can help you lose weight and keep it off.

Source: National Institute of Diabetes and Digestive and Kidney Diseases



Rx Gourmet

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

Easy Baked Teriyaki Chicken

Serves 6 (2 chicken thighs per serving)

This delicious meal can be prepared in about 30 minutes. The recipe can easily be cut in half to serve three or you can cook the full amount and use leftovers in a wrap with raw veggies the next day.

Ingredients:

1 tablespoon cornstarch

1 tablespoon cold water

1/2 cup light brown sugar

1/2 cup low-sodium soy sauce or
Tamari sauce

1/4 cup cider vinegar

1 garlic clove minced or 1/4 teaspoon
garlic powder

1/2 teaspoon ground ginger

1/4 teaspoon finely ground black
pepper

12 boneless, skinless chicken thighs

Scallions for garnish (optional)

Preheat oven to 425 degrees F. Combine all ingredients except chicken in a small saucepan and simmer over low heat, stirring frequently, until sauce thickens and bubbles. Set aside.

Place chicken thighs in a lightly oiled 9 x 13-inch baking dish. Brush chicken with the sauce. Turn pieces over and brush on more sauce.



Bake in the preheated oven for 30 minutes. Then turn chicken thighs over and bake for another 30 minutes, until no longer pink and juices run clear. To give the chicken that delicious caramelized taste, baste with remaining teriyaki sauce every 10 minutes while baking. Garnish with scallions if desired.

Serving suggestion: Slice and serve on white or brown rice with steamed or stir-fried vegetables on the side.

Per Serving (1/6th recipe; chicken only): 230 Calories; 5g Fat (21.6% calories from fat); 1g Saturated Fat; 28g Protein; 16g Carbohydrate; trace Dietary Fiber; 115mg Cholesterol; 924mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.

Recipe is low fat, low calorie and gluten free if using Tamari sauce.

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



Fall Allergies

Do You Live Near One of These
“Allergy Capitals”?

Nasal allergies affect more than 50 million Americans annually and allergies are the sixth leading cause of chronic illness in the U.S., according to the U.S. Centers for Disease Control and Prevention.

Certain parts of the country are more difficult places to live for allergy sufferers. In 2016 (the most recent data available), the most challenging cities for those with fall allergies were:

1. Jackson, Mississippi
2. Memphis, Tennessee
3. McAllen, Texas
4. Louisville, Kentucky
5. Syracuse, New York

The “winner,” Jackson, Mississippi, was chosen because it had higher-than-average pollen counts and higher-than-average medication use by allergy patients.

Regional ranking of the most challenging cities included:

Midwest: Dayton, Ohio

Northeast: Syracuse, New York

South: Jackson, Mississippi

West: Fresno, California

Whether you live in one of these allergy capitals or elsewhere, it’s important to work with your doctor to recognize the elements that trigger your allergies and to determine the best treatments for you.

Source: Asthma and Allergy Foundation of America

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Skincare 101

What Causes Acne?

The exact cause of acne is unknown, but doctors believe it results from several related factors. One important factor is an increase in hormones called androgens (male sex hormones). These increase in both boys and girls during puberty and cause the sebaceous glands to enlarge and make more of an oily secretion called sebum. Hormonal changes related to pregnancy or starting or stopping birth control pills also can cause acne. Researchers believe that the tendency to develop acne can be inherited from parents.

Factors that can cause an acne flare include:

- Changing hormone levels in adolescent girls and adult women two to seven days before the menstrual period starts

- Oil from skin products (moisturizers or cosmetics)
- Grease encountered in the work environment (for example, a kitchen with fry vats)
- Pressure from sports helmets or equipment, backpacks, tight collars or tight sports uniforms
- Squeezing or picking at blemishes
- Hard scrubbing of the skin
- Stress

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

DID YOU KNOW?



Digestive Issues Can Affect Women Differently

Some digestive problems, such as irritable bowel syndrome and gallstones, are more common in women than in men. Others occur equally in both sexes, but affect women in unique ways. For example, women with inflammatory bowel disease may have irregular menstrual periods. Some women with celiac disease experience infertility or miscarriage. And heartburn caused by gastroesophageal reflux is common in pregnancy. If you have questions about any of these conditions, talk with your doctor.

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