



ARTHRITIS 101

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Changing Your Reaction to Pain

Thinking of arthritis pain as a signal that may be changed by taking positive action is a healthy approach. Following your doctor's treatment plan is important, of course. Adding these tips can make a difference, too. Use them to build a sense of personal control by adjusting your thoughts and actions.

- **Keep a positive attitude.** Arthritis may limit some of the things you can do, but it doesn't have to control your life. Build your life around wellness. This means thinking positive thoughts, having a sense of humor, eating a balanced diet, exercising regularly, surrounding yourself with positive people, and enjoying activities with friends and family.

- **Don't dwell.** The amount of time you spend thinking about pain can affect your discomfort level. People who dwell on their pain usually say it's worse than those who don't. Focus on something else, such as an enjoyable activity.
- **Create a pain-management plan.** Make a chart of your pain-control methods to help track which work best for you. Share it with your doctor.

Source: *The Arthritis Foundation*



Too Much Sun?

Be Smart When Treating a Sunburn

To help heal sunburned skin, take cool baths or showers to ease pain. Pat yourself dry, leaving a bit of water on your skin. Apply moisturizer, choosing one that contains aloe vera. If an area feels particularly uncomfortable, you can apply an over-the-counter hydrocortisone cream. (Note: Do not treat sunburn with “-caine” products, such as benzocaine, as these may irritate skin or cause an allergic reaction.) Consider taking aspirin or ibuprofen to help reduce swelling, redness and discomfort. If your skin blisters, clean it gently and



allow blisters to heal. Don't pop them. Topical antibiotics may be necessary. Drink extra water to help prevent dehydration.

Source: American Academy of Dermatology

Children's Eye Exams

When Should They Start?

Children need eye exams to ensure healthy vision. But less than 22% of preschool children receive vision screening and less than 15% receive an eye exam. Vision screening can reveal a possible vision problem but can't diagnose it. A comprehensive dilated eye exam is needed to diagnose eye diseases.

Amblyopia (reduced vision because the eye and brain aren't working together properly) is the most common cause of vision loss in children. It affects two to three out of 100 children. Amblyopia should be treated promptly to help avoid



vision loss. The U.S. Preventive Services Task Force recommends vision screening for all children at least once between ages 3 and 5 years to detect amblyopia or risk factors for the disease.

Source: Centers for Disease Control and Prevention

Back-to-School Safety

Know the Rules for Driving Near a School Bus

School buses are one of the safest forms of transportation on the road today. The reality of school-bus safety is that more children are hurt outside the bus than inside as passengers. Most of the children who lose their lives in bus-related crashes are pedestrians, four to seven years old. They are hit by the bus or by motorists illegally passing a stopped school bus.

Know the laws and procedures for sharing the road safely with school buses: All 50 states have laws making it illegal to pass a school bus that is stopped to load or unload

children. School buses use yellow flashing lights to alert motorists that they are preparing to stop to load or unload children. Red flashing lights and an extended stop-sign arm signal to motorists that the bus is stopped and children are getting on or off the bus.

Source: National Highway Traffic Safety Administration





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

Citrus Garlic Roasted Shrimp

Serves 4 (about 9 jumbo shrimp per person)

So many cooks shy away from cooking seafood, including shrimp, because they think it is difficult. It really isn't. The only critical part of cooking seafood is the timing. You need to make sure not to under or over cook it. This is such an easy way to cook shrimp for almost any dish. It's great for shrimp cocktail, served over pasta or added to your favorite salad. This dish takes about 10 minutes to make.

Ingredients:

1 1/2 pounds shelled and deveined jumbo raw shrimp (about 36 shrimp)*

2 garlic cloves, minced

1 tablespoon olive oil

1/4 teaspoon crushed red pepper flakes (you can also add black pepper, to taste, if desired)

1 lemon, juiced

1 tablespoon fresh parsley, chopped

Preheat oven to 400F.

Spray two large, nonstick baking trays with cooking-oil spray. Combine shrimp, garlic, oil and crushed red pepper together in a bowl and stir to combine, making sure the oil coats the shrimp. Arrange half of the shrimp on the first baking sheet in a single layer. Roast in the oven for 6 to 8 minutes or until the shrimp turn opaque. (Make sure the oven is fully pre-heated before roasting shrimp.) Squeeze lemon over the roasted shrimp and garnish with parsley. Repeat with the second tray of shrimp.

* Can be cooked with or without tails, depending on how you will be using the shrimp.

Per Serving: 216 Calories; 6g Fat (27.0% calories from fat); 1g Saturated Fat; 35g Protein; 4g Carbohydrate; trace Dietary Fiber; 259mg Cholesterol; 253mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Recipe is low fat, low calorie, diabetic friendly and gluten free.

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



Your Healthy Eyes

What Is a Cataract?

A cataract is a clouding of the lens in the eye. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. The lens is a clear part of the eye that helps to focus an image on the retina. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the image will be blurred.

The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it. As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see.

A cataract needs to be removed only when vision loss interferes with everyday activities, such as driving, reading or watching TV. You and your doctor can make this decision together.

Source: National Eye Institute

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Senior Health

Taking Supplements for Joint Pain

A joint is where two or more bones are joined together. Joints can be rigid, like the joints between the bones in your skull, or movable, like knees, hips and shoulders. Many joints have cartilage where the bones come together. Healthy cartilage helps you move by allowing bones to glide over one another. Cartilage also protects bones by preventing them from rubbing against each other.

Many people take over-the-counter dietary supplements, such as glucosamine and chondroitin, for joint health. Current research shows that these supplements

seem to help reduce osteoarthritis pain in some, but not all, people. However, there is no evidence that they can prevent any form of arthritis.

Scientists are also researching the effects of other dietary supplements, such as green tea and certain vitamins, to see if they can help keep joints healthy. Check with your doctor before taking dietary supplements.

Sources: National Institute of Arthritis and Musculoskeletal and Skin Diseases; the National Institutes of Health

DID YOU KNOW?



Medications and Sun Sensitivity

Life in the sun can sometimes be less than fun. Some medicines contain ingredients that may cause photosensitivity, a chemically induced change in the skin that can cause sunburn-like symptoms. It can be triggered by products applied topically, taken orally or injected.

Photoallergy is an allergic reaction of the skin that may not occur until several days after sun exposure. Phototoxicity, which is more common, is an irritation of the skin and can occur within a few hours of sun exposure. Some antibiotics, antifungals, antihistamines, diuretics and other medications can cause sun sensitivity. If you have concerns about a particular medication, talk with your doctor or pharmacist.

Source: U.S. Food and Drug Administration