

# HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 9 • Cold and Flu Season

September 2017



THIS MONTH'S  
Featured Article

GET YOUR MEDICINE CABINET  
WINTER-READY

PG. 3



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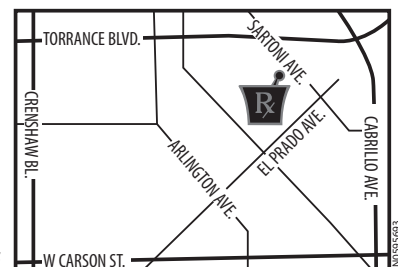
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## Senior Health Update Know the Signs of a Stroke

During a stroke, every minute counts. Receiving treatment quickly can lessen stroke-related brain damage.

### Signs of Stroke

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or lack of coordination
- Sudden severe headache with no known cause

Do the following simple test:

**F—Face:** Ask the person to smile. Does one side of the face droop?

**A—Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**T—Time:** If you see any of these signs, call 9-1-1 right away.

Don't drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin lifesaving treatment on the way to the emergency room.

Source: Centers for Disease Control and Prevention

For additional articles on this topic, visit [www.MyGNP.com](http://www.MyGNP.com).

## Healthy Eating

# Try This Fast, Healthy Breakfast for On-the-Go Days

You say you have no time in the morning? This “Breakfast in a Bag” recipe may be just the ticket for parents, kids and older students in a hurry. Add low-fat or skim milk and an apple, orange, banana or bunch of grapes and you’re good to go.

### Breakfast in a Bag

Makes 2 servings

Ingredients:

- 1 cup Wheat Chex cereal
- 1 cup Cheerios cereal
- 1/4 cup raisins
- 1/4 cup dried cranberries (Craisins)
- 1/4 cup almonds or walnuts

Put all ingredients in a bowl and toss to mix. Divide mixture in half and place in two sandwich bags.

Nutrition information per serving: 320 Calories, 10g Fat, 1g Saturated Fat, 54g Carbohydrate, 7g Dietary Fiber, 15g Sugar, 280mg Sodium, 7g Protein

Note: For a special treat, add this “you-create-the-recipe” smoothie to your morning. In a blender, add a banana, a handful of frozen strawberries, raspberries or blueberries, and a carton of low-fat or non-fat yogurt. Blend until smooth. Bring it to school or work in a to-go cup if you plan to drink it right away. If you want to save it for later in the day, use a thermos to keep it cold.

Source: The University of Iowa





*Cold and Flu Season Is Coming*

## Get Your Medicine Cabinet Winter-Ready

It's almost that time of year again. Time to think about getting your annual flu shot, of course. (The vaccine can keep you from getting the flu, and if you do get the virus, it will likely be a milder case.) It's also time for another September task: preparing your family's medicine cabinet for the winter months ahead.

Colds usually cause those icky symptoms we all hate: stuffy or runny nose, sneezing, coughing, scratchy throat and watery eyes. There is no vaccine against colds, which come on gradually and often spread through contact with infected mucus.

Flu comes on suddenly and lasts longer than a cold. Flu symptoms include fever, headache, chills, dry cough, body aches, fatigue and general misery. Like colds, flu also can cause a stuffy or runny nose, sneezing and watery eyes. Young children may also experience nausea and vomiting with flu. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. You also can get flu by touching a surface or object that has flu virus on it.

Flu season in the U.S. may begin as early as October and can last as late as May. It generally peaks between December and February. Getting ready now, with over-the-counter (OTC) medications to treat symptoms, is smart. While OTC medications can't cure a cold or the flu, they can ease symptoms and make you less miserable.

- Nasal decongestants help unclog a stuffy nose.
- Cough suppressants quiet coughs.

- Expectorants loosen mucus.
- Antihistamines help stop a runny nose and sneezing.
- Pain relievers can ease fever, headaches and minor aches.

Now's also the time to educate yourself about these medications. Check the medicine's potential side effects. Medications can cause drowsiness and may interact with food, alcohol, dietary supplements and each other. It's best to tell your doctor and pharmacist about every medication and supplement you and your family members take. Check with your doctor before giving OTC medicine to children.

Of course, sometimes you will have symptoms that require more than OTC medications. Signs of trouble can include:

- A cough that disrupts sleep
- A fever that won't respond to treatment
- Increased shortness of breath
- Face pain caused by a sinus infection
- High fever, chest pain or a difference in the mucus you're producing, after feeling better for a short time

If you are experiencing any of these symptoms, talk with your doctor. If you think you may have the flu, see your doctor as soon as possible. There are rapid tests that can detect flu. If you have flu, your doctor may want you to take an antiviral medication right away if you are at risk for complications.

Source: U.S. Food and Drug Administration

*To-Do List*

## Stock the Fridge and Pantry for Healthy After-School Snacks

Kids are hungry after school, and everyone is busy after school! Make it easy for children to select healthy snacks by keeping some of these items on hand. Note: Each item, in the amount shown, is 100 calories or less.

**Fruits**

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)

**Vegetables**

- 1 cup cherry or grape tomatoes
- 12 baby carrots
- 1 cup low-sodium vegetable juice

**Breads, Cereals, Rice, and Pasta**

- 2 graham-cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers

**Fat-free or Low-fat Dairy Items**

- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

**Other Snacks**

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: National Institutes of Health



## Mom's Corner

### Preparing for Breastfeeding Before Your Baby Arrives

To prepare for breastfeeding, have confidence in yourself and plan ahead. Committing to breastfeeding starts with the belief that you can do it. And you can! Other steps you can take include:

- **Tell your doctor about your plans** and ask if the place where you plan to deliver your baby has the staff and setup to support successful breastfeeding. Some hospitals and birth centers have taken special steps to create the best possible environment for successful breastfeeding.
- **Take a breastfeeding class.** Pregnant women who learn about how to breastfeed are more likely to be successful at breastfeeding than are those who do not. Breastfeeding classes offer pregnant women and their partners the chance to prepare and ask questions before the baby's arrival.
- **Ask your doctor to recommend a lactation consultant.** You can establish a relationship with a lactation consultant before the baby comes so that you will have support ready after the baby is born.

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



## Kids' Health

### Bullying: How Parents and Teachers Should Respond

It's important to stop bullying on the spot. When adults respond quickly and consistently to bullying behavior, they send the message to kids and teens that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying and keep kids safe.

#### Do:

- Intervene immediately. It is OK to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental-health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

#### Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.

- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

#### Get police help and/or medical attention immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion (using force to get money, property or services).

Following up is important. Show a commitment to making bullying stop. Because bullying is behavior that repeats or has the potential to be repeated, it takes consistent effort to ensure that it stops.

Source: U.S. Department of Health and Human Services; [stopbullying.gov](http://stopbullying.gov)

For additional articles on protecting your kids' health and safety, visit [www.MyGNP.com](http://www.MyGNP.com).



*Your Healthy Pet***Immunizations to Keep Your Pet Healthy**

Experts agree that widespread use of vaccinations within the last century has prevented death and disease in millions of dogs and cats. Vaccinations protect your pet from highly contagious and deadly diseases and improve your pet's overall quality of life.

**Why vaccinate?**

- Vaccinations prevent many pet illnesses.
- Vaccinations can help avoid costly treatments for diseases that can be prevented.
- Vaccinations prevent diseases that can be passed not only from animal to animal but also from animal to human.
- Diseases prevalent in wildlife, such as rabies and distemper, can infect unvaccinated pets.
- In many areas, local or state ordinances require certain vaccinations for household pets.

For most pets, vaccination is effective in preventing future disease and only rarely will a vaccinated pet have insufficient immunity to

fight off the disease. It is important to follow the vaccination schedule provided by your veterinarian to reduce the possibility of a gap in protection.

Any type of medical treatment has associated risks, but the risk should be weighed against the benefits of protecting your pet, your family and your community from potentially fatal diseases. The majority of pets respond well to vaccines.

To provide optimal protection against disease in the first few months of life, a series of vaccinations is scheduled. The vaccinations are usually given three to four weeks apart. For most puppies and kittens, the final vaccination in the series is administered at about 4 months of age. However, a veterinarian may alter the schedule based on an individual animal's risk factors. Talk with your veterinarian about your pet's specific needs and recommended vaccination schedule.

Sources: American Veterinary Medical Association

*Health Q&A***Prepare Your Home  
(and Yourself) to  
Help Prevent Falls**

**Q: My husband and I are getting older and we want to continue to live in our own home. What can we do to help us avoid falls, both by making changes in our home and in our personal routines?**

**A: More than one in three older adults will fall each year, leading to possible broken bones and loss of mobility. But you can take steps to help prevent falls:**

- Exercise regularly to help build balance and strength. Talk with your doctor about finding an exercise class that is right for your abilities and fitness goals. Many communities offer reasonably priced fitness classes for seniors.
- Ask your doctor to review your medications. Some can make you dizzy or sleepy, which can lead to falls.
- Have your vision checked at least every one to two years. Update your glasses or contacts when your prescription changes.
- Add stair railings at home and remove or secure loose rugs, electrical cords or other tripping hazards. Add non-slip stickers to your shower or tub or use a non-slip bath mat.

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

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for more information.



Diabetes and Women

# Gestational Diabetes: Testing Helps Protect Yourself and Your Baby

Gestational diabetes is a type of diabetes that develops only during pregnancy. Diabetes means your blood glucose, also called blood sugar, is too high. Your body uses glucose for energy. But too much glucose in your blood is not good for you or your baby.

You'll be tested for gestational diabetes as part of your routine prenatal care. For the initial test, you'll drink a syrupy glucose solution. One hour later, you'll have a blood test to measure your blood sugar level. If it is higher than normal, it only means you have a higher risk of gestational diabetes. You'll need a glucose tolerance test to determine if you have the condition.

For the glucose tolerance test, you'll fast overnight, then have your blood sugar level measured. Then you'll drink a solution containing a higher concentration of glucose and your blood sugar level will be checked every hour for three hours. If at least two of the readings are higher than normal, you'll be diagnosed with gestational diabetes.

Gestational diabetes is usually diagnosed during late pregnancy. If you are diagnosed with it earlier in your pregnancy, you may have had diabetes before you became pregnant.

Researchers don't know all the causes of gestational diabetes. Some (but not all) women with gestational diabetes are overweight before getting pregnant or have

a history of diabetes in the family. Somewhere between 1 in 20 and 1 in 50 pregnant women develops the condition.

Gestational diabetes can be managed with diet, exercise and, often, medication. Gestational diabetes that is not controlled can cause your baby to grow very large, which can lead to problems with delivery. It can increase your chances of having to have a cesarean delivery. It can also cause your baby to have quickly changing blood sugar after delivery. Your baby's doctor will watch for low blood sugar after birth and treat it if necessary.

Sources: U.S. Department of Health and Human Services; The National Institute of Diabetes and Digestive and Kidney Diseases





### *Living with Diabetes*

## Why Should I Be Physically Active If I Have Diabetes?

When you have diabetes, physical activity is an important part of managing your blood glucose level and staying healthy. Of course, being active has many health benefits. Physical activity:

- lowers blood glucose levels
- lowers blood pressure
- improves blood flow
- burns extra calories so you can keep your weight down if needed
- improves your mood
- can help prevent falls and improve memory in older adults
- may help you sleep better

If you are overweight, combining physical activity with a reduced-calorie eating plan can lead to even more benefits. In the Look AHEAD: Action for Health in Diabetes study (a randomized clinical trial created to examine the effects of a lifestyle intervention in achieving and maintaining long-term weight loss), overweight adults with type 2 diabetes who ate less and moved more had greater long-term health benefits compared with those who didn't make these changes. These benefits included improved cholesterol levels, less sleep apnea and being able to move around more easily.

Even small amounts of physical activity can help. Experts suggest that you aim for at least

30 minutes of moderate or vigorous physical activity five days per week. (Moderate activity feels somewhat hard, and vigorous activity is intense and feels hard.) If you want to lose weight or maintain weight loss, you may need to do 60 minutes or more of physical activity five days per week.

Be patient. It may take a few weeks of physical activity before you see changes in your health. Note: You may want to monitor your blood glucose more closely when exercising. Talk with your doctor before starting any exercise program.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

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