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GOT RX QUESTIONS?



Talk with Your Pharmacist

Whenever you're taking a new medication, be sure to talk with your pharmacist if you have questions. According to the American Academy of Family Physicians, here's what you should know about each medicine you take:

- Generic name and brand name
- Reason for taking it
- How much to take and how often to take it
- Possible side effects and what to do if you have them
- How long to continue taking it
- Special instructions (taking it at bedtime, with meals, etc.)
- What does the medicine do?
- When and how should I take the medicine?
- What side effects could I have?
- Will the medicine react to any other medicines, foods, or drinks?
- Should I avoid any activities while I'm taking the medicine?
- What should I do if I forget to take the medicine?
- How will I know whether the medicine is working?

Visit www.HealthMart.com to learn more about taking prescription medication safely.



Caring for you and about you



SKIN CANCER UPDATE

Skin Checks Can Save Your Life

Skin cancers are divided into two main types: keratinocyte cancers (basal and squamous-cell skin cancers) and melanomas. Basal and squamous-cell skin cancers are the most common skin cancers. They develop from cells called keratinocytes, the most common cells in the skin.

Melanomas are cancers that develop from melanocytes, the cells that make the brown pigment that gives skin its color. Melanocytes can also form benign growths called moles. There are other types of skin cancers, but these are much less common.

It is important for doctors to tell these types of skin cancer apart, because they are treated differently, says the American Cancer Society. Get regular skin checks, and if you see a change in a wart or mole, or notice some other skin abnormality, see your doctor.

Is It Time for a Bone-Density Test?

Check Your Osteoporosis Risk Factors

Some risk factors increase your likelihood of developing osteoporosis. The more risk factors you have, the more likely you are to get osteoporosis and broken bones, according to the National Osteoporosis Foundation. Some examples include being small and thin, older age, being female, having a diet low in calcium, having a vitamin D deficiency, smoking, and drinking too much alcohol. Your healthcare provider may recommend a bone-density test if you are:

- A woman age 65 or older, even without any risk factors
 - A man age 70 or older, even without any risk factors
 - A woman or man over age 50 who has broken a bone
 - A woman going through menopause with certain risk factors
 - A postmenopausal woman who has stopped taking estrogen therapy (ET) or hormone therapy (HT)
 - Using certain medications, including steroids, on a long-term basis
 - Having a disease or condition that can cause bone loss (such as rheumatoid arthritis or anorexia nervosa)
- A postmenopausal woman under age 65 with one or more risk factors for osteoporosis
 - A man age 50 to 70 with one or more risk factors for osteoporosis



DON'T LOSE SLEEP OVER KIDS' BEDWETTING

Several Treatment Options Are Available

Giving children control over bedwetting helps them overcome not only the nighttime nuisance but also the stigma of it, say doctors at Baylor College of Medicine (BCM) in Houston.

"Because studies have yet to identify the cause of nighttime bedwetting, no one treatment is guaranteed to work for everyone. Nevertheless, the course of action with which the child is most comfortable tends to produce the best outcome," says Edmond T. Gonzales, Jr., M.D., professor of

urology at BCM.

Some treatment options include prescription medications. One commonly used medicine makes the body react as if dehydrated so the kidneys retain liquids overnight. Another treatment involves an alarm system, worn in pajamas, that sounds when it becomes wet.

More commonly, doctors suggest parents limit the amount of liquids children drink in the evening and schedule a bathroom break before bed.

HEALTH UPDATE

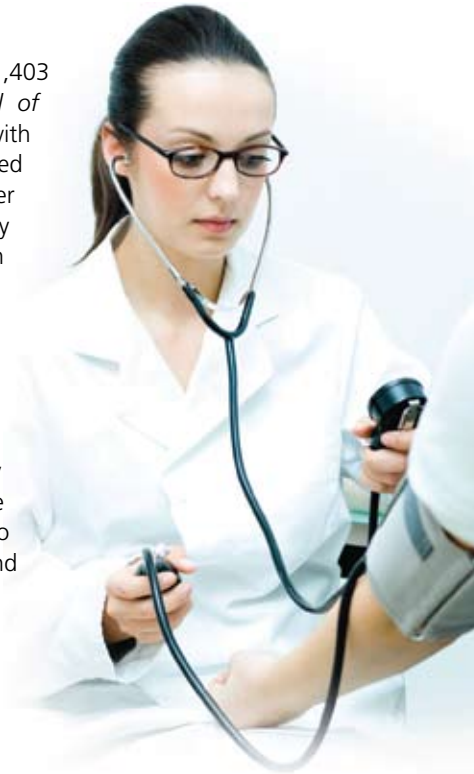
High Blood Pressure Linked to Dementia *Good Health Habits Can Help Keep Blood Pressure in Check*

Doctors are calling for an increased emphasis on good health habits as studies make connections between high blood pressure and dementia.

The Women's Health Initiative Memory Study of 1,403 participants, published recently in the *Journal of Clinical Hypertension*, determined that people with hypertension (elevated blood pressure) developed significant numbers of white-matter lesions over the eight years of the study. Such lesions, usually the result of damage to the small blood vessels in the brain, are a risk factor for dementia.

In an effort to head off high-blood-pressure problems before they lead to serious health consequences, doctors are emphasizing the need for adopting good health habits from an early age. Exercise regularly. Eat a low-fat diet with plenty of fruits, vegetables, and whole grains. And have your blood pressure checked regularly. If you do have hypertension, it needs to be treated and controlled.

Want more information on high blood pressure? Visit www.HealthMart.com.



DID YOU KNOW?

- Got allergies? Finding the right treatment is critical, but it's also important to try to avoid what you are allergic to. If you have a pollen allergy, keep your windows shut, take a shower after being active outdoors, and try to stay indoors when pollen counts are highest. All of these things can make a big difference in how you feel.

— Source: *The American College of Allergy, Asthma & Immunology*



EYE-HEALTH UPDATE

Got Pinkeye? Here's Help

Conjunctivitis ("pinkeye") is an inflammation of the conjunctiva, the tissue covering part of the eye and inner surface of the eyelid. It can be infectious or noninfectious. Noninfectious conjunctivitis can be caused by allergies or irritation, according to Seattle Children's Hospital.

The incubation period for conjunctivitis depends on what's causing it, but usually ranges from a couple of days to a couple of weeks.

The most common symptom is an itchy or gritty feeling in the eye. There often will be some discharge and pain, swelling of the conjunctiva, and the very pink or red coloring that gives the infection its nickname.

Bacterial conjunctivitis is contagious as soon as symptoms appear and remains so as long as there is a discharge or until 24 hours after antibiotics are started. Viral conjunctivitis is generally contagious before symptoms appear and can remain so as long as symptoms last. Allergic and irritant conjunctivitis are not contagious.

Wash your hands after interacting with anyone who has the bacterial or viral conjunctivitis. Don't share washcloths, towels, etc. If you have conjunctivitis, wash your hands frequently, especially after touching your eyes.

Your doctor can determine what type of conjunctivitis you have and whether eye drops or ointment are needed.



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* Health Mart Pharmacy received the highest numerical score among chain drug store pharmacies in the proprietary J.D. Power and Associates 2009 National Pharmacy StudySM. Study based on 12,215 total responses, and measures 7 chain drug stores. Proprietary study results are based on experiences and perceptions of consumers surveyed in June 2009. Your experiences may vary. Visit jdpower.com.

“MOM, MY TOOTH GOT KNOCKED OUT!”



Here's What to Do

Baseball. Skateboarding. Just messing around and being a kid... You just never know when a tooth might get knocked out. So be prepared. The American Academy of Endodontists recommends these steps to increase the likelihood that the tooth can be preserved:

- Pick up the tooth by the chewing surface, not the root.
- If the tooth is dirty, gently rinse with water. Do not use soap or chemicals or scrub the tooth and do not dry it by wrapping it in cloth or a tissue.
- Reposition the tooth in the socket, if possible. Carefully push the tooth into the socket and close the mouth slowly. Hold the tooth

in place with your fingers or by gently biting down on it.

- Keep the tooth moist. If the tooth cannot be replaced in the socket, place it in a glass of milk or in the mouth next to the cheek. If these options are not practical, use water with a pinch of salt.
- See an endodontist within 30 minutes. Seeking treatment from a root-canal specialist can greatly improve the chances of successfully saving the tooth.

Want more information on dental health? Visit www.HealthMart.com.

HEALTH TIP



Are You Losing Your Hair?

We're all familiar with the signs of hair loss in men, but it can happen to women, too. Signs to look for:

- Your ponytail is smaller than it used to be.
- You see more hair in the shower or sink.
- Your part is widening.

If you notice any of these symptoms, talk with your doctor.

— Source: Wake Forest University School of Medicine

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