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## HEADACHES DRIVING YOU CRAZY?

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### Here's Help

The National Headache Foundation (NHF) has launched "Headache U: It's all about YOU," a headache-education program designed to help people with headaches take important steps toward getting relief. Learn more at the NHF's web site at [www.headaches.org/headacheu/](http://www.headaches.org/headacheu/).

Each year, 90% of men and 95% of women have at least one headache, says the NHF. Many people have frequent headaches but don't seek relief. These simple strategies can get headache sufferers on the right track:

- Realize that headaches matter. Take your headaches seriously. They may be a symptom of another condition.
- Pay attention to your personal headache patterns. Track your headaches and try to find clues to triggers and solutions.

- Take control and get the help and care you deserve. Many treatments and resources are available.

Headache U contains patient-education resources and tools. One tool, "Chart Your Course to Relief," asks people with headaches questions about their experiences. Based on the information given, it guides them toward resources that can help.

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about headache prevention and treatment.



*Caring for you and about you*



## DIABETES UPDATE

### Living (Well) with Diabetes

#### *Blood-Sugar Control Definitely Matters*

Checking your blood-sugar level isn't difficult — but it's a key part of your diabetes plan, says the American Diabetes Association. It's a two-part process:

- Blood-sugar testing shows your blood-sugar level at the time of the test. (Your doctor can tell you when and how to test at home.)
- The A1C test is done at your doctor's office. It indicates your average blood-sugar level over the past few months.

Testing of both kinds tells you and your doctor how well your treatment plan is working. When you keep your blood sugar close to normal levels, you can reduce your risk of eye disease, kidney and heart disease, and other diabetes complications.

### Pregnancy Update

#### *Glucose Intolerance during Pregnancy Tied to Cardiovascular Risk after Delivery*

Women who have gestational glucose intolerance (a condition less severe than gestational diabetes) often exhibit several cardiovascular risk factors as early as three months after giving birth, according to a study published in the *Journal of Clinical Endocrinology & Metabolism*.

Researchers wanted to evaluate the relationship between gestational glucose intolerance and a woman's risk, after her baby is born, for metabolic syndrome (defined as the combination of several risk factors that include obesity, hypertension, and low HDL cholesterol). Metabolic syndrome, like gestational diabetes itself, is associated with an increased risk of developing type 2

diabetes and cardiovascular disease.

The researchers followed 487 women who underwent oral glucose-tolerance testing during pregnancy. Each subject was classified as either having normal glucose tolerance, gestational glucose intolerance, or gestational diabetes.

At three months postpartum, researchers evaluated each woman's blood pressure, weight, waist measurement, and lipid levels.

Findings showed that even mild glucose intolerance during pregnancy predicts an increased likelihood of metabolic syndrome three months after giving birth.



### July 4 Fireworks Are Just around the Corner Follow These Tips to Keep Kids Safe

It's impossible to picture July 4 in America without fireworks. But they can be dangerous, causing serious burns and eye injuries. It's always best to attend a community celebration where fireworks are handled by the pros. But if fireworks are legal where you live and you decide to set them off on your own, be sure to follow these safety tips from the U.S. Consumer Product Safety Commission:

- Never allow children to play with or ignite fireworks.

- Read and follow all warnings and instructions.
- Be sure other people are out of range before lighting fireworks.
- Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- Never try to relight fireworks that have not fully functioned.

## PROSTATE UPDATE

### American Cancer Society Updates PSA Recommendations

The American Cancer Society (ACS) has changed its advice about prostate cancer screening. The ACS wants doctors to talk to men and give them plenty of information about prostate cancer before they have a PSA test to make sure they understand its limits.

PSA stands for "prostate-specific antigen." A blood test for PSA may be used to screen for cancer of the prostate and to monitor treatment of the disease.

Studies in recent years suggest this test may lead to unnecessary treatment for many men. The test doesn't indicate whether a cancer is aggressive or not. The ACS has not recommended routine screening for most men since the 1990s. And its new guidelines no longer urge doctors to offer the test.

Of course, your doctor will take your medical history and your family's medical history into consideration when advising whether you should have the test.

Want more information on prostate cancer? Visit [www.HealthMart.com](http://www.HealthMart.com).



## DID YOU KNOW?



- Want a better night's sleep? Sleep in a quiet, dark environment and set the thermostat at a slightly cooler temperature. Don't allow pets in the bed. No reading, eating, or watching TV in bed. Don't watch the clock. Set a "wind down" time prior to going to bed. Try drinking warm tea or milk to increase your body temperature, which helps induce and sustain sleep. Exercise is good for sleep, but don't exercise within two hours of going to sleep.

— Source: *The Sleep Disorders Center at the Methodist Neurological Institute in Houston, Texas*



## HEALTHY WEIGHT LOSS

### Carbs? Protein? Fat? When It Comes to Dropping Pounds, It's All about the *Calories*

You've heard about them all. Many popular diets emphasize either focusing on (or eliminating) carbs, protein, or fat as the best way to lose weight. But there have been few studies lasting more than a year that evaluate the effect on weight loss of diets with different compositions of those nutrients.

Finally, we have some answers. In a randomized clinical trial that included 811 men and women, led by researchers at the Harvard School of Public Health, researchers compared overweight participants assigned to four different diets over a two-year period. The results showed that reducing calories resulted in weight loss regardless of which of the three nutrients was emphasized. The study was published in the *New England Journal of Medicine*.

"These results show that, as long as people follow a heart-healthy, reduced-calorie diet, there is more than one nutritional approach to achieving and maintaining a healthy weight," the authors note.



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## PUTTING THE BRAKES ON RISKY TEEN DRIVING

### Only 10% of Teen Crashes Due to Alcohol

Nancy Rhodes, Ph.D., from the University of Alabama Institute for Social Science Research (ISSR), has long studied newly licensed teen drivers, their parents, and what causes risky behavior behind the wheel. Risky behaviors can include taking a curve too fast, being distracted by passengers, or talking on a cell phone — behaviors that teens often don't define as risky, according to her studies.

“Teens can look around them and see everyone else, including their parents, doing things they shouldn't while driving, such as using a cell phone, speeding, or playing with the radio,” says Nita Hestevold, a research associate at ISSR. “They don't understand that, while this

behavior is unsafe for all drivers, younger drivers are less experienced and have not yet automated their driving skills, so the same behaviors put teen drivers at higher risk of crashing.”

Rhodes' research also showed that teen drinking and driving accounts for only 10% of teens' crashes, a finding that made the researchers look more deeply at other risk factors. “For teens, bad choices are more likely to be made because of inexperience and social pressures,” Hestevold says.

Want more information on teen health and safety? Visit [www.HealthMart.com](http://www.HealthMart.com).

## HEALTH TIP



### What Are Skin Tags?

Skin tags are harmless, flesh-colored growths that protrude from the skin, often on a stalk. They're commonly found on the neck or in the armpits. A doctor can remove them with surgical scissors, an electrical device, or liquid nitrogen.

— Source: *The Mayo Clinic Health Letter*

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