



## INDOOR TANNING

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### This Risky Practice Remains Appealing for Too Many, Doctors Say

According to the American Academy of Dermatology (AAD), more than a million Americans head to a tanning salon every day. Despite the fact that indoor tanners are most often young women, recent research shows that 1 in 10 people (of both genders) over age 50 visit tanning salons, says New York City dermatologist George Hollenberg, M.D.

Meanwhile, the AAD reports that the incidence of melanoma has risen steadily in the U.S., at a rate of more than 1% a year. Melanoma accounts for more than 75% of all skin-cancer deaths, and one American dies from melanoma every 62 minutes.

The bottom line is that indoor tanning is as bad or worse for you than lying in the sun, Hollenberg notes. The radiation produced during indoor tanning is similar to that produced by the sun (and in some cases, it's even stronger) and it's been proven to damage the DNA in skin cells. "There's no such thing as a safe suntan," he says.

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about sun safety.



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## CANCER UPDATE

### Cervical Cancer Screening *Your Best Protection Is Early Detection*

"When found early, cervical cancer is one of the most preventable, treatable, and curable cancers," says North Carolina state health director Leah Devlin. A Pap test offers the best opportunity to detect cervical cancer at an early stage.

A Pap test is a quick and simple, generally painless test that identifies abnormal cell changes in and around the cervix that can develop into cancer. Regular Pap tests can detect these changes before they have a chance to turn into cervical cancer.

The American Cancer Society recommends that women who are sexually active or over the age of 21 talk with their healthcare provider about getting screened.

### How Many Calories Are You Drinking Each Day? *You Could Be Raising Your Risk for Diabetes and Obesity, Experts Say*

Is that mid-afternoon Pepsi adding too much to your daily calorie count? Don't forget to include fruit drinks, alcohol, and other high-calorie beverages, say University of North Carolina at Chapel Hill researchers.

Over the past 37 years, the number of calories adults take in through beverages has nearly doubled, according to a UNC study of more than 46,000 Americans, published in the medical journal *Obesity Research*.

Researchers found that, during this period, total daily intake of calories from beverages increased by 94%, providing

an average 21% of daily energy intake among U.S. adults. That amounts to an additional 222 calories from beverages every day.

Water intake stayed roughly the same, but the average adult consumed an additional 21 ounces per day of other beverages, according to Barry M. Popkin, Ph.D., a UNC professor of nutrition and a fellow at the Carolina Population Center. "This has considerable implications for numerous health outcomes, including obesity and diabetes," says Popkin.

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



### DENTAL CARE DURING PREGNANCY *What Every Mom-to-Be Needs to Know*

Studies have shown a relationship between periodontal disease, which attacks the gums and bone around the teeth, and preterm, low-birthweight babies, says the American Academy of Periodontology.

In fact, pregnant women with periodontal disease may be seven times more likely to have a baby that's born too early and too small. The likely culprit is a labor-inducing chemical found in oral bacteria called prostaglandin. Very high

levels of prostaglandin are found in women with severe cases of periodontal disease.

If you're pregnant, see your dentist regularly and talk with her about good oral care at home. If you have signs of periodontal disease, ask your dentist to recommend a periodontist for treatment.

## NUTRITION UPDATE

### “Mom, We’re Hungry!” Skip the Chips and Try These Healthy Summer Treats

The experts at the Mayo Clinic suggest cutting back on junk food this summer and stocking your pantry with kid-friendly snacks that add a nutritional punch:

- Try mango or peach slices on whole-wheat toast with a little peanut butter and honey.
- Make a smoothie blended from fresh or frozen fruit, low-fat yogurt, and a spoonful of wheat germ.
- Munch on leftover veggie pizza for a great snack. Or make your own mini pizzas with English muffins, veggies, and low-fat cheese.
- Add crushed bran cereal or unprocessed wheat bran to homemade muffins and cookies.

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## DID YOU KNOW?

- Including dairy in your diet is important, and it doesn’t need to break your food budget. Milk is rich in calcium and vitamin D, and gallon for gallon, it costs less than bottled water. Even people who are lactose intolerant can usually eat cheese, and inexpensive brands pack as much nutritional value as gourmet brands.

Source: Tennessee Tech University nutrition professor Cathy Hix-Cunningham



- Volunteering is good for your health. People who volunteer have lower rates of heart disease and live longer than those who don’t volunteer.

Source: Mayo Clinic Women’s HealthSource newsletter



## HEALTHY-HEART UPDATE

### Adopting Simple Health Habits Can Make a Difference

It’s not all that tough to make lifestyle changes that can help lower your risk of heart disease, says pharmacology professor Ara DerMarderosian, Ph.D. at the University of the Sciences in Philadelphia. “We need to aim for prevention and not damage control,” says DerMarderosian. To help protect your heart:

- Avoid fried foods and highly processed foods such as deli meats.
- Seek low-fat and low-cholesterol foods.
- Consume six to seven servings of vegetables every day.
- Eat fresh, homemade meals rather than processed and prepared foods.
- Increase antioxidants in your diet by eating foods such as citrus fruits, blueberries, and spices such as turmeric.
- Limit consumption of red meat to one or two servings each week.
- Don’t smoke, and steer clear of second-hand smoke as much as possible.
- Avoid and reduce stress as much as possible.
- Maintain a positive attitude.
- Exercise moderately and regularly.



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## GROUP B STREP

### Talk with Your Doctor and Protect Your Baby

Group B Streptococcus (GBS) is a bacterial infection that is harmless to the mother but in some cases can be deadly to an infant passing through the mother's birth canal. It is found in the vagina and/or lower intestine of 10 to 30% of all adult women. GBS is not a sexually transmitted disease. Women with GBS are said to be "colonized."

Current guidelines by the U.S. Centers for Disease Control and Prevention (CDC) and the American College of Obstetricians and Gynecologists state that since colonization varies from pregnancy to pregnancy, women should be screened with each pregnancy.

Signs of GBS in an infant usually occur within hours of birth and can include difficulty breathing; heart, blood pressure, kidney, and gastro-

intestinal problems; and sepsis, pneumonia, or meningitis.

Some of the symptoms that increase a woman's risk of passing GBS to her baby include labor before 37 weeks, rupture of the amniotic membrane 18 hours or more before delivery, fever during labor, a urinary-tract infection as a result of GBS during pregnancy, and a previous baby with GBS.

The CDC recommends routine GBS screening (a simple swab of the vaginal-rectal area) for all pregnant women. The screening is given between the 35th and 37th week of pregnancy. If Group B strep is found, antibiotics can be given intravenously during labor to prevent infection in the newborn.

## HEALTH TIP



### Teens More Likely to Smoke if Parents Do

A recent study looked at 564 adolescents enrolled in the New England Family Study. The authors found a direct link between parental smoking and smoking by teens. The factors that most affected teen smoking were parents who were regular smokers and parents who smoked around their children before age 13.

— Source: Brown University, Providence, Rhode Island

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