

# HealthyBy Choice

...One Day at a Time

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## National COPD Awareness Month

**COPD**, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time.

**COPD** can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, shortness of breath, chest tightness, and other symptoms.

Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—also may contribute to COPD.

**COPD** is a major cause of disability, and it's the third leading cause of death in the United States. Currently, millions of people are diagnosed with COPD. Many more people may have the disease and not even know it.

**COPD** develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities. Severe COPD may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

**You can take steps to prevent COPD before it starts. If you already have COPD, you can take steps to prevent complications and slow the progress of the disease.**

### Prevent COPD Before It Starts

The best way to prevent COPD is to not start smoking or to quit smoking. Smoking is the leading cause of COPD. If you smoke, talk with your doctor about programs and products that can help you quit.

If you have trouble quitting smoking on your own, consider joining a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking. Ask your family members and friends to support you in your efforts to quit.

Also, try to avoid lung irritants that can contribute to COPD. Examples include secondhand smoke, air pollution, chemical fumes, and dust. (Secondhand smoke is smoke in the air from other people smoking.)

### Prevent Complications and Slow the Progress of COPD

If you have COPD, the most important step you can take is to quit smoking. Quitting can help prevent complications and slow the progress of the disease. You also should avoid exposure to the lung irritants mentioned above.

Follow your treatments for COPD exactly as your doctor prescribes. They can help you breathe easier, stay more active, and avoid or manage severe symptoms.

Talk with your doctor about whether and when you should get flu (influenza) and pneumonia vaccines. These vaccines can lower your chances of getting these illnesses, which are major health risks for people who have COPD.

## Healthy Skin Awareness Month

Your skin is the first line of defense for the body's immune system. The average adult's skin spans 21 square feet, weighs nine pounds, and contains more than 11 miles of blood vessels. So it would make sense to spend a few extra minutes in the morning or evening taking care of your body's largest organ.

Here are some tips for caring for your skin as the season changes:

**Eat More Tomatoes:** Tomatoes are one of the biggest sources of lycopene, a powerful antioxidant, so eating them can help protect your skin against sun damage. Even during winter, sun damage can still occur. Tomatoes help block UV penetration and prevent damage to vulnerable skin.

**Use An Ointment Moisturizer:** Using something oil based rather than water based will create a protective barrier on your skin. Also look for lotions or creams containing humectants, including glycerine, alpha-hydroxy acids that attract moisture to your skin. Adding moisture to your skin prevents cracking and drying out which can lead to premature aging.

**Don't Forget Your Hands And Feet:** Your hands and feet have fewer oil glands, so the change of weather will cause them to become even drier. Use mild cleansers when washing your hands and avoid using hand sanitizers since the alcohol in many of them can dry skin out. If you're stepping outside, don't forget to protect your hands with gloves.

**Use A Humidifier:** A humidifier reinfuses moisture into the air that typically evaporates in the winter. Lack of moisture could dry out your skin over time. Use the machine at 30 to 50% humidity and use it in rooms that you are in most often.

**Take Shorter, Cooler Showers:** Taking a cold shower can improve the blood circulation between organs and skin considerably. Increased circulation keeps your skin looking younger and will help to keep you warmer.

**Drink just as much water:** One important tip that many doctors and health care professionals recommend is to stay hydrated. Many people feel that since they are not sweating or losing as much water as in the summer months, that drinking water and staying hydrated is not as important. However, keep drinking your eight glasses of water per day, wear sunscreen, bundle up, and enjoy the winter.



Love the Skin You're In!



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## American Diabetes Month

### RISK FACTORS FOR PREDIABETES AND TYPE 2 DIABETES

Researchers don't fully understand why some people develop prediabetes and type 2 diabetes and others don't. It's clear that certain factors increase the risk, however, including:

- **Weight.** The more fatty tissue you have, the more resistant your cells become to insulin.
- **Inactivity.** The less active you are, the greater your risk. Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.
- **Family history.** Your risk increases if a parent or sibling has type 2 diabetes.
- **Race.** Although it's unclear why, people of certain races — including blacks, Hispanics, American Indians and Asian-Americans — are at higher risk.
- **Age.** Your risk increases as you get older. This may be because you tend to exercise less, lose muscle mass and gain weight as you age. But type 2 diabetes is also increasing dramatically among children, adolescents and younger adults.
- **Gestational diabetes.** If you developed gestational diabetes when you were pregnant, your risk of developing prediabetes and type 2 diabetes later increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.
- **Polycystic ovary syndrome.** For women, having polycystic ovary syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.
- **High blood pressure.** Having blood pressure over 140/90 millimeters of mercury (mm Hg) is linked to an increased risk of type 2 diabetes.
- **Abnormal cholesterol and triglyceride levels.** If you have low levels of high-density lipoprotein (HDL), or "good," cholesterol, your risk of type 2 diabetes is higher. Triglycerides are another type of fat carried in the blood. People with high levels of triglycerides have an increased risk of type 2 diabetes. Your doctor can let you know what your cholesterol and triglyceride levels are.



### PREVENTION IS KEY

- Maintain a healthy weight. If you put on a few pounds, lose them.
- If you are overweight, losing even 10 -15 lbs can help prevent the onset of diabetes.
- Be active. Just 30 minutes a day of walking will help prevent diabetes or help control your blood sugar levels if you have diabetes.



*Control...Maintain...Prevent!*



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# ProCare PharmacyCare Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
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	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	ProSight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



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