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YOUR MAMMOGRAM

WHAT'S INSIDE



October is Healthy Lung Month

2

Rx Gourmet:
Broccoli Chicken Stir Fry

3

Your Dental Hygienist
Your Partner for a Healthy Mouth

4

Make It More Comfortable with These Tips

Want to make your next mammogram a bit more comfortable — and convenient? These tips can help.

- **Hold off on caffeine.** Caffeine has a tendency to make a woman's breasts tender, potentially making the mammogram more uncomfortable. Avoid drinking coffee and tea, unless it's decaffeinated, for a week prior to a mammogram. Other items containing caffeine include soft drinks, chocolate and even some common over-the-counter (OTC) pain relievers.
- **Check your calendar.** "Most women's breasts are naturally more tender or slightly swollen during the week prior to their menstrual period," says Alicia Starr, M.D., medical director at Baylor's

Women's Imaging Center. "Try to avoid scheduling your annual mammogram during this time."

- **Dress for comfort and convenience.** Wear a two-piece outfit with a blouse or sweater on the day of the appointment. While a woman's choice of outfit will not affect the outcome of her mammogram, most women find it easier and faster to slip off a blouse instead of removing a one-piece dress.

Source: Baylor Regional Medical Center in Plano, TX





October Is Healthy Lung Month

Tips to Help Strengthen Your Lungs

Want healthy lungs for life? Here are five things you can start doing — today.

- **Don't smoke.** Enough said! If you do smoke, talk with your doctor or pharmacist about help in quitting.
- **Eat your fruits and vegetables.** Fruits and veggies are high in compounds that can help repair cell damage.
- **Breathe the cleanest air available.** Avoid secondhand smoke. Avoid outdoor activity during peak traffic hours.
- **Get your flu shot.** Influenza can wreak havoc on health, especially in people with respiratory issues such as asthma. In addition, pneumonia shots are recommended for those over age 65. (If you have asthma or are a smoker, your doctor may recommend the pneumonia vaccine earlier than age 65.)
- **Get moving.** Kick up your cardio health by walking, running, swimming or doing any sustained exercise that causes you to improve your lung capacity.

Source: Florida Department of Health

Can't Sleep? — These Tips Can Help

The promotion of regular sleep is known as sleep hygiene. The following sleep-hygiene tips can help improve the quantity and quality of your sleep.

- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark and relaxing environment, which is neither too hot nor too cold.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV or listening to music. Remove all TVs, computers and other “gadgets” from the bedroom.
- Physical activity may help promote sleep, but not within a few hours of bedtime.
- Avoid large meals before bedtime.

Source: The National Sleep Foundation



It's “Talk about Prescriptions” Month

What Questions Do You Ask Your Pharmacist?

When you pick up a prescription at your pharmacy, your pharmacist is always happy to take a minute for a private consultation to talk about your medication and answer questions. Do you take advantage of this free service? Some questions you may want to ask:

- What should I do if I miss a dose?
- Should I expect any side effects? What should I do if I experience side effects?
- Should I take the medication with or without food? At certain times of day?
- Can I drink alcohol while taking this medication?
- Should I be concerned about interactions with other prescription medications, over-the-counter medications or supplements I'm taking?
- Should I stop taking this medication when my symptoms subside, or should I continue taking it until it's finished.

Source: California Board of Pharmacy



Rx Gourmet

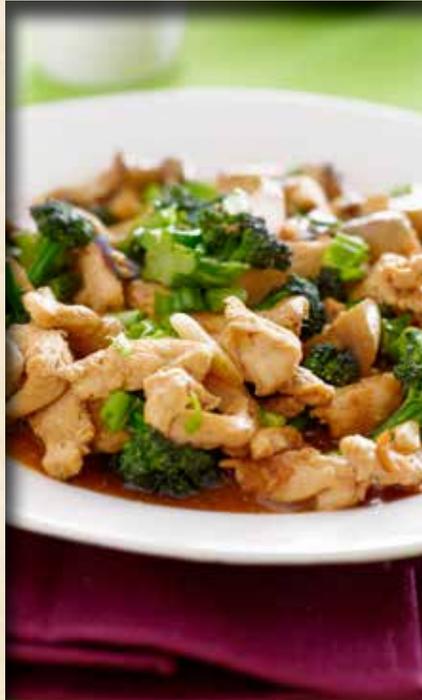
Your Prescription for Healthy Eating
Heart Healthy, Diabetes Friendly — and Delicious!

Looking for something healthy and quick for a weeknight meal? This broccoli chicken stir fry is just the ticket. Before prepping and chopping the veggies and gathering the spices, put the chicken into the freezer so that it becomes a bit firm. That makes it much easier to slice into thin pieces.

Broccoli Chicken Stir Fry

Serves 4

- 1 tablespoon plus 2 teaspoons sesame oil, divided
- 2 tablespoons chopped fresh garlic
- 1/2 teaspoon dried red pepper flakes
- 4 cups broccoli florets
- 1 small can sliced water chestnuts (optional)
- 6 tablespoons 98% fat-free chicken broth, divided
- Salt and pepper to taste (lightly salt only; hoisin sauce is salty)
- 1 1/2 pounds boneless, skinless chicken breasts (cut into thin slices)
- 5 green onions, chopped
- 1/4 cup hoisin sauce*
- 3 tablespoons oyster sauce*
- 1 tablespoon toasted sesame seeds (optional)



In a large nonstick skillet heat 2 teaspoons sesame oil over medium-high heat. Add chopped garlic and dried red pepper flakes; sauté for about 1 minute. Add broccoli florets, water chestnuts and 4 tablespoons chicken broth. Cover skillet and cook until the broccoli is just crisp-tender (about 2 minutes). Transfer to a bowl.

Add remaining 1 tablespoon sesame oil to the skillet. Season the chicken strips with salt and pepper, then add to the hot skillet with green onions. Sauté until the chicken is cooked through (about 3 minutes).

Add remaining 2 tablespoons chicken broth, hoisin sauce and oyster sauce. Add broccoli florets and water chestnuts back to the skillet; toss to combine until heated through (about 1 to 2 minutes). Transfer to a platter or large bowl and sprinkle with sesame seeds if desired.

Serving suggestion: Brown or white rice.

Per serving (not including rice): 254 calories; 8g fat (27.6% calories from fat); 1g saturated fat; 26g protein; 22g carbohydrate; 5g dietary fiber; 52mg cholesterol; 474mg sodium. Exchanges: 0 grain (starch); 3 lean meat; 2 1/2 vegetable; 1 1/2 fat; 1/2 other carbohydrates

**If eating gluten-free, try Wok Mei Gluten Free Hoisin Sauce and Oyster Sauce (available online).*

Recipe courtesy of LowFatLifestyle.com. For more free recipes and healthy-cooking tips, visit www.lowfatlifestyle.com.



Be Prepared!

Update Your Home Emergency Kit

To be ready for emergencies, keep a first-aid kit in your home and one in your car. The American Red Cross recommends that kits for a family of four include:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First-aid instruction booklets

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Your Dental Hygienist

Your Partner for a Healthy Mouth

Your dental hygienist, along with your dentist, can ensure that you are taking good care of your gums and teeth. He or she will assess your health history, examine your head and neck, and check your mouth, gums and teeth.

Your hygienist will work with you to develop a care plan that includes prevention and treatment therapies to achieve and maintain your best oral health and will teach you about home care.

Following these five steps for good oral health is a great way to get started:

- Brush your teeth daily. If you use an electric toothbrush, choose one that offers oscillation action.
- Floss daily. Talk with your hygienist about how to properly floss as well as how to use inter-dental brushes (for braces or bridges), picks, or irrigators.
- Rinse daily using an antiseptic mouthwash. This will help reduce the accumulation of dental plaque.
- Make healthy food choices. Choosing lean protein, low-fat dairy, healthy whole grains, and plenty of fruits and vegetables is good for your overall health and for your teeth and gums.
- Get regular professional dental-hygiene care as well as check-ups from your dentist.

Source: *The Canadian Dental Hygienists Association*

DID YOU KNOW?



Is It Flu?

People who have the flu often feel some or all of these signs and symptoms:

- Fever (It's important to note that not everyone with flu will have a fever, but it is very common.)
- Chills (Yes, you can feel chills even when you have a fever.)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

If you are having flu symptoms, see your doctor.

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