



**THE HEART-HEALTHY POWER OF LOVE**

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**Why Strong Relationships Are So Important**

As humans, we have a built-in desire to connect and build relationships with others. The benefits are many:

- **Less stress.** Being in a committed relationship is linked to a lower production of cortisol, a stress hormone. This suggests that the social and emotional support that comes with having a partner can be a great buffer against stress.
- **Better healing.** Whether it's having someone there to remind you to take your medicine or having a partner to help take your mind off the pain, research suggests married people who have undergone heart surgery are three times more likely to survive the first three months after surgery than single patients. Married patients also reported feeling more

confident about their ability to handle post-surgery pain and were less worried about the surgery in general.

- **Healthier behaviors.** Healthy relationships set the perfect tone for an overall healthy lifestyle. If your spouse, friends or other loved ones eat a healthy diet, exercise, don't smoke, etc., you're likely to follow in their footsteps.

Are you at risk? Looking for stronger connections in your life? Reach out to others. Even having just one or two strong relationships can have a positive effect on your health.

*Source: Northwestern Medicine*



## Vitamin D

### Building Stronger Bones

Adults ages 50 and older need between 800 and 1,000 IU of vitamin D daily, according to the National Osteoporosis Foundation. Check with your doctor for the right amount for you.

If you aren't getting enough vitamin D from sunlight and food, consider taking a supplement. But, before adding a vitamin D supplement, check to see if any of the other supplements, multivitamins or medications you take contain vitamin D. Many calcium supplements also contain vitamin D.



If you need help choosing a vitamin D supplement, ask your doctor or pharmacist to recommend one.

*Source: National Osteoporosis Foundation*

## Beating Dry Indoor Air

### Keep Your Home Humidifier Clean and Safe

It's easy to plug in a portable humidifier and forget about it, just adding water now and then. But microorganisms can grow in a humidifier that isn't properly cleaned, and that's not good for your family's health.

Keeping your humidifier clean is simple: Empty the tank, wipe all surfaces dry, and refill the water in portable humidifiers daily to reduce any growth of microorganisms. (Be sure you unplug the unit from the electrical socket first.) Follow the

manufacturer's instructions for weekly and end-of-season cleaning.

Stop using your humidifier and contact your doctor if you have respiratory symptoms that you believe are associated with periods of use of your home humidifier, even if you are following maintenance directions.

*Source: U.S. Environmental Protection Agency*



## Cataracts Just the Facts

A cataract is a clouding of the lens in the eye that affects vision. A cataract can occur in either or both eyes. It cannot spread from one eye to the other. Researchers suspect that there are several causes, such as smoking, prolonged exposure to ultraviolet light and diabetes. Or it may be that the protein in the lens just changes from the wear and tear it takes over the years.

During middle age, most cataracts are small and do not affect vision. It is generally after age 60 that most cataracts cause vision problems.

Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help delay cataract development. If you smoke, stop. Researchers also believe good nutrition, including fruit and leafy greens, can help reduce the risk of age-related cataract.

If you are age 60 or older, schedule a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eye-care professional can check for signs of age-related macular degeneration, glaucoma and other vision disorders.

*Source: National Eye Institute*



## Rx Gourmet

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

### Scallops in Lemon Wine Sauce

Serves 4

There is nothing quite so elegant as a plated dish of scallops. Pair this dish with a simple vegetable such as roasted asparagus or sautéed green beans and shallots. Round off the meal with a nice-but-simple rice pilaf to gather up the wine sauce.

#### Ingredients:

1 large lemon	1 tablespoon butter, divided
1 1/2 pounds large sea scallops	3/4 cup dry white wine
1/4 teaspoon salt, divided	1 tablespoon water
1/4 teaspoon ground black pepper, divided	1/2 teaspoon cornstarch
	1 tablespoon minced fresh basil*



Finely grate lemon rind, reserving 1/4 teaspoon. Squeeze lemon, reserving 2 tablespoons juice. Pat scallops dry with paper towels.

Sprinkle scallops with 1/8 teaspoon each salt and pepper. Melt 2 teaspoons butter in a large nonstick skillet over medium heat. Add scallops; cook 3 to 4 minutes on each side or until done. Remove scallops from pan; keep warm.

Add wine and reserved lemon juice to pan and bring to a boil. Reduce heat and simmer 2 minutes, stirring to loosen browned bits from bottom of pan. Combine water and cornstarch; add to pan. Cook, stirring constantly, 2 minutes or until sauce begins to thicken. Add reserved lemon rind, remaining 1 teaspoon butter, remaining 1/8 teaspoon each salt and pepper, and basil. Remove from heat. Pour over scallops and serve immediately.

\* If fresh basil is not your favorite fresh herb, you can use another, such as tarragon, if desired.

Per Serving: 215 Calories; 4g Fat (20.5% calories from fat); 2g Saturated Fat; 29g Protein; 7g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 440mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 0 Fruit; 1/2 Fat.

Recipe is heart healthy and diabetic friendly.

Recipe courtesy of [LowFatLifestyle.com](http://LowFatLifestyle.com). Visit them for more free recipes and healthy-cooking tips.



## Want to Help Prevent Type 2 Diabetes?

These Nutrition Tips Can Help

There are so many ways to help reduce your chances of developing type 2 diabetes. Check out these suggestions and choose those that work best for you.

- Keep meat, chicken, turkey and fish portions to about 3 ounces.
- Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started.
- Catch up with friends during a walk instead of by phone.
- Eat more vegetables, fruits and whole grains.
- Choose brown rice instead of white rice.
- At fast-food restaurants, try grilled chicken (with skin removed) instead of a cheeseburger.
- Find a water bottle you really like and use it daily.
- Keep a healthy snack with you, such as fresh fruit, a handful of nuts or whole-grain crackers.
- Keep a food diary for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.
- Compare food labels. Choose foods lower in saturated fats, trans fats, cholesterol, calories, salt and added sugars.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

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**Senior Health Update**

How Is Your Hearing?

The most important thing you can do if you think you have a hearing problem is to seek professional advice. There are several ways to do this. You can start with your primary-care physician, an otolaryngologist, an audiologist or a hearing-aid specialist. Each has a different type of training and expertise. Each can be an important part of your hearing-health care.

- An **otolaryngologist** is a doctor who specializes in diagnosing and treating diseases of the ear, nose and throat. He or she will try to find out why you're having trouble hearing and offer treatment options.

- The doctor may also refer you to another hearing professional, an **audiologist**. An audiologist has specialized training in identifying and measuring the type and degree of hearing loss and recommending treatment options. Audiologists also may be licensed to fit hearing aids.
- A **hearing-aid specialist**, who is licensed by a state to conduct and evaluate basic hearing tests, offers counseling, and fits and tests hearing aids.

Sources: National Institutes of Health; U.S. Department of Health and Human Services

**DID YOU KNOW?**



**Checking High  
Blood Pressure**

Blood pressure is measured using two numbers. The first, called systolic blood pressure, measures the pressure in your blood vessels when your heart beats. The second, diastolic blood pressure, measures the pressure in your blood vessels when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say "120 over 80" or write "120/80 mmHg."

- A blood pressure less than 120/80 mmHg is normal.
- A blood pressure of 130/90 mmHg or more is too high.
- People with levels between 120/80 and 130/90 have a condition called prehypertension, which means they are at higher risk for high blood pressure.

Sources: American College of Cardiology; American Heart Association