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ARE HEADACHES DRIVING YOU CRAZY?

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Stopping the Stress Cycle May Help

There are many causes for headaches, and if you suffer from them you'll want to talk with your doctor about causes and treatments. The Mayo Clinic says some headaches are caused by everyday tension. Try these tips:

- **Simplify your life.** Rather than looking for ways to squeeze more activities or chores into the day, leave some things out.
- **Manage your time wisely.** Delegate what you can and break large projects into manageable chunks.
- **Let go.** Don't spend time worrying about things you can't control.
- **Adjust your attitude.** Putting a positive spin on negative thoughts can help.

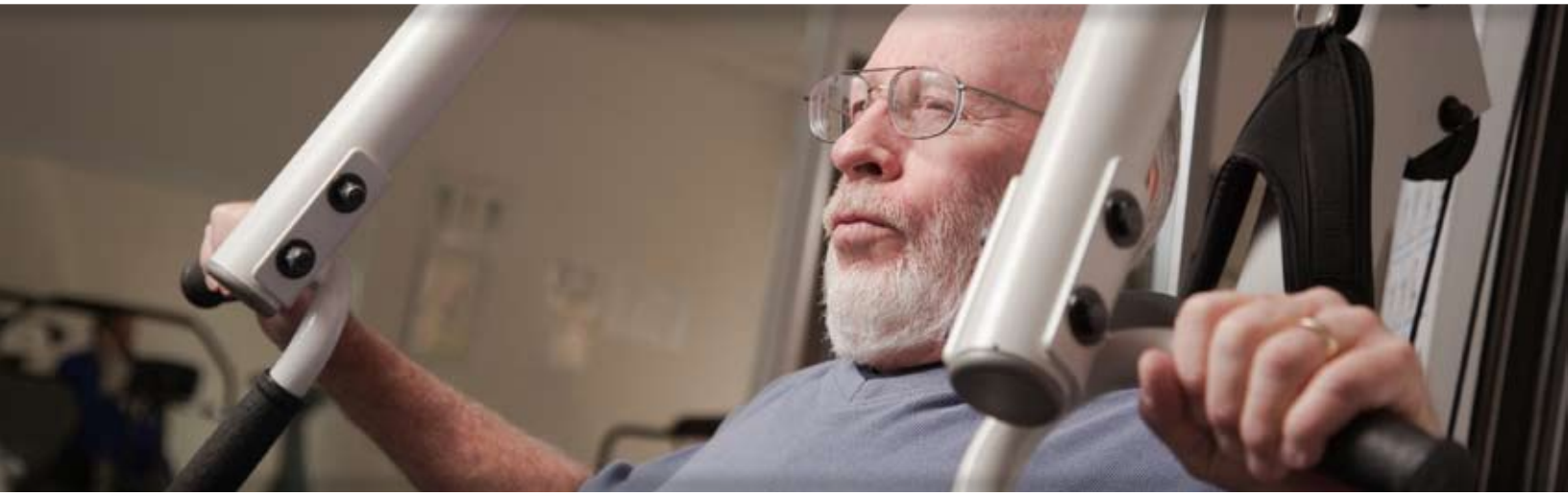
■ **Relax.** When you feel your muscles begin to tense, breathe deeply. Focus on inhaling and exhaling deeply and slowly for 10 minutes.

■ **Take a break.** If you feel overwhelmed, take some time to clear your mind. A few slow stretches or a brisk walk may renew your energy.

Visit www.HealthMart.com to learn more about reducing stress.



Caring for you and about you



FIREWORKS SAFETY

Leave 'Em to the Professionals

The U.S. Centers for Disease Control and Prevention says males are injured by fireworks about three times as often as females. And about 47% of persons injured from fireworks are people under age 20. Injuries are most commonly associated with fire-crackers, sparklers and bottle rockets.

Leave firework displays to trained professionals. Never allow children to play with or ignite fireworks. If you do use fireworks, keep a fire extinguisher nearby in case of a fire. Be sure other people are out of range before lighting fireworks.

Men's Health Week Is June 13–19

Do You Know Your Numbers?

You may know your favorite team's stats, but what about your own? Keep track of your numbers for blood pressure, blood sugar, cholesterol, body mass index (BMI) and more.

These numbers can provide a glimpse of your health status and risk for certain diseases and conditions such as heart disease, diabetes and obesity. Be sure to ask your doctor what tests you need and how often you need them. If your numbers are high or low, he or she can explain what they mean and make recommendations to help you get them to a healthier range.

Learn your family health history, too. Are there any new conditions or diseases that

have occurred in your close relatives since your last doctor visit? Family history can influence your risk of developing heart disease, stroke, diabetes or cancer.

— Source: U.S. Centers for Disease Control and Prevention



DIABETES UPDATE: Checking Your Blood Glucose

Everyone with diabetes can benefit from checking their blood-glucose level. Using a meter is the most accurate way to check. Your doctor will let you know how often and when to test. Keep a results log and review it with your doctor to gauge how well your diabetes plan is working. The American Diabetes Association recommends blood-glucose checks if you have diabetes and are:

- Having a hard time controlling your blood-glucose levels
 - Having severe low blood-glucose levels or ketones from high blood-glucose levels
 - Having low blood-glucose levels without the usual warning signs
- If you are diabetic and are controlling your diabetes with diet alone (with your doctor's OK), you should get regular blood-glucose checks to make sure your diabetes stays under control.
- Taking insulin or diabetes pills
 - On intensive insulin therapy
 - Pregnant

TEEN HEALTH UPDATE

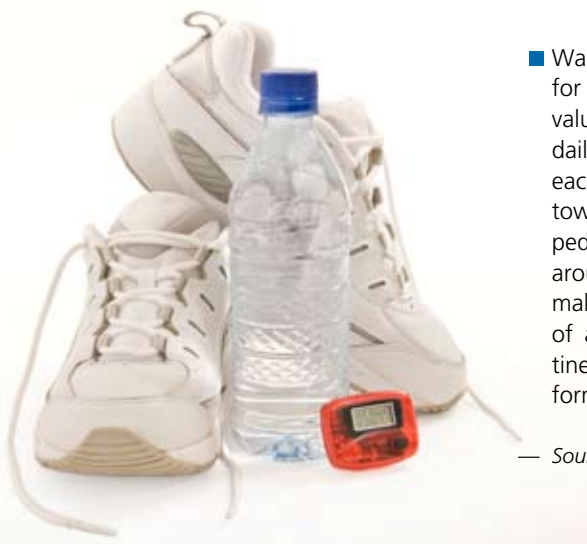
Tampons or Pads?

Your period doesn't have to keep you from doing the fun things you like to do. Whether to use tampons or pads is your choice. Here's what you should know about tampons, according to the U.S. Department of Health and Human Services' Office on Women's Health:

- Tampons are inserted inside the vagina to soak up menstrual blood before it leaves the body. Instructions come with tampons to show how to use them.
- All tampons have a string at the end to help with removal when the tampon needs to be changed (at least every 4 to 8 hours). Tampons will not get lost in the vagina.
- Tampons can be worn while swimming.
- It's very important to use the tampon with the lowest level of absorbency for your needs. Don't use a "super" tampon if you only need a "regular" tampon.



DID YOU KNOW?



- Want to get fit? Wear a pedometer for one week to establish a baseline value for the number of steps you take daily. Then try to add about 250 steps each day. Remember, each step counts toward your fitness goal. Wear your pedometer as you walk your usual path around the grocery store or through the mall. Include these measured segments of activity as part of your weekly routine. They're just as important as a more formal "walk."

— Source: American Heart Association



HEALTHY PREGNANCY TIPS

For Safety, Avoid Certain Foods When You're Expecting

Most foods are safe for pregnant women. But you will need to avoid eating certain foods when you're pregnant, according to the U.S. Department of Health and Human Services. Do not eat:

- Refrigerated smoked seafood such as whitefish, salmon or mackerel
- Hot dogs or deli meats (unless steaming hot)
- Refrigerated meat spreads
- Unpasteurized milk or juices
- Store-made salads, such as chicken, egg or tuna salad
- Unpasteurized soft cheeses, such as brie, queso blanco, queso fresco and blue cheeses
- Shark, swordfish, king mackerel or tile fish (also called golden or white snapper), which have high mercury levels
- More than 6 ounces per week of white (albacore) tuna
- Raw sprouts of any kind, including alfalfa, clover, radish and mung bean



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HEALTHY WEIGHT LOSS

For Long-Term Success, Make Small Changes

While many weight-loss plans rely on the drastic elimination of certain foods and beverages, health professionals say it's time to focus on the adoption of small lifestyle changes that will prevent future weight gain.

James O. Hill, M.D., of the Center for Human Nutrition at the University of Colorado Denver Health Sciences Center, is convinced that these small changes — such as cutting 100 calories per day and adding 2,000 steps per day — can help combat obesity.

"It's always going to be harder to lose weight than to prevent weight gain in the first place,"

says Hill, who helped create the "Families on the Move" program, a national weight-gain-prevention initiative.

"People need realistic goals, so we will continue to lose the obesity battle unless we do something qualitatively different," Hill adds. "Walk a mile each day or take a few less bites at each meal. This approach can give us some needed optimism that we might actually be able to begin to turn the tide on the increasing prevalence of obesity."

Want more information on healthy weight loss? Visit www.HealthMart.com

HEALTH TIP



Know Your Blood Pressure to Help Prevent Stroke

Know your blood pressure. If it is elevated, work with your doctor to keep it under control. High blood pressure is a leading cause of stroke. Have your blood pressure checked at least once each year — more often if you have a history of high blood pressure. Consult your doctor if the higher number (your systolic blood pressure) is usually higher than 135 or if the lower number (your diastolic blood pressure) is usually higher than 85.

— Source: National Stroke Association

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