


Weekly HealthTip Sample Ad Sheet

**WEEKLY
HEALTH
TIP**


COLD OR FLU?



TIM WASSON

Both colds and the flu are caused by viruses, but the flu can lead to more serious complications. A sore throat, runny or stuffy nose and a fever no higher than 100 degrees, probably means you have a cold. If you have chills, high fever (102 to 104 degrees), headache, major body aches, fatigue and these symptoms came on suddenly, you most likely have the flu. Antibiotics won't help a cold or the flu. Ask your doctor or pharmacist about the flu vaccine. There are also some anti-viral medications that can reduce the severity of the flu if taken within the first 48 hours.


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Here's To Your Health

Rex Ford, Pharmacist




Healthier Lifestyle Lowers Diabetes Risk

Recent studies in Finland and the U.S. revealed that overweight people can lower their risk of type 2 diabetes by getting regular exercise, following a low-fat diet, and losing weight. The changes made in lifestyle by those in the study were not drastic. Participants decreased fat in their diet and increased their intake of fruits and vegetables. They cut down on sweets, but didn't give them up altogether. Weight loss was between 5 to 7% of body weight. The exercise was moderate, most simply walked 30 minutes a day.




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Tim Madsen
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Exercise May Cut Alzheimer's Risk

A six year study revealed that people over 65 who exercise regularly have a 30-40% reduced risk of developing Alzheimer's or other dementia when compared to those who are sedentary. Just walking for 15 minutes, three times a week, was helpful. Researchers believe that exercise may improve brain function by increasing blood flow to the brain. Those who were the least fit and started to exercise saw the greatest benefit. Lead researcher, Dr. Eric Larson said, "Even if you're 75 and have never exercised before, you can still benefit by starting to exercise now." Consult our doctor for the right exercise plan for you.

*Health is precious
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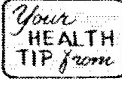



Weekly Health Tip from Galen Schultz

Walking And Alzheimer's

Regular walking may help prevent Alzheimer's disease. A recent study looked at men ages 71 to 93. Those who walked less than a quarter mile per day were two times more likely to develop Alzheimer's than men who walked more than 2 miles per day. Another study involving women ages 70-81 found that women who walked 90 minutes per week performed better on cognitive function tests than those who were less active. Exercise may reduce levels of a sticky protein (amyloid) that clogs the brain. It may also increase blood flow and raise levels of hormones necessary for nerve cell production.

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Kathy M. Campbell, DPH

FRUITS & VEGETABLES & LOWER BREAST CANCER RISK

Researchers at Oregon Health & Science University studied the diets of women in China with breast cancer and those who were cancer-free. They found that women who eat at least four servings of fruits and vegetables a day cut their risk of breast cancer by half over those who consume no more than two servings each day. Study author Jackie Shannon stated that, "This study provides further evidence that low fruit and vegetable intake in the Western diet may be a major risk factor in developing breast cancer."




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WEEKLY
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TIP



LISA KOSTECKI, R. PH.

ANTIOXIDANTS & MACULAR DEGENERATION

A recent study of over 4,000 peoples age 55 and older showed that a diet rich in antioxidants may substantially reduce the risk of age-related macular degeneration (AMD). Participants who had an above average intake of vitamins C, E, beta carotene and zinc had a 35% reduced risk of AMD. Good sources of vitamin C include broccoli, citrus fruits, green and red bell peppers and potatoes. Whole grains, eggs, nuts and vegetable oil are sources of vitamin E. Carrots, spinach and kale all contain beta carotene. Zinc is found in meat, fish, poultry, dairy and whole grains.

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