

To Your

Health

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Brenda Patzlaff, RD, LN

Cholesterol Lowering Foods (HealthMarket)
Saturday, February 20th – 10:00 a.m. – 12:00 noon & 1:00 p.m. – 5:00 p.m.
Join Brenda in the HealthMarket and learn how soy protein, flaxseed and other foods can help reduce the risk of heart disease. Brenda will be sampling Edamame Dip and will also provide additional recipes using soy and flaxseed.

Stop by the HealthMarket for these in-store specials in the month of February!

- Yes! Natural hair and body products all 10% off week of February 9th – 14th
- Mrs. Meyers Cleaning products all 10% off week of February 22nd – 28th
- Just Tomatoes Freeze dried fruits and veggies on sale for 4.89 week of 22nd-28th
- Burt's Bees products all 10% off week of February 29-March 7th

FOCUS ON HEALTH

Easy Ways to Combat Cold, Flu Season

Winter is upon us once again. With winter comes the holiday season, some snowfall, a New Year, and, of course, flu season. Few issues have gripped the headlines more this year than the flu, as more and more strands of the flu appear each year, wreaking havoc on the nation's schools and offices. Flu shots are often the first line of defense against the flu. But even those who have received a flu shot can still find themselves battling the cold and flu. Adults and children alike spend so much time in the classroom or office that it's hard to make it through the winter without battling some type of illness. However, there are ways to combat cold and flu season without missing a beat this winter.

- Wash your hands. Germs often spread through our hands, as hands come into daily contact with germs whenever we touch doorknobs, sneeze or cough into our hands. While it might seem simple, washing hands thoroughly is a highly effective means to stopping the spread of germs. It also helps to sneeze or cough into a tissue or handkerchief, or immediately wash hands after sneezing or coughing. In addition, wash hands whenever you arrive at home, school or the office. This can help remove any germs that might have attached themselves to your hands while you were out and about.
- Work from home. Parents often find themselves in a bind when their kids inevitably fall victim to the cold or flu during the winter months. This often leads to one parent staying home from work and using a personal day to do so. Even if kids manage to stay healthy through the winter, parents are just as susceptible to cold and flu when they spend the workday in their office or traveling for business.
- Stay hydrated. Drinking water is highly beneficial at all times of the year, but even more so during cold and flu season. Water flushes your system, including the poisons that might enter the body during cold and flu season. Each individual is different, but doctors often recommend drinking eight 8-ounce glasses of water each day to maintain or achieve optimal health.
- Get outdoors. While the weather outside might be frightful, it's still beneficial to get outdoors and breathe some fresh air. Central heating dries the body out, making it more vulnerable to cold and flu viruses. In addition, because few people go outside during the cold weather, germs tend to gather inside before circulating among those who spend ample time indoors. Even if it's cold, bundle up and get outdoors to breathe some fresh air during cold and flu season.

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WELLNESS EVENTS
February 2010

American Heart Month (HealthMarket)
Tuesday, February 2nd - 1:00 p.m. - 5:00 p.m.
Following a heart-healthy diet does not necessarily need to mean eating a tasteless diet without your favorite foods. A heart healthy diet can continue to include some of your favorite foods in most cases, however with slight modification of ingredients or even portion size. Brenda will be available in the HealthMarket to answer questions and will be providing samples and information regarding heart-healthy living.

Sweet & Healthy Treats (HealthMarket)
Friday, February 5th - 4:00 p.m. - 7:00 p.m.
Need a quick idea for your valentine? Stop by the HealthMarket and sample a variety of dark chocolates and learn about the health benefits of chocolate!

Dietitian's Choice (HealthMarket)
Wednesday, February 10th - 1:00 - 5:00 p.m.
Join Brenda in the HealthMarket as she samples some of her favorite Hy-Vee foods that are both delicious and good for you!

HealthMarket Stock-up Sale
February 11th, 12th & 13th
Stop by the HealthMarket and stock-up on all your favorite items - everything in the HealthMarket is 10% off!

Sweet & Healthy Treats (HealthMarket)
Friday, February 12th - 1:00 p.m. - 7:00 p.m.
Need a quick idea for your valentine? Stop by the HealthMarket and sample a variety of dark chocolates and learn about the health benefits of chocolate!

Go Red for Heart Health - Avera Sacred Heart Professional Office Pavilion - \$10.00
Monday, February 15th - 5:30 p.m.
Join us at the Avera Sacred Heart Professional Pavilion for a presentation by Dr. Will Hurley of Yankton Medical Clinic, PC, who will review "Importance of Knowing Your Risk for Heart Disease". He will be followed by author and trainer, Mik Mueller. Enjoy a heart-healthy fine dining meal experience and wine tasting, education and entertainment in celebration of heart month. Register by calling 1-877-At-Avera (1-877-282-8372).

Keep The Beat - Heart Healthy Recipes (HealthMarket)
Thursday, February 18th - 1:00 p.m. - 5:00 p.m. (HealthMarket)
Join Brenda in the HealthMarket and for recipes provided by the National Heart, Lung and Blood Institute and how to order the Keep the Beat Recipe book, a collection of heart-healthy recipes to help reduce your heart disease risk.

Our Pharmacists Have the Answers!

L to R: Angela Potts, tech; Nancy Peltz, tech; Shona Jussel, pharmacist; Kim Korte, pharmacist; Galen Gooden, pharmacist; Leah Rempley, pharmacist; Pearl Potts, tech; Neil Peterson; Laura Gulick, tech; and Luella Ober, tech.

If you're like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions. The next time you need a prescription filled or refilled, call the friendly pharmacists at Hy-Vee, and see what a difference caring service can make!

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Jeffrey Johnson, M.D.

Brandi Pravecek, CNP

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