



health

NEWS

2008

FREE

November

PROMOTIONS ARE GOOD FROM 11/01/08 TO 11/30/08

COPD - CHRONIC OBSTRUCTIVE PULMONARY DISEASE

What it is

Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases asthma. COPD is a leading cause of death, illness, and disability in the United States. In 2000, 119,000 deaths, 726,000 hospitalizations, and 1.5 million hospital emergency departments visits were caused by COPD. An additional 8 million cases of hospital outpatient treatment or treatment by personal physicians were linked to COPD in 2000.

What causes it

In the United States, tobacco use is a key factor in the development and progression of COPD, but asthma, exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role. In the developing world, indoor air quality is thought to play a larger role in the development and progression of COPD than it does in the United States.

Who has it

In the United States, an estimated 10 million adults had a diagnosis of COPD in 2000, but data from a national health survey suggest that as many as 24 million Americans are affected.

From 1980 to 2000, the COPD death rate for women grew much faster than the rate for men. For U.S. women, the rate rose from 20.1 deaths per 100,000 women to 56.7 deaths per 100,000 women over that 20-year span, while for men the rate grew from 73.0 deaths per 100,000 men to 82.6 deaths per 100,000 men.


U.S. women also had more COPD hospitalizations (404,000) than men (322,000) and more emergency department visits (898,000) than men (551,000) in 2000. Additionally, 2000 marked the first year in which more women (59,936) than men (59,118) died from COPD.

However, the proportion of the U.S. population aged 25-54, both male and female, with mild or moderate COPD has declined over the past quarter century, suggesting that increases in hospitalizations and deaths might not continue.

SUDAFED

\$4.19

PE NIGHTTIME COLD 20 CAPLETS OR NON DROWSY MAX NASAL 18 TABS; 30 MG 24 TABS OR 12-HOUR 120 MG COATED 10 CAPLETS




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HELPING TEENAGERS COMBAT TYPE 2 DIABETES

About 177,000 young people under 20 years of age have diabetes. As obesity rates in children continue to soar, type 2 diabetes, a disease that used to be seen primarily in adults over age 45, is becoming more common in young people.

Diabetes means that blood glucose is too high. Glucose comes from food and is needed to fuel our bodies. Blood always has some glucose in it because the body needs glucose for energy. An organ called the pancreas makes insulin that helps glucose get from your blood into your cells to turn it into energy.

If you have diabetes, the pancreas makes little or no insulin or your cells cannot use insulin very well. Glucose builds up in your blood and cannot get into your cells. If blood glucose stays too high, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

If you have type 2 diabetes, you may need to take insulin or pills to help your body's supply of insulin work better. Type 2 used to be called "adult onset diabetes." Now more teens are getting type 2, especially if they are overweight.

There are several ways to lower your risk:

- Stay at a healthy weight.
- Be more physically active.
- Choose to eat the right amounts of healthy foods.

MUCINEX

\$9.99

MAX ER 1200 MG 14 TABS

\$11.99

MAX DM ER 1200/60 MG 14 TABS

\$19.99

40 TABS EXTEND REL DM 600/30 MG OR 600 MG, OR 36 D TABS ER 600/60 MG



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NATURE'S BOUNTY

\$4.89 CINNAMON 1000 MG PER SERVING 100 CAPS

\$4.99 ABC PLUS 100 TABS

\$6.99 CHROMIUM PICOLINATE ULTRA 500 MG 100 TABS

\$9.99 DIABETIC SUPPORT PACK 30 DAY

TRIAMINIC

\$4.69 YOUR CHOICE

4 OZ PE CHEST & NASAL CONG TROPICAL, COUGH & SORE THROAT GRAPE, COLD & COUGH CHERRY, COLD & ALLERGY ORANGE, FLU COUGH FEVER BGUM, LA COUGH FRUIT PUNCH, OR NIGHTTIME COLD/COUGH GRAPE

ACCU-CHEK

AVIVA CARE KIT, TEST STRIPS 50 OR 100

TYLENOL

\$4.79 50 EXTRA STRENGTH 500 MG OR COOL CAPLETS, OR EZ TABS

\$4.99 50 EXTRA STRENGTH 500 MG OR COOL CAPLETS, OR EZ TABS

\$5.39 50 EX STR RAPID REL 500 MG GELCAPS OR ARTH EXTEN REL 650 MG CAPLETS

\$6.69 50 EXTRA STRENGTH PM CAPLETS, GELTABS, OR RAPID REL GELCAPS

BD

\$22.09

100 PEN NEEDLE ULTRAFINE II SHORT 31GX5/16 1/2CC OR 1CC

\$24.99 100 PEN NEEDLES ULTRAFINE III MINI 31GX3/16 OR SHORT 31GX5/16

LIFE SOURCE

\$26.99 BP KIT DIG/MANUAL INFL ADVANCED MD 9.4-14.2"

\$51.99 BP KIT DIG/AUTO INFL 1-STEP PLUS MD 7.5-12.2"

\$70.99 BP KIT DIG/AUTO INFL QUICK RESPONSE E-FIT 9-17"

EXCEDRIN

\$2.99 SINUS HEADACHE ASPIRIN FREE 24 TABS OR CAPLETS

\$3.99 24 P.M. TABS OR CAPLETS

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SUNDOWN

\$1.45 POTASSIUM GLUCONATE 595 MG 100 CAPLETS

\$1.49 MULTIPLE DAILY W/ IRON 100 TABS

\$1.85 COD LIVER EPA/DHA 100 SOFTGELS

\$2.49 FOLIC ACID XTRA 60 CAPLETS

\$2.49 W/ ROSEHIP CHEW 500 MG 100 TABS

\$3.79 ACIDOPHILUS W/ BIFID CHEW WAFER 100

\$3.79 ST. JOHN'S WORT XTRA 300 MG 60 CAPS

\$4.05 TRIPLE OMEGA FLAX, FISH & BORAGE 60 SOFTGELS

\$9.25 CO Q10 150 MG 30 SOFTGELS

OMRON

\$24.99 SPHYGMOMANOMETER KIT DIG/MANUAL INFL ADULT 9-13"

\$49.99 BP KIT DIG/WRIST INFL ADULT 5 1/3" - 7 2/3"

\$51.99 BP KIT DIG/AUTO 9-13"

ONE TOUCH

ULTRA MINI SILVER, TEST STRIPS 50 OR 100

DELSYM

\$6.99 3 OZ ER 12-HR COUGH FORMULA OR FOR KIDS, REGULAR OR GRAPE

HEALTHI

\$5.39 BETIC FOOT CREAM TUBE 1.8 OZ

\$11.09 BETIC FOOT CREAM 4 OZ

NICOTINE TRANSDERMAL SYSTEM

\$17.99 7 PATCHES STEP 1 21 MG, STEP 2 14 MG, OR STEP 3 7 MG

\$29.99 YOUR CHOICE 14 PATCHES STEP 1 21 MG OR STEP 2 14 MG

BENADRYL

\$4.19 ALLERGY 10 QUICK DIS STRIPS V/MINT, 24 KAPSEALS 25 MG, ULTRATABS, OR DYE FREE SOFTGELS