



# Moving

*Toward a Healthier You* >>>

## Improving Your Memory

Everyone forgets things from time to time. It's normal to become more forgetful as you get older. Memory loss is not always a sign of Alzheimer's disease or dementia. Some common causes of memory loss include anxiety, infection and poor eating habits.

**There are some things you can do to help maintain or even improve your memory.**

- Socialize. Spend time with friends and family; do volunteer work. These things help you avoid depression and stress, which can contribute to memory loss.
- Stay physically active, drink plenty of fluids, and eat healthy foods. A healthy diet and exercise are good for both your brain and your body.
- Stay mentally active. Your brain needs exercise too. Doing crossword puzzles and learning new things are ways to keep your brain active.
- Stay focused. Try not to do too many things at once. Avoid things that may distract you, such as loud background noise.
- Manage chronic conditions such as high blood pressure.

If you have any worries about your memory, or if memory loss affects your daily activities, talk to your doctor.

## Staying Healthy

### Is Plavix® Working for You?

Plavix is a medicine that is used to help prevent heart attacks or strokes in at-risk patients. While it works for many people, here are two examples of times it does not work as well.

- (1) The effect of Plavix may be reduced by almost half when taken with omeprazole. Omeprazole is a medicine that reduces stomach acid and may prevent stomach irritation. For Plavix to work, it must be “turned on,” or activated, by enzymes in the liver. One such enzyme is called CYP2C19. By blocking this enzyme, omeprazole does not allow Plavix to be turned on. This happens whether the two medicines are taken at the same time or even 12 hours apart.
- (2) In some people, the CYP2C19 enzyme works slowly or not at all. These people are called “poor activators.” This results in less protection from a heart attack or stroke at normal doses of Plavix. Tests can tell if you are a poor activator. If so, you may be able to use other treatments.

Please talk to your doctor or pharmacist if you have any concerns about taking Plavix.

Nonprescription medicines may not be covered by your Medicare Part D plan.

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## In the News

### Herbal Supplements and Heart Disease

Do you take herbal supplements such as ginkgo biloba or echinacea? Do you also take medicine for a heart condition?

Research has found that some herbal supplements can cause serious reactions in people with heart-related conditions. These include increased risk of bleeding, increased blood pressure, and changes in heartbeat. Other popular herbal products that could cause problems include St. John’s wort, ginseng, green tea, saw palmetto and motherwort.

Like any medicine, herbal supplements may not be safe for everyone. When taken with a medicine, they can affect the way the medicine works.

It’s important to talk to your doctor or pharmacist before you try an herbal supplement. This is especially true if you are taking other medicines, if you are having surgery, or if you are under the age of 18 or older than 65.

Remember to always tell your doctor about all medicines you take, including herbal supplements.

## Generic Medicine Update



Generic medicines have the same active ingredients, dosage forms and strength as their corresponding brand-name medicines. They meet the same

quality standards and are as safe and effective. Why do they cost less? The companies that make generic medicines save on the cost of research and development that was performed by the company that makes the brand-name medicine. This means they can sell the generic medicine for less.

The following are some generic medicines that have recently become available. Talk to your doctor or pharmacist to see if changing to a generic medicine is right for you.

Brand-Name	Generic Name	What It May Be Used For
Mirapex®	pramipexole	Parkinson's disease or Restless Leg Syndrome (RLS)
Flomax®	tamsulosin	Benign Prostatic Hyperplasia (BPH)

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## Ask an Expert

### BPA: What You Should Know

**Question:** What is BPA, and what do I need to know about it?

**Answer:** BPA stands for Bisphenol A, a chemical found in many hard plastic bottles. It may also be found in food and drink cans.

BPA has been linked to a variety of health problems, especially in infants and children. An increased risk of heart disease has also been suggested.

The U.S. Food and Drug Administration is supporting efforts to reduce BPA use in the United States.

#### Here are some things you can do to reduce your exposure to BPA:

- Don't microwave plastic containers.
- Choose fresh or frozen foods over canned foods.
- Choose glass or stainless steel containers over plastic containers.
- Avoid plastic containers with the number 7 on the bottom.

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