

**Health Product Categories & Items** from: <http://walgreens.com>

- Cough, Cold & Flu
  - Pain Relief & Management
  - Allergy & Sinus
  - Digestive Health & Nausea
  - Children's Health Care
  - Home Tests & Monitoring
  - Stop Smoking
  - Skin Ailments
  - Homeopathic Remedies
  - First Aid
  - Pill Organization
  - Eye Care
  - Ear, Nose & Throat Care
  - Foot Care
  - Sleep & Snoring Aids
  - Supports & Braces
  - Feminine Care
  - Incontinence
- Inserts, Insoles & Cushions  
Corns, Calluses, Blisters & Bunions Relief  
Wart Removal  
Foot Creams & Treatments  
Diabetic Foot Care  
Athlete's Foot & Antifungal  
Jock Itch Treatments  
Odor Control  
Foot & Leg Massagers  
Face Cleansers  
Face Toners  
Face Moisturizers  
Eye Skin Care  
Scrubs, Masks & Exfoliators  
Skin Care Tools  
Cough & Sore Throat Relief  
Fever Relief  
Chest Rubs  
Lip & Cold Sore Treatments  
Joint & Muscle Pain Relief  
Arthritis Pain Relief  
Menstrual Pain Relief  
Migraine Pain Relief  
Oral Pain Relief  
Hemorrhoid Care  
Thermometers
- Antacids  
Diarrhea Relief  
Gas Relief  
Laxatives  
Constipation Relief  
Motion Sickness & Nausea  
Children's Upset Stomach Relief  
Lactose Intolerance  
Enemas  
Potty Training  
Bedwetting Accessories  
Pacifiers & Teethers  
Antibiotics & Antiseptics  
Itching & Rash Treatments  
Psoriasis & Eczema Treatment  
Wart Removal  
Lip & Cold Sore Treatments  
Scar & Stretch Mark Treatments  
Hand Sanitizer  
Lice Treatments
- Cotton Balls & Swabs  
Sleep Support Supplements  
Snore Reduction Aids  
Nasal Strips  
Ear Plugs  
Sleeping Masks  
Alertness & Stimulants  
Neck Braces  
Slings & Splints  
Tampons  
Pads  
Panty Liners  
Intimate Cleansing & Deodorants  
Menopause Treatments  
Urinary Tract Infection Treatments  
Allergy Medicine  
Sinus Medicine  
Nasal Sprays  
Neti Pots  
Vaporizers

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|------------------------------------|------------------------------------|---------------------------------|
| Aches & pains                      | Hard stool                         | Post nasal drip                 |
| Acid indigestion                   | Hayfever                           | Premenstrual & menstrual cramps |
| Allergy itchy eyes                 | Headaches                          | Rashes                          |
| Anorectal discomforts              | Hearing problems                   | Respiratory allergies           |
| Arthritis                          | Heartburn                          | Restless Legs                   |
| Asthma                             | Hemorrhoids                        | Rhinitis of pregnancy           |
| Back pain                          | High cholesterol                   | Ringing Ears                    |
| Backache                           | Hip pain                           | Run-down feeling                |
| Belching                           | Hoarseness                         | Runny nose                      |
| Bloating                           | Hot flashes                        | Scrapes                         |
| Body aches and pains               | Indigestion                        | Scratchy throat                 |
| Bumps and bruises                  | Insect bites                       | Shooting nerve pain             |
| Burning nerve pain                 | Intestinal flu                     | Shortness of breath             |
| Burning of the eye                 | Irregularity                       | Shoulder pain                   |
| Bursitis                           | Irritability                       | Sinus congestion                |
| Canker sores                       | irritated & itching eyes           | Sinus infections                |
| Chills                             | irritated & itching skin           | Sinusitis                       |
| Chronic sinusitis                  | Irritated nasal passages           | Sinus congestion                |
| Common cold/flu                    | Itchy Throat                       | Smoking withdrawal              |
| Congestion                         | Itchy watery eyes                  | Snoring                         |
| Constipation                       | Joint aches & pains                | Soft stool                      |
| Cramps                             | Joint pain                         | Sore mouth or throat            |
| Diarrhea                           | Lactose Intolerance                | Sour stomach                    |
| Difficulty falling asleep/Insomnia | Leg cramps                         | Stabbing nerve pain             |
| Dizziness                          | Menstrual Cramps                   | Stiff Neck                      |
| Drowsiness                         | Migraines                          | Stinging eyes                   |
| Dry eyes                           | Minor aches & pains                | Stomach cramps                  |
| Dry Mouth                          | Minor aches and pains of arthritis | Stuffy nose                     |
| Dry nasal passages                 | Motion Sickness                    | Sunburn                         |
| Dry Nose                           | Mouth irritation                   | Swimmer's Ear                   |
| Dry skin                           | Muscle aches and pains             | Tearing                         |
| Dryness of the eye                 | Muscle cramps                      | Tendinitis                      |
| Dysmenorrhea                       | Muscle spasms                      | Tension headaches               |
| Ear discomfort                     | Muscle Strains                     | Throat and bronchial irritation |
| Ear pain                           | Muscular Aches                     | Tightness of chest              |
| Earache                            | Nasal & sinus congestion           | Tingling nerve pain             |
| Excessive ear wax                  | Neck pain                          | Tinnitus                        |
| Fatigue                            | Nicotine Addiction                 | TMJ                             |
| Flatulence                         | Nicotine Craving                   | Toothache                       |
| Food cravings                      | Nosebleeds                         | Upset stomach                   |
| Frequent bowel movements           | Phlegm (mucus)                     | Urgent urination                |
| Frequent urination                 | Pink eye                           | Urinary tract infection         |
| Grittiness of the eye              | Pinworms                           | Vomiting                        |
| Hangover                           |                                    | Wheezing                        |

What ailments have you or your loved ones have suffered from recently (or in the past)?

What were the symptoms? How were those ailments treated?

What kinds of health-related products have you purchased recently and/or during past health problems?

## Assorted Health Questions

1. Do you feel healthy? In what ways (yes or no)?
2. What does it mean to 'look healthy'? How healthy do you look?(young, thin vs healthy)
3. What kinds of ailments (from the megalist) have you experienced?
4. How are your 'numbers'? pulse? blood pressure? Cholesterol - hdl, ldl, triglycerides?BMI?
5. What kinds of health problems run in your family?  
Which health problems are you most concerned about in the future?  
How do the health concerns of your generation differ from your parents or children?
6. When were the healthiest and least healthy periods of your life?
7. What things do you do that are good for your health?  
What things do you do that are bad for your health?
8. How willingly do you seek medical attention? Are you a good patient or bad patient?  
Hypochondriac or 'tough it out' kind of person?
9. How do you feel about hospitals? Any interesting hospital stories?
10. What are some particular challenges for staying healthy as a teacher?
11. What do you think is healthy or not healthy about the Korean lifestyle?
12. What kind of health advice have you gotten from doctors, family members, and others?
13. How often do you exercise? What kind of exercise?
14. How often do you get a dental check-up?
15. How often do you brush your teeth? How often do you floss?
16. Do you have any allergies? What are you allergic to?
17. What kinds of medicines, vitamins, and/or supplements do you take?
18. How many hours of sleep would you like? How many hours do you usually get?
19. How often do you get headaches? Do you ever get migraines?
20. Have you ever broken a bone? had surgery? gotten stitches? had a black eye?
21. Are you/Would you be willing to be an organ donor? Donate blood?
22. Do you have any interesting scars?
23. What do you think of Oriental medicine and acupuncture? Chiropractic Medicine?
24. What are the strengths and weaknesses of Western medicine?
25. What do you think of the Korean healthcare system?
26. How would you compare the health-related habits of Koreans, Americans, Europeans, and others?



## The Reality of Health Myths

### Common Wisdom: The More You Exercise, the Slimmer You'll Be

Reality: Move more, burn more calories, lose more weight—right? Maybe not. It turns out there really isn't much proof that doing lots of intense exercise is best for slimming down. "[It's] better to distribute the movements throughout the day," explains Hans-Rudolf Berthoud, PhD, a professor of neurobiology and nutrition at Louisiana State University. One problem is that when most of us go for a "workout," we tend to overestimate how much we're getting out of it. To burn off a small chocolate milkshake, for example, you'd have to run for 50 minutes or walk for 120 minutes. A related issue is that an extended bout of activity can stimulate your appetite so that you end up eating more than you normally would. This doesn't mean that you shouldn't exercise; just don't feel bad if you're not a "gym" person.

### Common Wisdom: Everyone Needs Eight Glasses of Water a Day

Reality: You only need to drink enough so that you're not thirsty. According to research led by Stanley Goldfarb, MD, at the University of Pennsylvania School of Medicine, there's nothing magical about getting eight glasses. Of course, you don't want to get dehydrated, but some people need to drink more and some need less. Unless your doctor tells you otherwise (because of a medical condition), trust your thirst signals. And remember that water-rich foods (like fruit, soup, etc.) will also help keep you hydrated.

### Common Wisdom: Use a Cotton Swab to Clean Out Your Ears

Reality: We've all done this, but the American Academy of Otolaryngology-Head and Neck Surgery warns against it. In fact, using cotton swabs to try to clean out your ears can push wax farther into the canal and lead to hearing loss. "Under ideal circumstances, the ear canals should never have to be cleaned," according to the Academy. Removing wax is only necessary if you have pain, fullness, a feeling that it's plugged, ringing or noises in your ear, itching, odor, discharge or

coughing. When these things happen, try putting a few drops of mineral oil into the ear to soften it, and then clean the external part only with a washcloth.

### **Common Wisdom: Stress Causes Ulcers**

Reality: Your emotions won't make you develop a peptic ulcer—a sore in the stomach or small intestine—though it could make an existing one worse. Most ulcers are caused by bacteria and can be treated with antibiotics. Smoking cigarettes or taking too many anti-inflammatory drugs, like aspirin and ibuprofen, may also contribute to the development of ulcers.

### **Common Wisdom: A Heart Attack Always Causes Crushing Chest Pain**

Reality: Chest pain is the most common heart attack symptom—but it's not the only one. What's more, some people (especially women) don't have any chest pain at all during a heart attack. Other symptoms to watch out for: shortness of breath; sudden, severe fatigue; nausea or vomiting; and back or jaw pain.

## **The Reality of Health Myths Part 2**

### **Common Wisdom: The Thinner You Are, the Longer You'll Live**

Reality: Experts have long debated this topic, but lately it seems that having a little meat on your bones may be better when it comes to longevity. Underweight people are more apt to be lacking various nutrients that keep you healthy. They're also more likely to suffer from osteoporosis and break a bone (which can lead to disability and even fatality in older people). Most people think that a body mass index in the "normal" range is ideal, which may be true. But interestingly, a recent study in the journal *Obesity* found that people who were just slightly overweight seem to live the longest.

### **Common Wisdom: Elderly People are the Most Susceptible to the Flu**

Reality: This is true for the traditional seasonal flu, but this year the H1N1 (swine) flu seems to be breaking all the rules. According to the Centers for Disease Control and Prevention, seniors seem to be less likely than children and adults under 60 to catch H1N1 and develop complications from it. One theory, confirmed by Anne Gershon, MD, president of the Infectious Diseases Society of America and a professor at Columbia University in New York, is that older people were previously exposed to a similar strain of flu many years ago, so they have developed some protective antibodies.

### **Common Wisdom: Lean Back to Stop a Nosebleed**

Reality: This seems to make sense, since leaning backward means fighting gravity. But Yosef P. Krespi, MD, professor of clinical otolaryngology at Columbia University College of Physicians and Surgeons, says that it's a bad idea because you can end up swallowing blood. "Instead, keep head level and pinch nostrils for three to five minutes," he says. "If it doesn't stop, gently insert a cotton ball inside the nostril." If you're still bleeding—or if you're getting frequent nosebleeds—see an ear, nose and throat specialist for help.

**Blinking:** Although the “women blink more” rumor is difficult to back with scientific fact, it’s popularly believed that female blinkers are more prolific than their male counterparts, blinking twice as much. Numbers vary as to exactly how many times a person blinks in a minute, but the average number is thought to be 15 or once every four seconds, although this can increase when one is anxious, apprehensive or tired.

The jury is still out on exactly *why* human babies blink far less frequently than adults, usually just twice or less over the course of a minute. Additionally, a [study](#) found that children blink more frequently as they grow older, not reaching full “blink maturity” until the age of 14 or 15. One theory about why babies blink less is that they sleep so much and thus don’t need to lubricate their eyes as frequently as adults do. Another theory claims that infants, when awake, are busy working their eyes (but not their eyelids) overtime to soak in visual information.

### Assorted Health Facts 1

Yes, if you see food labels that read "artificial coloring" and "color added" that means most likely you'll be **eating bugs** along with other ingredients. The FDA does not require companies to be more specific about their food coloring. Therefore, companies choose not to label "**crushed beetles for red dye**", a label that might discourage consumers from buying their products. Dannon admits to using cochineal beetles as a dye to some of its yogurt products.

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Anthropologist Helen Fisher and psychiatrist James Thomson collaborated in a study that concluded that antidepressants alter brain chemistry resulting in diminishing a desire for romance. Antidepressants decrease levels of **dopamine** (a brain chemical of pleasure that plays an important role in creating an urge for love and romance). In the study, women who took antidepressant looked at attractive men in photos and thought the men to be not so attractive.

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Average pillows and mattresses contain millions of fungi cells from 16 fungi species. This fungi (normally found in damp and moldy places) come from night time sweating. The average person sweats about 100 liters each year. In addition to fungi, other bed partners are dust mites—mattresses gain a pound or more each year from dust mites.

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Butt and thigh fat is much better for your brains than belly fat. A large belly not only increases the risk of diabetes and heart problems, but also Alzheimer’s, according to a new study. The study traced people from the time they were middle age to their 70s and 80s. People with mid-life bellies were 3 times more likely to develop dementia later in life.

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Sneezes can reach 160 kph, coughs only 90 kph. It is impossible to sneeze without blinking your eyes.

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**Burn fat during intervals.** To improve your fitness quickly and lose weight, harness the joys of interval training. Set the treadmill or step machine on the interval programme, where your speed and workload varies from minute to minute. Build up gradually, every minute and return to the starting speed. Repeat this routine. Not only will it be less monotonous, but you can train for a shorter time and achieve greater results.

### **Take naps like the Spanish**

The Spanish are known to take their afternoon siestas. Experts have long said that sleeping adequately can not only lower stress levels and improve memory but also helps you lose weight and live longer. **Tip:** A study has revealed that napping for about 20 to 30 minutes, four times a week had a considerably lesser risk of dying of heart disease.

### **Assorted Health Facts 2**

- Laughing lowers levels of stress hormones and strengthens the immune system.
- Research shows that when people to music while working out, they exercise 30% longer.
- Drinking water before and after a spa treatment, reduces soreness and helps to flush the body of toxins released from the muscles.
- When you are looking at someone you love, your pupils dilate, and they do the same when you are looking at someone you hate.
- Blondes have more hair. Blondes average 146,000 follicles. People with black hair tend to have about 110,000 follicles, those with brown hair have 100,000 follicles. Redheads have the least dense hair, averaging about 86,000 follicles.
- In a lifetime, the average person produces about 25,000 quarts of saliva, enough to fill two swimming pools.
- Your nose can remember 50,000 different scents.
- Womens hearts beat faster than men.
- The longer the ring finger is in boys the less chance they have of having a heart attack.
- People that suffer from gum disease are twice as likely to have a stroke or heart attack.
- The most common injury caused by cosmetics is to the eye by a mascara wand.
- It is impossible to sneeze with your eyes open.
- 85% of the population can curl their tongue into a tube.
- People that use mobile phones are 2.5 times more likely to develop cancer in areas of the brain that are adjacent to the ear they use to talk on the mobile phone.
- Women have more tastebuds than men.

### **Headaches**

- Our brain is 75% water, which is why even mild dehydration causes headaches.
- Most children who get migraines, have at least one close family member who suffers from migraines

too. If a child has one parent who suffers from migraines, they have a 50% chance of getting them too, if both are sufferers, this rises to 75%.

- While most headaches are uncomfortable and sometimes disabling, they are mostly not dangerous. Most of them can be cured by over-the-counter headache medications and by lying down in a quiet dark room for a while.
- Lifestyle plays an important part in preventing headaches. If you don't smoke, don't drink excessively, get regular sleep, eat a healthy diet and get daily exercise, you are unlikely to suffer from headaches frequently, unless you have a medical problem.
- More men than women suffer from cluster headaches. These are intense headaches that often occur at the same time every day or every few days. People who are heavy smokers or drinkers often suffer from cluster headaches. More women than men suffer from migraines.
- Before puberty, headaches are more common in boys, but adult women get headaches four times more often than men do, and these are linked to hormonal fluctuations. In both men and women, the severity and frequency of headaches decline with advancing years.