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Summer '09, Volume 4 - No. 3

NOTE FROM THE PRESIDENT

HOW TO: SUMMER SKIN CARE

Dear Readers,

Summer... time for beaches, endless days of sparkling sun and a chance to get healthy and fit.

Your health is important to us, so in an effort to provide you with tools to live a healthy life we now also provide you the tools to obtain the best health insurance coverage. Read about **USMED Financial Advisors** in our Featured Product section to learn more about our new offering and to see what we can do to help you today, or you can call us for more information at 877-840-8217.

I wish you all good health!

Zach Schiffman

Zachary Schiffman, President
 United States Medical Supply, Inc.

Summer should be about glowing, sun kissed skin, but we mostly go about hiding our skin in a poor attempt to protect it. Problems common to increased exposure include pigmentation, uneven skin tone & tanning. Here are some tips to take care of your skin this summer:

Use sunscreen between 8 am & 6 pm, and ensure it has UV A & UV B block. Look for words like broad spectrum and dual protection. Apply it at least 20 minutes before going out. Cover all exposed parts including ear lobes, neck and arms. Reapply it every four hours. If you are spending a day at the beach or pool, apply it every hour. Also, use sunglasses to protect your eyes. And, try using an umbrella when going out. This will protect your skin and hair.

Bolster your diet with food high in antioxidants like carrots, papaya, pomegranate, beetroots and water melon, for internal sun protection. And don't forget to drink at least 2 litres of water every day!

Check areas like forehead and around your mouth to ensure you detect and seek help early for pigmentation. Services like skin polishing and detanning peels can help you reverse tanning quickly.

Wear loose cotton clothes in light colors and avoid wearing socks and tight, closed shoes. Try and catch a shower twice a day, to feel cool and refreshed.

Be sun safe and skin smart this summer. Follow these



A FEW REMINDERS

FEATURED PRODUCT: USMED FINANCIAL ADVISORS

Sign & Return the purple packing slip from your initial shipment to us today.

For all future shipments, sign and return the **colored packing slip** as soon as you get your order to help us plan your next shipment.



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Not connected with or endorsed by the U.S. Government or Federal Medicare Program.

You are strongly encouraged to evaluate your needs before choosing a health plan.

US Med Financial Advisors currently offers Medicare Advantage, Medicare Supplement and Prescription Drug Plans from: ANTEX, Mutual of Omaha, United World, Coventry, UnitedHealthCare, Secure Horizons, AARP and the Universal American Corp. family of companies. Coverage, plans and carriers offered are subject to change.

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HOW TO: SUMMER READY YOUR HOME

When summer arrives most of us gear up for the outdoors and make plans for vacations, entertaining and fun. Getting our homes summer-ready will help us better enjoy it. It is time to dig out and make room for the inflatable pool and all our summer toys.



STEP 1: Reset your sprinkler system. If your landscaping has an automatic watering system, it may need to be adjusted for additional watering during the warmer months.

STEP 2: Clean your patio & get ready for outdoor living. Wash down patio furniture. You might need to replace the cushions and refill your patio torches with lantern fluid.

STEP 3: Fill your barbecue's propane tank, & get the grill cleaned and ready for entertaining. If you have a charcoal barbecue, make sure your supply of charcoal didn't get wet during the winter, & replace or restock if necessary.

STEP 4: Install sun shades. If you've been considering installing sun shades on the patio or over windows, get them in place to help minimize summer electric bills.

STEP 5: Service your air conditioners. Check those pads on the swamp cooler and have the central air conditioning serviced. When the heat hits, be ready.

STEP 6: Rearrange your kitchen for summer dining and entertaining. Place those plastic patio cups in a convenient location and get the ice cream maker from the garage. Bring out the appliances and gadgets you are more likely to use during the summer months, and store away those you typically used just during the winter.

STEP 7: Arrange a handy summertime closet with beach towels, shade umbrellas, beach toys, picnic basket, bug spray, suntan lotion & first aid kit. Dig out those items you typically use just during the summertime, & place them in a convenient location so you will know where they are.

STEP 8: Clean your rain gutters. Some parts of the country, such as Arizona, get very little rain during the winter months. But, they do have summer storms. If your rain gutters have been collecting debris during the winter months, get them cleaned before the summer storm

EXERCISE CORNER: At Work

You may not have time to fit workouts into your daily routine, but you can find time to do small exercises that will fight stress, promote flexibility, and give you a mental boost throughout the day. Any type of physical activity is important to help control type 2 diabetes. And remember, start small and take one step at a time.

AT WORK: Can't leave your desk? Get a workout while you're at work.

Leg Extension

Suggested Repetitions/Sets: 3 sets of 12 reps per leg

1. While sitting in a chair, hold your abdominal muscles in.
2. Extend left leg until level with hip.
3. Hold for 2 seconds, then lower leg.
4. Change legs and repeat as desired.



Chair Squat

Suggested Repetitions/Sets: 3 sets of 10 reps

1. As you are sitting in a chair, lift your bottom off the seat and hover for 3 seconds.
2. Stand up and repeat as desired.



Bicep Curl

Suggested Repetitions/Sets: 3 sets of 10 reps per arm

1. For this exercise, you will need a full 20 oz water bottle.
2. Hold water bottle in right hand.
3. With abdominal muscles in and spine straight, curl bottle toward shoulder then return back to original position.
4. Change hands and repeat as desired.



And remember, please check with your health professional before starting these or any other physical activity. For more of these Exercise Tips please visit TakeAction at: <http://www.actos.com/interactive/interactivehost.aspx?module=exercise>



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MINDFUL MEDITATION: WALKING

Mindful meditation is when you sit without “doing” anything, and you focus on the present moment. As you do this, you let go of thoughts about the past and the future.



After you practice this meditation, you may find it easier to be mindful even when you are not meditating. Being mindful means to focus your attention on things that are happening right now in the present moment.

People’s lives are busy. A person often does many things at one time. For example, you may be walking to the grocery store, making a shopping list, and talking on the phone all at the same time. But when you are mindful, you do just one of those things, such as walking, and you pay close attention to that one thing.

For example, as you are walking, how does the air feel against your skin? Is it warm, cool, dry, or moist? How do your feet feel as they hit the sidewalk? Do your shoes create pressure on your feet, or do your feet feel comfortable and supported? This is what it means to walk mindfully.

BRAIN SCRATCHER: WORD SEARCH

Difficulty
EASY

FOURTH OF JULY



Celebrate the 4th of July with this easy word search.

CONGRESS	X	Z	A	R	J	I	Z	X	O	I
ENGLAND	F	R	E	E	D	O	M	R	P	U
FLAG	L	Z	N	D	L	T	H	U	A	N
FREEDOM	L	Z	N	D	L	T	H	U	A	N
JULY	A	X	G	K	I	N	G	Z	R	I
KING	G	D	L	C	B	L	U	E	A	T
LIBERTY	G	D	L	C	B	L	U	E	A	T
PARADE	S	T	A	T	E	S	F	I	D	E
UNITED	C	O	N	G	R	E	S	S	E	D
STATES	C	O	N	G	R	E	S	S	E	D
RED	R	R	D	L	T	W	H	I	T	E
WHITE	J	J	U	L	Y	L	A	R	S	I
BLUE	F	S	Q	R	W	O	Q	C	Y	X

Diabetic Friendly RECIPE BOX: BAKED BARBEQUE CHICKEN

SERVES: 6	EXCHANGES: 4 Meat	Potassium 35.7mg
Prep Time: 10 Mins.	1 1/2 Other Carbohydrate	Sodium 546.2mg
Cook Time: 1 hour	Calories 142.7	Total Carb. 22.4g
	Total Fat 2.9g	Dietary Fiber 0.2g
	Saturated Fat 0.8g	Sugars 13.8g
	Unsaturated Fat 2g	Protein 5.6g

Ingredients:

- 1 Chicken, broiler/fryer, whole, (2-3 lbs) withskin, raw , cut into pieces
- 2 tsp garlic powder
- 1 1/2 cup Sauce, barbecue

Directions:

1. Preheat oven to 350 degrees F.
2. Place chicken in a shallow baking dish and sprinkle with garlic powder. Cover and bake 1 hour.
3. Remove baking dish from oven and drain any fat from dish. Pour the barbecue sauce evenly over the chicken and continue to bake, uncovered, for 30 minutes. Remove and serve.

This is from one of the recipes available on dlife.com.



What can we do better? Let us know. Email us at news@us-med.com. We'd love to hear what you think about us and why.



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PERK UP YOUR PALATE: **VINEGAR**

A splash of vinegar perks up soups, stews, and salads, reduces the oiliness of fish and French fries, and is the central ingredient in salad dressings. Vinegar comes in many varieties, each with its own distinct characteristics.

The word "**vinegar**" comes from the French *vin aigre*, meaning "sour wine." The name points to the process of preparing vinegar, which involves fermentation to cause grape or grain sugars to break down into ethyl alcohol and carbon dioxide gas. During a second fermentation, bacteria assist the alcohol to react with oxygen in the air to form acetic acid.

Commercial vinegars range from 4 to 9 percent acetic acid. This level of acidity makes vinegar useful in preserving food, as bacteria cannot grow in such strong acid. The acidity also enhances the flavour of food—so use it often.

A RAINBOW OF VINEGARS: The most popular vinegars are made from grapes, apples, malted barley, maize, and rice. Here are a few to stock in your pantry

WINE VINEGAR: (made from: red or white wines) Ranges from mild to strong, depending on the type of grape used and the length of fermentation; the deeper the colour, the stronger the flavour

RICE VINEGAR: (made from: rice grains whose starches are reduced to sugar using a mold culture) Delicate and light; sometimes flavoured with garlic and spices

MALT VINEGAR: (made from: sprouted barley, cereal grains, and unhopped beer) soft acidity balances the heaviness of deep-fried foods

CIDER VINEGAR: (made from: fermented apple juice) acidic and very tart

WHITE VINEGAR: (made from: distilled alcohol and water fermented to form acetic acid) stronger and sharper than other vinegars

BALSAMIC VINEGAR: (made from: extremely sweet Trebbiano grapes (skins and juice) that are crushed and fermented in wooden casks in the Italian region of Emilia-Romagna, near the town of Modena, Italy) black, syrupy, and complex in taste

BASIC BALSAMIC VINAIGRETTE

The sweetness of mirin and the tang of tamari balance the soft acidity of balsamic vinegar in this classic salad dressing.

- 1/3 cup (75 mL) balsamic vinegar
- 3 Tbsp (45 mL) fresh lime juice
- 1 Tbsp (15 mL) tamari
- 1 tsp (5 mL) mirin
- 1 tsp (5 mL) rice vinegar
- ¼ tsp (1 mL) black pepper, freshly ground

Whisk together balsamic vinegar, lime juice, tamari, mirin, rice vinegar, and pepper in a small bowl. Cover and store in the refrigerator for up to 3 days.

Makes ½ cup (125 mL).



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