

HealthConnection

GOOD NEIGHBOR PHARMACY

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CONLIN'S PHARMACY

30 Lawrence Street, Methuen, MA 01844

Hours: Mon-Fri 8:30am-7pm Sat 9am-3pm Sun Closed

Phone: (978) 552-1700 Fax: (978) 552-1785

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Healthy Eating

Fire Up the Grill (or Campfire!) for Easy Dinners

Looking for a fun way to add more fruits and veggies to your family's diet? Try these Campfire Shish-ka-bobs. They are great for a summer camping trip and you can also make them on grill right in your back yard.

Campfire Shish-ka-bobs

1 pound chicken breast, cubed (You can also use shrimp or beef, cubed, instead of chicken)

4 cups fruits and vegetables (green peppers, onions, pineapple, apples, etc.), cubed.

Alternate items on wooden skewers, wrap in foil and cook over a medium open fire or on a medium-hot grill for about 15 minutes, turn and cook another 15 minutes until done.

Nutrition, using chicken breast: 220 calories, 1.5g total fat, .5g saturated fat, 65 mg cholesterol, 65 mg sodium, 25 g carbohydrate, 28 g protein, 4% DV Vitamin A, 75% DV Vitamin C, 4% DV calcium, 8% DV iron.

—Source: South Dakota Department of Health



Senior Health Update

Extreme Heat: Protect Yourself

Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average for the location at that time of year. Humid or muggy conditions add to the discomfort of high temperatures.

To protect yourself when temperatures are extremely high, remember to keep cool and use common sense. Exercise outside early in the morning or in the evening to avoid the hottest part of the day. Drink plenty of fluids. During hot weather you will need to increase your

fluid intake, regardless of your activity level. Your sense of thirst may diminish with age. Do not wait until you are thirsty to drink.

Safety note: If your doctor generally limits the amount of fluids you drink or has you on water pills, ask how much you should drink while the weather is hot.

Remember your sunscreen, too!

—Source: U.S. Centers for Disease Control and Prevention





Protect Your Family With Our Summer Safety Tips

Bugs and lawn mowing? Sounds like summer! The American Academy of Pediatrics has some tips for families to help keep kids safe from lawn-mower accidents and from diseases transmitted by summer's least-loved pests.

BUG SAFETY

Do not use scented soaps, perfumes or hair sprays on your child.

Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom. Avoid dressing your child in clothing with bright colors or flowery prints. To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.

Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.

Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile Virus and other viruses.

The current AAP and CDC recommendation for children older than 2 months of age is to use 10 percent to 30 percent DEET. DEET should not be used on children younger than 2 months of age.

The effectiveness is similar for 10 percent to 30 percent DEET but the duration of effect varies. Ten percent DEET provides protection for about two hours and 30 percent provides protection for about five hours. Choose the lowest concentration that will provide the required length of

coverage. The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when they return indoors.

LAWNMOWER SAFETY

Only use a mower with a control that stops the mower blades from moving if the handle is let go. Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.

Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing. Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.

Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.

Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas. Do not allow children to ride as passengers on ride-on mowers. Keep children out of the yard while mowing. Drive up and down slopes, not across, to prevent mower rollover. Keep guards, shields, switches, and safety devices in proper working order at all times. Anyone in the vicinity of running lawnmowers should wear polycarbonate protective eye wear at all times.

—Source: American Academy of Pediatrics

To Do List

4 Easy Ways to Get Stronger Muscles and Bones

1. Heavy gardening. Get busy digging and shoveling!
2. Lifting weights. No fancy, expensive gym membership required. For weight training, visit your local YMCA or check out classes through your parks-and-recreation association or adult school. At home, you can use common grocery items as weights. Try bags of rice, vegetable or soup cans, or bottled water.
3. Work with resistance bands. These bands are inexpensive and easy to keep handy while you are watching TV. You can also take them along on your summer vacation to help you fit in quick workouts.
4. Team up with a friend. Encourage each other as you both get stronger!

NOTE: Always get your doctor's approval before starting a new exercise plan.

—Source: U.S. Department of Health and Human Services



Mix Up a Fun Summer Smoothie!

Ready to cool off and enjoy a sweet treat? Try one of these easy-to-make smoothies. Older kids can make these on their own with an adult's permission. Younger kids can help. If you have never tried the taste of apples and honey together, or bananas and malted-milk powder, you are in for a treat. And don't forget to try blueberries and peaches! Cooling off never tasted so good.

Apple Yogurt Smoothie Makes 2 servings

- 2 cups low-fat vanilla yogurt
- 1 granny smith apple, cored, peeled and diced
- ½ cup orange juice
- ½ cup ice
- 2 tablespoons honey

1. Put all ingredients in a blender or food processor.
2. Mix until smooth.
3. Pour into 2 glasses.
4. If desired, garnish with sliced almonds and ½ teaspoon honey

Blues Buster Smoothie Makes 2 servings

- 1 (6 ounce) container low-fat blueberry yogurt
- ½ cup apple juice
- ⅓ cup fresh or frozen blueberries
- ⅓ cup frozen sliced peaches
- 5 or 6 ice cubes

1. Place yogurt, apple juice, blueberries and peaches in blender.
2. Add ice cubes.
3. Blend ingredients until smooth.

Frozen Monkey Shakes Makes 2 Servings

- 2 bananas, peeled
- 1 cup low-fat milk
- 5 tbsp frozen orange juice concentrate
- 3 tbsp malted milk powder (optional)

1. Wrap bananas in plastic wrap; freeze.
2. Break bananas into pieces; place in blender with milk, orange juice concentrate and malted milk powder.
3. Blend until smooth.

—Source: University of Nebraska Lincoln Extension

Get Fit

Got Stress? Try Relaxation Techniques

Stressed out? Join the crowd — the crowd that is learning to relax, that is. The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, meditation, and yoga can help you activate this relaxation response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. What's more, they also serve a protective quality by teaching you how to stay calm and collected in the face of life's curveballs.

You can't avoid all stress, but you can counteract its negative effects by learning how to evoke the relaxation response, a state of deep rest that is the polar opposite of the stress response. The stress response floods your body with chemicals that prepare you for "fight or flight." But while the stress response is helpful in true emergency situations where you must be alert, it wears your body down when constantly activated.

The relaxation response brings your system back into balance: deepening your breathing, reducing stress hormones, slowing down your heart rate and blood pressure, and relaxing your muscles.

In addition to its calming physical effects, research shows that the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. Best of all — with a little practice — anyone can reap these benefits.

A variety of relaxation techniques help you achieve the relaxation response. Learning the basics of these relaxation techniques isn't difficult but it does take practice to truly harness their stress-relieving power. Daily practice, in fact. Most experts recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. If you'd like to get even more stress relief, aim for 30 minutes to an hour. Talk with your doctor about the best relaxation-practice options for you.

—Source: University of California Davis Medical Center





Health Q&A

How Can I Stick to My Healthy Eating Plan While on Vacation?

Q: I have been doing a great job of eating healthier lately, but I am afraid my family vacation will de-rail all of my efforts. What can I do to stay on track?

A: First, TASTE... Do not indulge. Vacation is not the time to worry about every little calorie you consume. If your vacation destination brings richer-than-usual foods your way, enjoy them! The key is to just have a taste of these foods. Is the last bite of that sundae any more enjoyable than the first? It is usually the first bite that is so good!

Look for local specialties. Indulge your senses with something special while on vacation. If you are going to splurge, make it an experience. Do not waste your calories on the same old stuff you can get at home.

Eat slowly. It can take 20 minutes for your stomach to tell your brain that it is full, so do not overstuff yourself during those 20 minutes!

Calories from alcoholic beverages add up quickly, so sip slowly! (A pina colada can run you 720 calories!) If you must, consider "splurging" with one sugary, high-calorie beverage, and then drink a glass of water.

—Source: University of Texas at San Antonio

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What's Happening at the Pharmacy? What Can My Pharmacist Do For Me?

Pharmacists are a critical part of your healthcare team. Many supervise pharmacy technicians, who prepare medicine to fill your prescriptions. Today's pharmacists do much more. They counsel you on how to use your medicine correctly and they can help prevent overdoses and dangerous drug interactions by tracking the amounts and combinations of the drugs you take.

Your pharmacist is a drug expert. He or she can help you get the most out of your medication by sharing important information on how to use it. Should you take your prescription drug before or after meals? Is it necessary to stay out of the sun or avoid particular foods while taking your prescription? What over-the-counter drugs, herbal products, or other remedies should you avoid while taking a medication or if you have a particular medical condition? The next time you have questions about your prescription or non-prescription medication, chat with your pharmacist.

—Source: University of Rochester Medical Center



Do you have more questions? Our website has the answers. Visit www.GoodNeighborPharmacy.com for more information.

Your Diet

Are There “Best Snack Foods” for People with Diabetes?

Snacks can help curb hunger while adding a nutritious energy boost to your day. However, it is important to choose wisely, especially when you have diabetes. Eating low-carb snacks can help keep hunger at bay and your energy up without causing big increases in blood glucose and a need for extra insulin to be produced or injected. Here are some healthy snacks with less than 5 grams of carbohydrate:

15 almonds

3 celery sticks + 1 tablespoon of peanut butter

5 baby carrots

5 cherry tomatoes + 1 tablespoon ranch dressing

1 hard-boiled egg

1 cup cucumber slices + 1 tablespoon ranch dressing

¼ cup of fresh blueberries

1 cup of salad greens + 1/2 cup of diced cucumber + drizzle of vinegar and oil

1 cup of air-popped popcorn

2 Saltine crackers

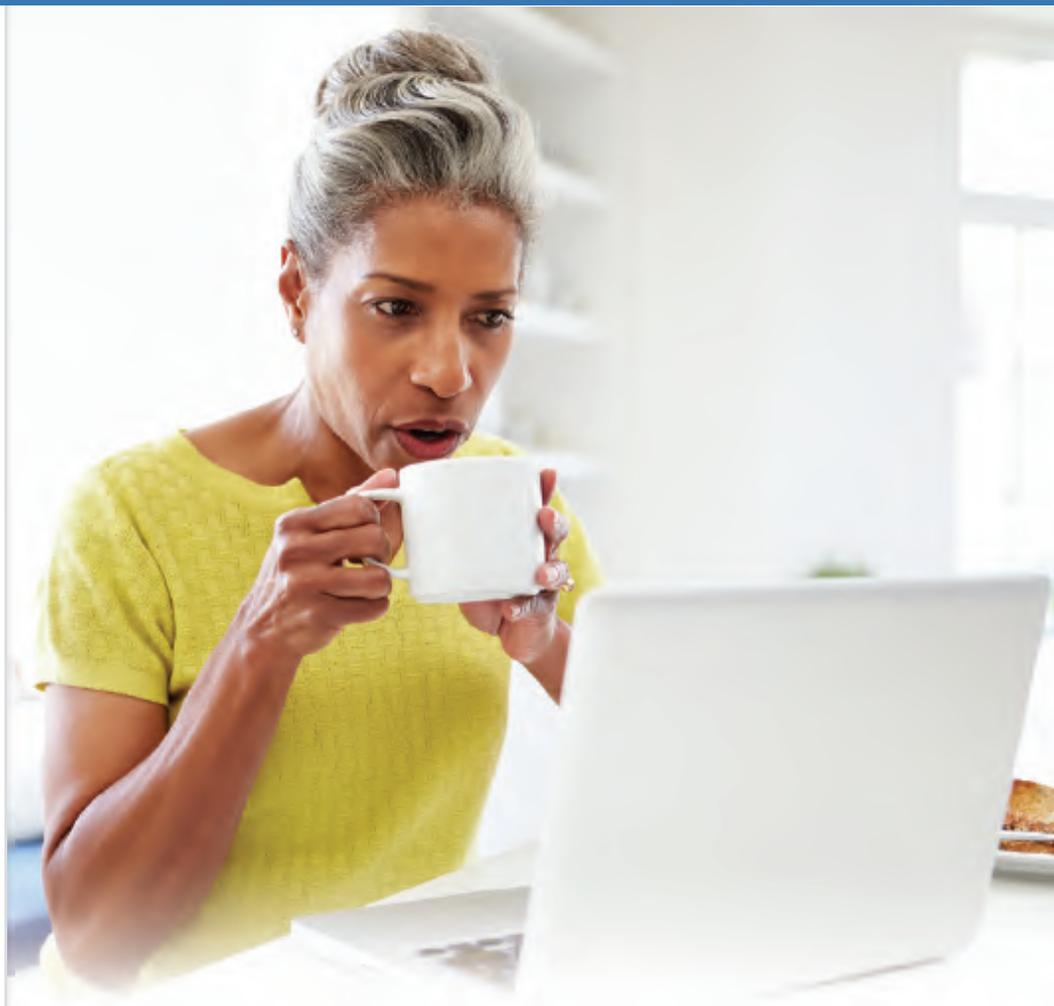
½ cup sugar-free gelatin

1 piece of string cheese

8 green olives

2 tablespoons pumpkin or sesame seeds

—Source: American Diabetes Association



Get Fit

Diabetes and Menopause: A Twin Challenge

Diabetes and menopause may team up for varied effects on your body:

- **Changes in blood-sugar level.** The hormones estrogen and progesterone affect how your cells respond to insulin. After menopause, changing hormone levels can trigger fluctuations in blood-sugar levels. You may notice that your blood-sugar level is less predictable than before. If your blood sugar gets out of control, you have a higher risk of diabetes complications.
- **Weight gain.** Some women gain weight during the menopausal transition and after menopause. This can increase the need for insulin or oral diabetes medication.
- **Infections.** Even before menopause, high blood-sugar levels can contribute to urinary and vaginal infections. After menopause, when a drop in estrogen makes it easier for bacteria and yeast to thrive in the urinary tract and vagina, the risk is even higher.
- **Sleep problems.** Menopause-related sleep deprivation can make it tougher to manage blood-sugar levels.
- **Sexual problems.** Diabetes can damage the nerves of the cells lining the vagina, interfering with arousal and orgasm. Vaginal dryness, a common symptom of menopause, may compound the issue by causing pain during sex.

Now is the time to discuss with your doctor any questions or concerns you may have.

—Source: Mayo Clinic



Living with Diabetes

Plan Ahead for Meals on the Road

People with diabetes need to be especially vigilant about maintaining a healthy diet while they are on vacation. "All of the emotion and anticipation before a vacation often leads us to forget our focus on a lifestyle of eating right, exercising and making good choices," notes Vanderbilt University Medical Center registered dietitian Amy Kranick.

One of the best things you can do for yourself on vacation is to have a food plan. Write your plan down and keep it with you so you can refer to it often. Be realistic with your goals so that you have a better chance of following them, Kranick suggests.

"Make a commitment to yourself, and part of your memory of this trip will be how much fun you had and how you stayed committed to taking care of yourself," she adds. Before you leave, talk with your doctor about any particular challenges you anticipate.

—Source: Vanderbilt University Medical Center

Diabetes in the News Study: Treating Depression Improves Health in People with Type 2 Diabetes

Evidence suggests that people with diabetes are twice as likely to develop clinical depression as those without the disease, according to the authors of a recent small study published in the medical journal *Diabetes Care*. Depression is associated with a loss of blood-glucose control and poorer health in general.

Researchers wanted to find out if adding cognitive behavioral therapy, a systematic approach that focuses on goals, to a diabetes-education program provided a clear benefit over diabetes education alone.

Results of the study found that participants who received cognitive behavioral therapy were better at following doctors' instructions with respect to taking their medications and measuring their blood-glucose levels than were those who received only diabetes education. People who had been in therapy also ended up with lower A1C levels (average blood glucose over the previous two to three months) and reported being less depressed than the control group.

—Source: American Diabetes Association



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Don't let anything get in the way of summer fun!

It's summer, and we all know what that means: barbecues, camping and beaches—and sunburns, bee stings and bug bites. Take care of your family this summer with products from your local *Good Neighbor Pharmacy*[®]. Talk to your pharmacist about what products are right for you or visit GoodNeighborPharmacy.com/SummerSafety



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