

# HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 8 • It's Back to School Time!



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30 Lawrence Street, Methuen, MA 01844

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## Healthy Eating Pack Back-to-School Lunches Safely

When it comes to packing lunches, remember the rule: Keep hot things hot and cold things cold. Keeping food cold slows bacterial growth and keeps food safe. Harmful bacteria multiply rapidly in the “Danger Zone” - the temperatures between 40 and 140° F. Keep perishable food refrigerated until time to leave home. Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box. Use an insulated soft-sided bag if possible- it works best for keeping food cold. Use an insulated container or thermos to keep hot food hot - 140° F or above.

—Source: The University of Wisconsin, Madison



## Senior Health Update

### “How Do I Dispose of Outdated Medications?”

Following specific guidelines on medication disposal can help protect children, pets and the environment. Be sure to follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless the information specifically instructs you to do so.

Take advantage of community drug-take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government’s household trash and recycling service to see if a take-back program is available in your community. Also, the Drug Enforcement Administration, working with state and local law-enforcement agencies, sponsors National Prescription Drug Take Back Days ([www.deadiversion.usdoj.gov](http://www.deadiversion.usdoj.gov)) throughout the U.S.

If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash. First, take them out of their original containers and mix them with something undesirable, like coffee grounds or kitty litter, to make them less appealing or unrecognizable to anyone who might intentionally go through your trash. Put them in a sealable bag, empty can or other container to prevent the medication from leaking or breaking out of the garbage bag.

—Source: U.S. Food and Drug Administration





## Back-to-School Safety Tips

Ready for a new school year? These safety tips will help make sure your kids get off to a healthy start when the school bell rings.

### Preventing Backpack-Related Injuries

- Chose a backpack for your child carefully. It should have ergonomically designed features to enhance safety and comfort.
- Don't overstuff a backpack; it should weigh no more than 10 to 20 percent of your child's body weight. For example, a child that weighs 60 pounds should carry a backpack no heavier than 12 pounds.
- Ask your children to use both straps when wearing their backpack to evenly distribute the weight.

### Walking to School

- Review your family's walking safety rules.
- Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop and look both ways to see if cars are coming.
- Never dart out in front of a parked car.
- Practice walking to school with your child.

### Riding a Bicycle to School

- Make sure your child always wears their helmet while riding their bicycle.
- Teach your children the rules of the road to ride their bicycles safely.
- Ride on the right side of the road and in a single file.
- Come to a complete stop before crossing the street.

### Riding the Bus to School

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Make sure your children stand at least six feet away from the curb.
- If you and your child need to cross the street in front of the bus, walk on the side of the road until you are at least 12 feet ahead of the bus. You always should be able to see the bus driver, and the bus driver should always be able to see you.

—Source: National Safety Council

## Did You Know?

More than two-thirds of American adults are considered overweight or obese. Excess weight may lead to heart disease and diabetes. Creating and following plans for healthy eating and physical activity may help you improve your health.

What is a healthy weight? Body mass index (BMI) is one way to tell whether you are at a healthy weight, overweight, or obese. It measures your weight in relation to your height. A BMI of 18.5 to 24.9 is in the healthy range. A person with a BMI of 25 to 29.9 is considered overweight, and someone with a BMI of 30 or greater is considered obese.

Another way to find out if you are at risk for health problems caused by being overweight or obese is to measure your waist. If you are a woman and your waist is more than 35 inches, or if you are a man and your waist is more than 40 inches, your risk of disease may be higher.

—Source: National Institute of Diabetes and Digestive and Kidney Diseases





### *What's Happening at the Pharmacy?*

## My Doctor Prescribed a New Medication. What Questions Should I Ask?

When you get a new prescription medication, make sure you talk with your doctor or pharmacist about the drug so that you are an informed patient and can make sure you are taking it correctly. Here are some questions you may want to ask.

- Why am I taking this medicine?
- Can I take a generic version?
- Does this mean I should stop taking any other medicines?
- How much should I take and how often? If I need to take it three times a day, does that mean at breakfast, lunch, and dinner, or every 8 hours?
- Do I need to take it all, or should I stop when I feel better?
- How long will I be taking it? Can I get a refill?
- How should I store my medication?
- Are there any tests I need while I'm on this medicine?
- When should the medicine start working? How can I tell if it is working?
- Are there foods, drinks, other medicines or activities to avoid while I'm taking this medicine?
- What are the side effects? When should I tell the doctor about a side effect?
- What happens if I miss a dose?
- What printed information can you give me about this medicine?

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

### *Kids' Corner*

## Danger! Poison!

You can get poisoned by eating, drinking, touching or smelling something that can make you sick or hurt you. Some things, like medicine, can make you sick if you take the wrong kind, or if you take too much. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first!

Poison can be found in any room in your home. They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

If you think you have come into contact with a poison, tell a grown-up right away! They will call the poison center. The poison center will tell them how to help you. If you think your mom or dad, or your brother or sister, or even your friend came into

contact with a poison, you can call the poison center, too. Learn the poison center's phone number, 1-800-222-1222, and make sure you have the number of the poison center on or near the telephones in your house.

Ask your mom or dad to teach you what things are dangerous and what things are not. Sometimes poisons can be colorful or have interesting designs on the packaging. It is very important that you stay away from anything you aren't familiar with unless an adult says it's okay.

Encourage your family to have a plan in case someone accidentally comes into contact with a poison. Just like fire and tornado drills, a well-practiced plan of action can help keep you and your family safe.

—Source: American Association of Poison Control Centers





Health Q&A

## What Immunizations Do I Need as an Adult?

**Q:** I keep track of my children's immunizations, but how do I know what immunizations I need now that I am older?

**A:** Talk with your doctor about what you need. Immunizations are NOT just for kids! Regardless of age, we ALL need immunizations to keep us healthy. With time, immunity from childhood vaccines can wear off and you may be at risk for new and different diseases. The immunizations you need as an adult are determined by factors such as your age, lifestyle, health conditions, locations of travel and previous immunizations. Throughout your adult life, you need immunizations to maintain protection against influenza, tetanus, diphtheria and pertussis (whooping cough), pneumococcal disease and hepatitis B.

Other vaccinations you may need include those that protect against human papillomavirus (which can cause certain cancers), hepatitis A, meningococcal disease, chickenpox (varicella) and measles, mumps and rubella. Ask your doctor which vaccines are recommended for you.

Encourage other adults in your family to find out which immunizations they may need to help protect against preventable diseases.

Remind your family, friends, co-workers, and those in the community to get vaccinated each year against seasonal influenza. If they are up-to-date on all of their vaccinations, they protect themselves and those around them, especially babies too young to be vaccinated.

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

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### Your Diet

## Try This Cool, Healthy Breakfast on Summer's Hottest Days

### Strawberry Banana Yogurt Parfait

4 cups light (no-sugar-added) fat-free vanilla yogurt

2 large bananas (about 2 cups), sliced

2 cups fresh strawberries, sliced (or used thawed frozen fruit)

2 cups graham crackers, crumbled

1/2 cup fat-free whipped topping (optional)

For each parfait, spoon 1 tablespoon yogurt into the bottom of each 8-ounce wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and 1/2 cup graham crackers. Repeat the yogurt, banana, strawberry, and graham cracker layers. Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Yield: 8 servings

—Source: National Heart, Lung and Blood Institute



Do you have more questions? Our website has the answers. Visit [www.GoodNeighborPharmacy.com](http://www.GoodNeighborPharmacy.com) for more information.

## Living with Diabetes Protect your Feet

If you have diabetes, you may have serious foot problems - yet feel no pain. Look at your feet every day to see if you have scratches, cracks, cuts or blisters. Always check between your toes and on the bottoms of your feet. If you can't bend over to see the bottoms of your feet, use a mirror that won't break. If you can't see well, ask a family member or friend to help you. Call your doctor at once if you have a sore on your foot. Sores can worsen quickly.

Wash your feet every day. Dry them with care, especially between the toes. Don't soak your feet - it can dry out your skin, and dry skin can lead to infections. Rub lotion or cream on the tops and bottoms of your feet - but not between your toes. Moisture between the toes will let germs grow which could cause an infection.

Wear properly fitting shoes and seamless cotton socks. Never go barefoot, even at home.

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



### Get Fit

## Everybody in the Pool!

Swimming is a great form of all-round exercise. It's ideal if you want to be more active and stay healthy, whatever your age or ability.

Regular swimming can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

Swimming is a lifelong skill that could save a life. If you can't swim, it's never too late to learn. For most people, swimming is a safe and effective form of exercise. If you are worried about an existing health condition, see your doctor before you start swimming.

Don't worry if you are afraid of the water or panic when you think about the deep end. Beginners' lessons focus on building confidence in the water. The best place to get started is at your local pool. You'll find information on classes for different age

groups and levels. Most pools offer adult-only beginners' lessons, which focus on building water confidence and improving your stroke.

Try to set aside time every week to go to the pool, before or after work or on weekends. Write it in a planner so it becomes a permanent fixture in your weekly schedule. Consider getting an annual swim pass. This will help you save money and encourage you to go more often.

It really helps to go swimming regularly with someone of about the same ability as you. You'll encourage each other on those days when you're not so excited about going to the pool. You'll feel you don't want to let your swimming partner down and this will help motivate you.

See you at the pool!

—Source: National Health Services, United Kingdom



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## Diabetes Prevention

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# A Walk a Day Can Help Keep Diabetes Away

Aerobic exercise makes your heart and bones strong, relieves stress, reduces your chances for developing type 2 diabetes, helps your insulin work better (if you have diabetes) and improves blood circulation. It also lowers your risk for heart disease by keeping your blood glucose, blood pressure and cholesterol levels on target.

Aim for about 30 minutes a day, at least 5 days a week (a total of at least 150 minutes each week). If you haven't been very active recently, start with 5 or 10 minutes a day, then work up to more time each week. Or split up your activity for the day. Try a brisk 10-minute walk three times a day. Your healthcare team can show you how to warm up and stretch before aerobic exercise and how to cool down afterward.

—Source: American Diabetes Association



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## Diabetes in the News

### Study Debunks Myth That Pudgy Diabetics are Healthier

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The recently-proposed idea that being slightly overweight might actually be healthier for some people with diabetes seems to be a myth, researchers say. The new research was published in the *New England Journal of Medicine*. The study found that there is no survival advantage to being overweight, and that there is a disadvantage to being very overweight.

More than 24 million Americans have diabetes, mostly Type 2, the type that is on the rise because of obesity. About two-thirds of U.S. adults are overweight, including one-third who are obese. Weighing too much increases the chances of heart disease, cancer and premature death. However, some small studies have suggested this might not be true for everyone, and that Type 2 diabetics might even benefit from a few extra pounds.

—Source: National Institutes of Health



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