

HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 9 • It's Flu-Prevention Time!



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GoodNeighborPharmacy.com



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Healthy Eating

Try Our Zesty Tomato Soup for Busy Back-to-School Nights

Zesty Tomato Soup

1 can (14½ oz) no-salt-added diced tomatoes

1 cup jarred roasted red peppers, drained

1 cup fat-free evaporated milk

1 tsp garlic powder

¼ tsp ground black pepper

2 tbsp fresh basil, rinsed and chopped (or 2 tsp dried)

Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.

Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.

Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.

Add basil, and serve.

Optional step: Serve with whole-wheat croutons sprinkled on top

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



Senior Health Update

What Screening Tests Do I Need?

After age 65, you'll want to make sure you are on top of all the screening tests your doctor recommends. Here are some of the most-common recommended tests for women, according to the U.S. Department of Health and Human Services' Office on Women's Health. Ask your doctor about other screening tests you may need.

Blood pressure: Get tested at least every two years if you have normal blood pressure (lower than 120/80). Get tested yearly if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure of 140/90 or higher.

Bone-density test: Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.

Mammogram: Get screened every two years through age 74. Age 75 and older,

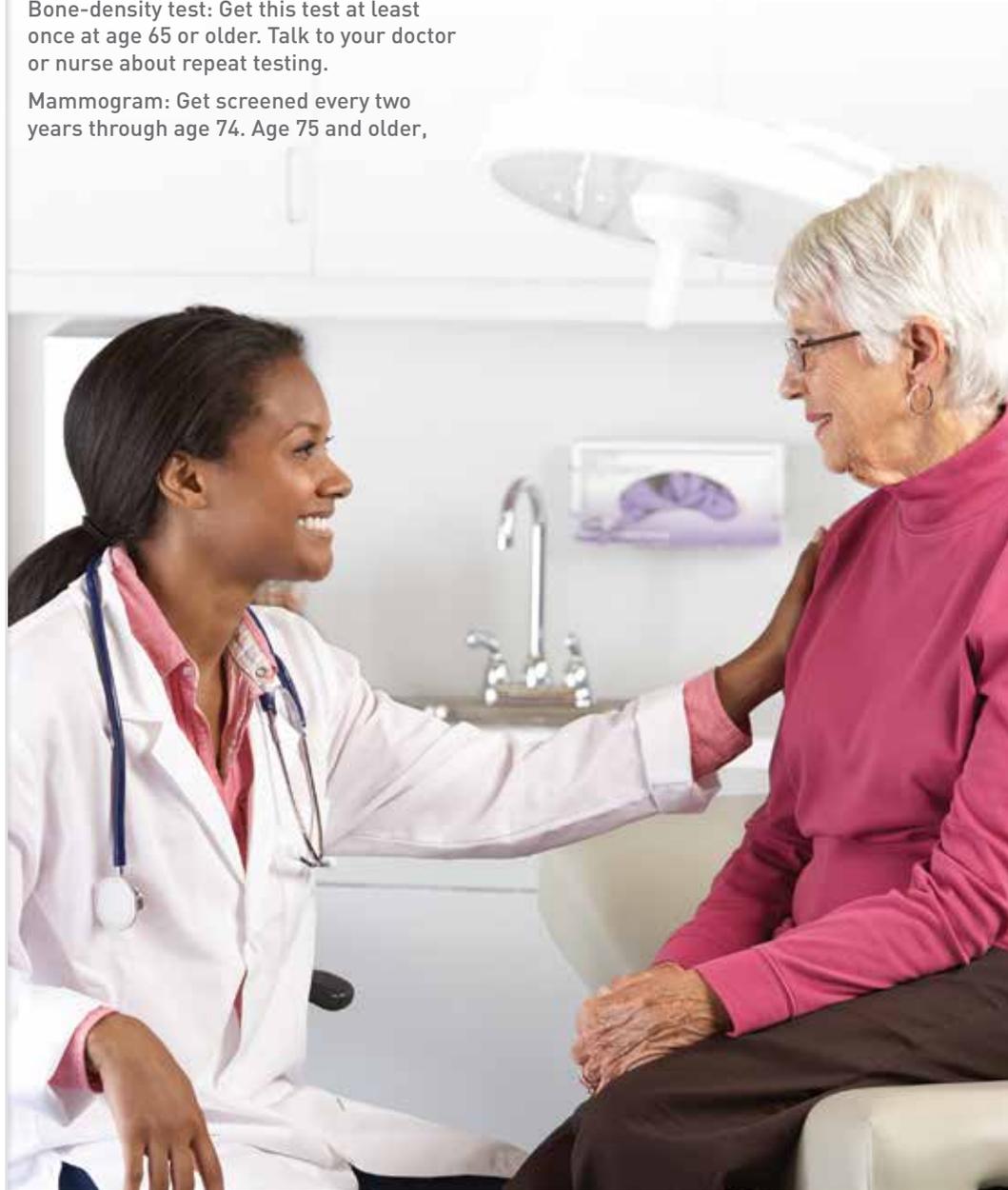
ask your doctor or nurse if you need to be screened.

Cervical-cancer (Pap test): Ask your doctor or nurse if you need to get a Pap test.

Cholesterol: Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor how often you need your cholesterol tested.

Colorectal cancer: Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

—Source: U.S. Department of Health and Human Services' Office on Women's Health





The Flu Vaccine: Why Get Vaccinated?

Influenza (“flu”) is a contagious disease that spreads across the U.S. every winter, usually between October and May. Flu is caused by the influenza virus, and can be spread by coughing, sneezing, and close contact. Anyone can get flu, but the risk is highest among children. Symptoms come on suddenly and may last several days. They can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can make some people much sicker than others. These people include young children, people age 65 and older, pregnant women, and people with certain health conditions, such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially important for these people, and anyone in close contact with them.

Flu can also lead to pneumonia, and can make existing medical conditions worse. It can cause diarrhea and seizures in children.

Each year thousands of people in the U.S. die from flu, and many more are hospitalized. Flu vaccine is the best protection we have from flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

There are two types of influenza vaccine. The first is an inactivated flu vaccine, which does not contain any live influenza

virus. It is given by injection with a needle, and is often called the “flu shot.” A different, live, attenuated (weakened) influenza vaccine is sprayed into the nostrils. Your doctor can tell you which one you and each family member should receive.

Flu vaccine is recommended every year. Children 6 months through 8 years of age should get two doses the first year they get vaccinated.

Flu viruses are always changing. Each year’s flu vaccine is made to protect from viruses that are most likely to cause disease that year. While flu vaccine cannot prevent all cases of flu, it is our best defense against the disease.

Inactivated flu vaccine protects against three or four different influenza viruses. It takes about 2 weeks for protection to develop after the vaccination, and protection lasts several months to a year.

Some illnesses that are not caused by influenza virus are often mistaken for flu. Flu vaccine will not prevent these illnesses. It can only prevent influenza.

A “high-dose” flu vaccine is available for people 65 years of age and older. If you are in this age group, talk with your doctor about whether you should receive this vaccine.

There are some people who should not receive the flu vaccine due to health conditions. For most people, it’s a smart move. Consult with your doctor about whether the flu shot is right for you and your family members.

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

To Do List

Try These Easy Steps to Healthier Eating

Want to eat more healthfully without following fancy or expensive diets? It’s simple, with these tips:

- Avoid oversized portions. Enjoy your food and take your time when eating. Plan to eat less from the start of your meal.
- Fill half of your plate with fruits and veggies.
- Switch from regular to skim milk.
- Compare sodium in foods such as soup, bread and frozen meals and choose those with lower numbers. Keep an eye out for versions of these foods marked “low sodium.” Soups, in particular, now come in many low-sodium versions.
- Choose water instead of sugary drinks.

—Source: U.S. Office of Disease Prevention and Health Promotion





What's Happening at the Pharmacy?

Foot Screenings, Flu Shots and So Much More

Did you know that your pharmacist at your *Good Neighbor Pharmacy* can do much more than dispense prescription medications? The pharmacist is there to talk with you about over-the-counter medications, medication side effects, potential drug interactions and the best way to take your medications.

In addition, many pharmacists perform free foot-health screenings, looking for things such as diabetes-related foot problems.

And did you know that you can also get your annual flu shot from a pharmacist at many *Good Neighbor Pharmacies*? What a great way to save the cost and hassle of making a doctor appointment to receive your immunization.

Think of your pharmacist as your partner in good health. Call your nearby *Good Neighbor Pharmacy* today to ask about these services and more.

Kids' Corner

Kids in the Kitchen!

It's easy to get creative in the kitchen with fun recipes like this one — and with a little help with the oven from a parent or an older brother or sister. For Crispy Tomato Toast, you'll chop up juicy tomatoes and fresh basil — along with a little garlic to give it a kick. It's so simple you can make it as a fun and healthy after-school snack! Or help out with dinner by making it to go with chicken or pasta. Have fun!

Crispy Tomato Toast

- 2 large tomatoes cut into small chunks
- 1 clove fresh garlic, finely chopped
- 3 or 4 leaves fresh, finely chopped basil (or you can substitute 2 teaspoons dried basil)
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 whole-wheat baguette

Toss tomato, garlic and basil together in a medium bowl. Mix in salt, pepper, oil and vinegar. Cover and refrigerate at least 1 hour to chill.

Preheat oven to 350 degrees. Slice baguette into 1-inch slices and place on baking sheet. Bake baguette slices for 4 to 5 minutes, until lightly toasted. Spoon mixture onto toasted bread and serve immediately.

Variation: Instead of a baguette, serve with whole-wheat crackers.

—Source: The Children's Hospital of Philadelphia





Health Q&A

What is the Difference Between Spring and Fall Allergies?

Q: I keep hearing about “spring allergies” and “fall allergies.” Aren’t all allergies the same?

A: The symptoms may be the same, but for allergy sufferers, the cause may be different, depending on the time of year. Seasonal allergic (commonly referred to as hay fever) affects millions of people worldwide. Symptoms include sneezing, stuffiness, a runny nose and itchiness in your nose, the roof of your mouth, throat, eyes or ears. These allergic reactions are most commonly caused by pollen and mold spores in the air, which start a chain reaction in your immune system.

Pollen are tiny grains needed to fertilize many kinds of plants. Pollen from plants with colorful flowers, like roses, usually do not cause allergies. These plants rely on insects to transport the pollen for fertilization. On the other hand, many plants have flowers that produce powdery pollen that are easily spread by wind. These culprits cause allergy symptoms.

Each plant has a period of pollination that does not vary much from year to year. However, the weather can affect the amount of pollen in the air at any time. Seasonal allergic rhinitis is often caused by tree pollen in the early spring. During the late spring and early summer, grass pollen often cause symptoms. Late summer and fall hay fever is caused by weed pollen. In warmer places, pollination can be year-round.

—Source: American Academy of Allergy, Asthma & Immunology

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Your Diet

Portions and Servings: What’s the Difference?

When you’re monitoring and trying to improve your eating habits as part of your diabetes control plan, it’s important to know the difference between a serving size and a portion. A serving size is the amount of food listed on a product’s food label and it varies from product to product. A portion is how much food you choose to eat at one time, whether in a restaurant, from a package or at home. Sometimes the serving size and portion size match; sometimes they do not. If you are using an ADA diet exchange list, you will probably want to refer to the exchange sizes when deciding on how big your portion should be as part of your meal plan.

For example, according to a food label, one cup of macaroni and cheese is one serving. But if you make yourself a large bowl of macaroni and cheese, that portion is much bigger than one serving. The same may be true if you pour yourself a large bowl of cereal for breakfast. You should be the judge of how the portion you choose to eat relates to the serving size noted on the food label.

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



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

Did You Know...?

Making smart food choices are easier than you think. Changing how you think about grains and protein is a good place to start.

Make your grains whole grains, which have a gentler effect on blood sugar and insulin compared with refined grains. Over time, eating whole grains (brown rice, whole wheat bread, whole grain pasta) in place of refined grains (white rice, white bread, white pasta) makes it easier to control weight and lowers the risk of heart disease and diabetes.

Pick healthy protein sources such as fish and beans, not burgers and hot dogs. Eating fish, chicken, beans or nuts in place of red meat and processed meat can lower the risk of heart disease and diabetes. So limit red meat — beef, pork or lamb — to twice a week or less. Avoid processed meat — bacon, cold cuts, hot dogs and the like — since it strongly raises the risk of heart disease, diabetes and colon cancer.

—Source: Harvard School of Public Health



Get Fit

Fight Mental and Physical Fatigue with Fitness

Want to feel better and have more energy? Exercise can help.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk might be just the ticket. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

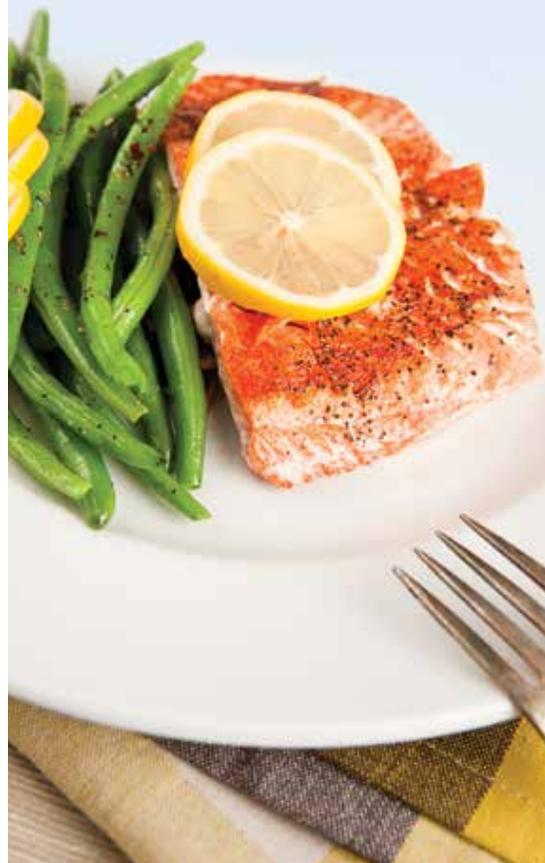
Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors, or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a friend for a walk. Find a physical activity you enjoy, and just do it. If you get bored, try something new!

Exercise and physical activity are a great way to feel better, gain health benefits and have fun.

—Source: Mayo Foundation for Medical Education and Research



Medicare and Your Diabetes Care

Medicare helps pay for certain services and supplies for people with diabetes who have Medicare Part B. All require a doctor's prescription. The diabetes-related services and supplies that are covered include the following:

- Blood-sugar monitor and supplies
- An A1C test, which is a lab test that measures how well your blood glucose has been controlled over the past three months

- Dilated eye examinations to check for diabetic eye diseases
- Glaucoma screening
- Flu and pneumonia shots
- Diabetes self-management training
- Medical nutrition therapy services

For more information about what Medicare covers, contact the Centers for Medicare and Medicaid Services at 1-800-MEDICARE or 1-800-633-4227. TTY users dial 1-877-486-2048.

—Source: National Institutes of Health

Living with Diabetes Testing Urine for Ketones

Urine checks for ketones are important when your diabetes is out of control or when you are sick. Ketone is a chemical produced when there is a shortage of insulin in the blood and the body breaks down body fat for energy. When Ketone is found in urine, it is a sign that your body is using fat for energy instead of using glucose because not enough insulin is available to use glucose for energy. Having Ketones in urine is more common in type 1 diabetes.

Ask your doctor or nurse when to check for ketones. You may be advised to check under the following conditions:

- Your blood glucose is more than 300 mg/dl
- You feel nauseated, are vomiting or have abdominal pain
- You are sick (for example, with a cold or flu)
- You feel tired all the time
- You are thirsty or have a very dry mouth
- Your skin is flushed
- You have a hard time breathing
- Your breath smells "fruity"
- You feel confused or "in a fog"

These can be signs of high ketone levels that require your doctor's attention.

—Source: American Diabetes Association



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