

HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 10 • Breast Cancer Awareness Month



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Healthy Eating

Cut the Fat, Not the Flavor

It's easy to reduce the fat in your favorite stir-fry recipes. These simple tips can help:

- Brush the pan with oil just to coat it or use a non-stick spray made from vegetable oil. Typically, using a vegetable-oil spray will add less than 10 fat calories to a pan of sautéed vegetables. In contrast, 2 tablespoons of oil add an extra 240 fat calories.
- When stir-frying, keep the oil in your pan very hot. Vegetables soak up cold oil more quickly than hot oil.
- Experiment with ways to add flavor and moisture without adding fat. Marinades are a good way to do this. Also try using chicken or meat broth, concentrated fruit juice, or perhaps fresh fruit or vegetable juice.

—Source: U.S. Dept. of Agriculture

Senior Health Update

Generic Medications: Know the Facts

Today, nearly 8 in 10 prescriptions filled in the U.S. are for generic medications. The U.S. Food and Drug Administration requires generic drugs to have the same active ingredient, strength, dosage form, and route of administration as the brand-name drug.

The generic manufacturer must prove its drug is the same (bioequivalent) as the brand-name drug. All manufacturing, packaging, and testing sites must pass the same quality standards as those of brand-name drugs. Many generic drugs are made in the same manufacturing plants as the brand-name drugs.

Any generic drug modeled after a single, brand-name drug must perform approximately the same in the body as the brand-name drug. There will always be a slight, but not medically important, level of natural variability just as there is for one batch of brand-name drug compared to the next batch of brand name product. This amount of difference would be expected and acceptable, whether for one batch of brand-name drug tested against another batch of the same brand, or for a generic tested against a brand-name drug.

Of course, if you have any concerns about taking a particular brand-name drug versus its generic version, talk with your doctor.

—Source: U.S. Food and Drug Administration





Breast Cancer: Stay Informed

Except for skin cancers, breast cancer is the most common cancer among American Women. About 1 in 8 (12 percent) of women in the U.S. will develop invasive breast cancer during their lifetime. Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it, too.

Most breast cancers begin in the cells that line the ducts (ductal cancers). Some begin in the cells that line the lobules (lobular cancers), while a small number start in other tissues.

The American Cancer Society's estimates for breast cancer in the U.S. for 2014 are:

- About 232,670 new cases of invasive breast cancer will be diagnosed in women.
- About 62,570 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).
- About 40,000 women will die from breast cancer.

After increasing for more than two decades, female breast cancer incidence

rates began decreasing in 2000, then dropped by about 7 percent from 2002 to 2003. This large decrease was thought to be due to the decline in use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative were published in 2002. This study linked the use of hormone therapy to an increased risk of breast cancer and heart diseases. Incidence rates have been stable in recent years.

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The chance that breast cancer will be responsible for a woman's death is about 1 in 36 (about 3 percent).

The good news: Death rates from breast cancer have been declining since about 1989, with larger decreases in women younger than 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment. Right now, there are more than 2.8 million breast-cancer survivors in the U.S. This includes women still being treated and those who have completed treatment.

Clearly, early screening is important, and you can help take charge of your health by talking with your doctor about screening and breast self-exam.

—Source: American Cancer Society

To Do List

Kids and Burn Prevention

Burns are among the most painful and devastating injuries children can sustain. Younger children, age 4 and under, have thinner skin that is more susceptible to injury. The most common burn injury in toddlers often results from scalding. Like all child-safety related issues, most burn injuries can be prevented. Here are some safety steps you can take to protect your child:

- Set the temperature of your hot-water heater to 120 degrees to prevent scalding burns.
- Never leave your child alone in the bathroom or kitchen.
- Do not allow your child near stoves, hot oven doors, heaters or other appliances — especially curling irons.
- When cooking, use the back burners and turn pot handles inward.
- Place covers over electrical outlets.
- Do not use portable heaters.
- Do not allow your children to play with matches or fireworks.

If a serious burn injury occurs, cool the burn with cold water, then cover it with a sterile pad and go to the nearest emergency medical facility.

—Source: Mt. Washington Pediatric Hospital, an affiliate of the University of Maryland Medical Center and Johns Hopkins Medicinet





What's Happening at the Pharmacy?

New Prescription? Your Pharmacist is Here to Answer Your Questions

It is important that you understand the medicines that your doctor prescribes for you. To be sure you have all of the information you need, ask your pharmacist these questions when you get a new prescription:

- What is the name of the medication, and what is it supposed to do?
- When and how do I take it?
- Do I take it at the same time every day?
- How long should I take it?
- Should I take this medication on an empty stomach or with food?
- How often should I take it?
- Does this medication contain anything that can cause an allergic reaction?
- Should I avoid alcohol or any particular foods?
- Can I take non-prescription drugs, herbal medicines, or other drugs with this medicine?
- Should I expect any side effects?
- What if I forget to take my medication or take a dose incorrectly?
- How should I store my medications, and how long can I keep them?

—Source: University of Pittsburgh Schools of the Health Sciences

Kids' Corner

Get Your Motor Running!

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other fun things you want to do, like playing with your friends and participating in a favorite sport.

Physical activity helps your body work better, too! It can:

- Improve blood circulation throughout your body
- Help keep your weight under control
- Improve your blood-cholesterol levels
- Boost your energy level
- Help you sleep
- Make you feel good about yourself
- Give you stronger muscles

The more active you are, the faster your heart beats. Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong

enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

How do you know your intensity level when you are exercising? If you are active at a low-intensity level, you should be able to sing while doing the activity. If you are active at a moderate-intensity level, you should be able to talk with a friend while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered high-intensity.

Now it's time to get moving and give all your muscles a workout — including your heart!

—Source: American Heart Association





Health Q&A

I'm Over Age 60. Is Tai Chi For Me?

Q: I'd love to try a tai chi class, but I'm not sure whether it's a good thing for my body now that I'm getting a bit older. Should I give it a try?

A: This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life, with your doctor's OK. Tai chi is often described as "meditation in motion," but it might as well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial-arts moves, such as "box both ears." As you

move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery. Just check with your doctor before starting this or any other new exercise routine.

—Source: Harvard Medical School

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Your Diet

"Mom, Can I Have Some Halloween Candy?"

Jerry Seinfeld said that when he was a kid, Halloween was about three things: Get candy. Get candy. Get candy. Of course, a child with diabetes can't indulge in candy like most kids can. Does that mean he has to miss out on all the fun? No, according to Barbara Morrison, BSN, RN, the Diabetes Education Program Coordinator at St. Christopher's Hospital for Children in Philadelphia. "There are many possible approaches to helping kids with diabetes enjoy Halloween, without the adverse side effects," says Morrison.

Have your child attend a Halloween event at his or her school or in your local community. These are good because the focus is more about costumes, having fun and participating in games and less about candy. If your child will go out for trick or treating, exchange some of the candy for a toy or a small amount of money. Also, a parent can keep some of the loot and fit it into the child's meal plan. With carbohydrate counting and fast-acting insulin, a reasonable amount of candy can be accommodated into a well-balanced diet.

—Source: St. Christopher's Hospital for Children, Philadelphia, PA



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



Did You Know...?

Keep kids healthy and safe on Halloween with these suggestions from the American Academy of Pediatrics:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Remember reflective tape for costumes and trick-or-treat bags.
- Carry a cell phone for quick communication.
- Remain on well-lit streets and always use the sidewalk. If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars.
- Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!

—Source: American Academy of Pediatrics



Get Fit

Grab Your Walking Shoes and Enjoy Fall's Colors

Most of us instinctively know that taking a walk in a forest is good for us. We take a break from the rush of our daily lives. We enjoy the beauty and peace of being in a natural setting. Now, research is showing that visiting a forest has real, quantifiable health benefits, both mental and physical. Even five minutes around trees or in green spaces may improve our health.

Numerous studies in the U.S. and around the world are exploring the health benefits of spending time outside in nature, green spaces, and, specifically, forests. People in Japan have coined a term for it: "shinrin-yoku." It means taking in the forest atmosphere or "forest bathing." And there's no more beautiful time to do just that than October, when leaves turn and temperatures are moderate.

Numerous studies show that both exercising in forests and simply sitting looking at the trees reduce blood

pressure as well as the stress-related hormones cortisol and adrenaline. Looking at pictures of trees has a similar, but less dramatic, effect. Studies examining the same activities in urban, unplanted areas showed no reduction of stress-related effects. Using the Profile of Mood States test, researchers found that forest-bathing trips significantly decreased the scores for anxiety, depression, anger, confusion and fatigue. And because stress inhibits the immune system, the stress-reduction benefits of forests are further magnified.

Our lives are busier than ever with jobs, school, and family life. Trying to focus on many activities or even a single thing for long periods of time can mentally drain us. Spending time in nature, looking at plants, water, birds and other aspects of the natural world, gives the cognitive portion of our brain a break, allowing us to better focus when we return to the tasks at hand.

—Source: New York State Department of Environmental Conservation



Your Pregnancy

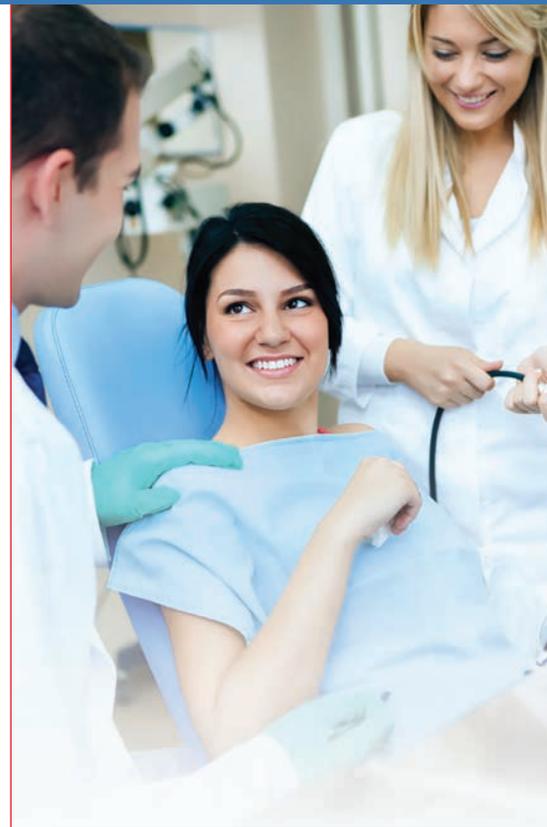
Diabetes, Delivery and Breastfeeding: What Expectant Moms Want to Know

If you have diabetes and are pregnant, you may have questions about how diabetes will affect your baby's delivery and about whether you can breastfeed your newborn after delivery.

Labor may be induced (started by drugs or other means) earlier than your due date, especially if problems with the pregnancy arise. While you are in labor, your glucose level will be monitored closely. If needed, you may receive insulin through an intravenous (IV) line. If you use an insulin pump, you may use it during labor.

Experts highly recommend breastfeeding for women with diabetes. Breastfeeding gives the baby the best nutrition to stay healthy, and it is good for the mother as well. It helps new mothers shed the extra weight that they may have gained during pregnancy and causes the uterus to return more quickly to its pre-pregnancy size. Returning to a normal weight, post-pregnancy, will help to keep diabetes under better control.

—Source: The American College of Obstetricians and Gynecologists



Living with Diabetes Diabetes and Your Dental Health

If you have diabetes, you'll want to plan ahead before any major dental work. Talk with your doctor and dentist before the visit about the best way to take care of your blood glucose during dental work.

You may be taking a diabetes medicine that can cause low blood glucose, also called hypoglycemia. If you take insulin or other diabetes medicines, take them and eat as usual before visiting the dentist. You may need to bring your diabetes medicines and food with you to the dentist's office. You may need to postpone any non-emergency dental work if your blood glucose is not under control.

If you feel nervous about visiting the dentist, tell your dentist and the staff about your feelings. Your dentist can adapt the treatment to your needs.

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

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