

# HealthConnection

GOOD NEIGHBOR PHARMACY

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## To Do List

### Craving Snacks? Make a Healthy Shopping List

You don't need to avoid shopping for snacks at the grocery store. Just stay smart, shop with a list to help avoid too much temptation, and try these healthy suggestions:

- Dark chocolate (watch your portion size here)
- Baked tortilla chips and salsa
- Almonds or walnuts
- Whole-grain baked crackers
- Graham crackers
- Popcorn (pop it yourself with an air popper or in a microwave popper to avoid the saturated fat in commercial "microwave popcorn")
- Whole-wheat tortillas and low-fat cheddar cheese for quesadillas
- Applesauce
- Bananas, apples, strawberries, blueberries, grapes, and oranges
- Popsicles
- Baby carrots and hummus
- Raisins
- Reduced-sodium vegetable juice
- Peanut butter (watch portion size)
- Lower-fat ice cream and frozen yogurt

—Source: Mississippi State University



## Senior Health Update

### Seniors and Depression

In older people, certain life changes can increase the risk for depression:

- A move from home, such as to a retirement facility
- Chronic illness/pain
- Children moving away
- Spouse or close friends passing away
- Loss of independence

Depression can also be related to a physical illness, such as:

- Thyroid disorders
- Parkinson's disease
- Heart disease
- Cancer
- Stroke
- Dementia

The first steps for treatment:

- Treat illnesses that may cause symptoms

- Stop taking medications that increase symptoms (with your doctor's OK)
- Avoid alcohol/sleep aids

If this doesn't help, medications to treat depression and talk therapy may help. It's also helpful to:

- Exercise regularly, with doctor approval
- Surround yourself with positive people and fun activities
- Learn good sleep habits
- Watch for early signs of depression
- Drink less alcohol and avoid illegal drugs
- Discuss your feelings with someone you trust
- Take medications correctly and discuss side effects with your doctor

If you experience symptoms of depression, talk with your doctor.

—Source: National Institutes of Health

## When Should I Get My First Colonoscopy?

Regular screening is one of the most powerful weapons for preventing colorectal cancer. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the U.S. Even though we don't know the exact cause of most colorectal cancers, it is possible to prevent many of them.

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer. Regular screening can, in many cases, prevent colorectal cancer altogether. This is because most polyps can be found and removed before they turn into cancer. Screening can also find colorectal cancer early, when it is highly curable.

People who have no identified risk factors (other than age) should begin regular screening at age 50. If the screening shows no polyps or cancer, then it can be repeated in 10 years. Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age, about getting screened more frequently, and about which tests are best for them.

If you have a strong family history of colorectal polyps or cancer, you should talk with your doctor about it. While cancer in close (first-degree) relatives such as parents, brothers, and sisters is most concerning, cancer in more distant relatives can also be important. Having two or more relatives with colorectal cancer is more concerning than having one relative. It is also more concerning if your relatives were diagnosed with cancer at a younger-than-usual age, while less concerning if they were diagnosed at an advanced age.

You might benefit from genetic counseling to review your family medical tree to see how likely it is that you have a family cancer syndrome. The counselor can also help you decide if gene testing is right for you. People who have an abnormal gene can take steps to prevent colon cancer, such as getting screened at an early age or even having surgery.

Before getting genetic testing, it's important to know ahead of time what the results may or may not tell you about your risk. This is why meeting with a genetic counselor or cancer genetics professional is crucial in deciding if genetic testing should be done.

—Source: American Cancer Society

## Healthy Eating Think Green This St. Patrick's Day!

Entice the kids to the dinner table with these GREEN ideas for St. Patrick's Day. Make it a game and ask them to count all the green foods.

- ✦ Tossed lettuce salad with green peppers, chopped broccoli and avocado slices
- ✦ Corned beef with cabbage — a natural for St. Patrick's!
- ✦ Include some kiwi fruit, green grapes, green apple and honeydew melon in a fruit salad
- ✦ Veggie pizza with green peppers
- ✦ Thinly sliced green onions over rice, pasta, broiled or baked fish or soup
- ✦ Spinach pasta (with your topping of choice — pesto, perhaps?) Or spinach salad with walnuts, strawberries and poppy-seed dressing
- ✦ Cream of broccoli soup with cheese and croutons sprinkled on top

—Source: University of Nebraska Lincoln



## *What's Happening at the Pharmacy?* Top Tips for Timing Your Medication

It's important to set your daily routine when it comes to taking medication. It can be helpful to connect taking the medication with normal activities such as eating a meal (if the medication is allowed with food) or going to bed. You can also keep back-up medication in your workplace, briefcase or purse to make it easier to stay on schedule.

Daily dosing containers are available at your pharmacy. They allow you to keep medications in compartments that are labeled with the days of the week and various dosage frequencies. Keep a written or computerized schedule. List the medications you take, how often you take them, and any special directions.

There are a number of devices that have been designed to help patients adhere to a prescribed medication schedule, including pagers, wristwatches, automatic pill dispensers and even voice-command medication managers. Ask your pharmacist for suggestions on what might work best for you.

—Source: U.S. Food and Drug Administration



### *Kids' Corner*

## Breakfast You Can Make Yourself!

Won't Mom or Dad be surprised when you offer to make the family breakfast! This easy-to-prepare breakfast casserole is fun and delicious. Ask for help if you aren't allowed to use the oven by yourself. Serve your creation with fresh fruit and English muffins or bagels. It's great for lunch or dinner too!

#### You will need:

- 12 oz frozen hash browns
- 1 medium green pepper, chopped
- 1/2 cup onion, chopped
- 1/2 cup reduced-fat shredded cheddar cheese
- 2 oz reduced-fat ham or Canadian bacon
- 2 large eggs
- 4 egg whites
- 2 Tbsp non-fat milk
- 1/4 tsp ground pepper

1. Preheat oven to 375 degrees.
2. Spray the inside of an 8-by-8-inch baking dish with non-stick oil.
3. Place frozen potatoes in the bottom of the baking dish. Break up any large chunks.
4. Cut the meat into small chunks. Sprinkle the meat and cheese over the potatoes.
5. Put eggs, egg whites and milk into a small bowl. Whip lightly with a fork and pour over the potato mixture. Sprinkle the casserole with pepper.
6. Place the uncovered casserole in the oven and bake for 40 minutes. Be careful removing the hot casserole from the oven.

Serves 4

**Note to Parents:** This recipe is designed for kids who are old enough to use the oven without adult supervision. Younger children will need the help of a teen or adult, but they can still help combine ingredients. It's a great way to get them hooked on cooking!

—Source: U.S. Department of Agriculture; California Nutrition Network for Healthy, Active Families

## Health Q&A

### How Harmful Is Too Much Sitting?

**Q:** What are the risks of sitting too much?

**A:** Researchers have linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome — a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer.

One recent study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had a nearly 50-percent increased

risk of death from any cause. They also had approximately a 125-percent increased risk of events associated with cardiovascular disease, such as chest pain or heart attack

The increased risk was separate from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

Any extended sitting — such as behind a desk at work or behind the wheel — can be harmful. What's more, spending a few hours a week at the gym or otherwise engaged in moderate or vigorous activity doesn't seem to significantly offset the risk. Rather, the solution seems to be less sitting and more moving overall.

—Source: Mayo Clinic



### Did You Know...?

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier and reducing calorie-rich temptations.

Remember that the goal for overweight and obese children and teens is to reduce the rate of weight gain while allowing normal growth and development. Children and teens should not be placed on a weight-reduction diet without the consultation of a healthcare provider.

—Source: Centers for Disease Control and Prevention



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## Diabetes and Kids

### Try These Diabetes-Friendly Mini Chocolate Tarts

Here's a great treat that doesn't serve up too many carbs or calories. This recipe is great for older kids who can use the oven without help or for younger kids with supervision.

#### Ingredients:

1.4 ounces sugar-free, fat-free chocolate pudding mix

1 cup skim milk

4 ounces light whipped topping, thawed

24 puff pastry cups

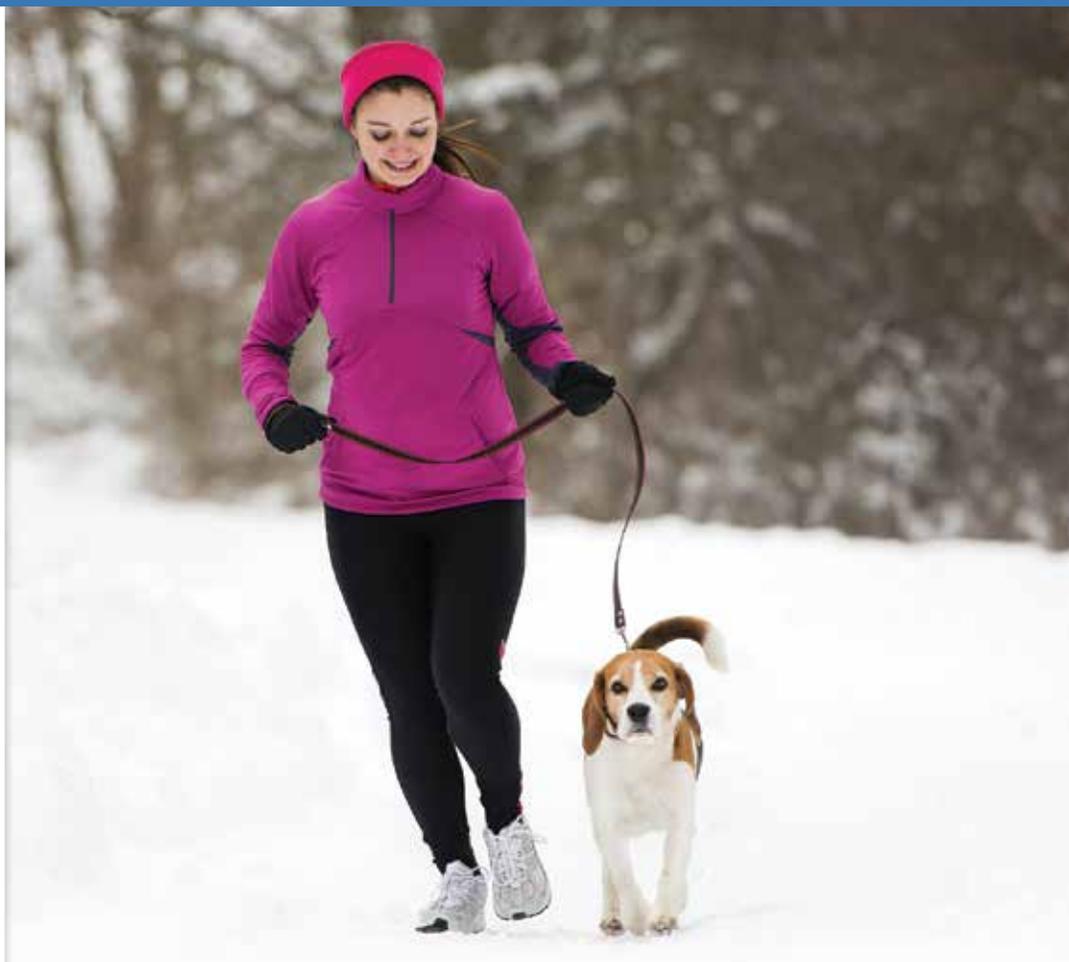
48 mini-chocolate chips

#### Instructions:

Preheat the oven to 400 degrees F. Bake the puff-pastry cups according to package directions. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.

Fold the whipped topping into the pudding mixture. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup. Top each tart with 2 mini chocolate chips.

—Source: American Diabetes Association



#### Get Fit

## It's Cold Outside?

### Kick That Excuse to the Curb!

Exercise has benefits all year, even during winter. Before you brave the cold, just take a few simple steps to stay safe. Exposure to cold can cause health problems such as hypothermia, a dangerous drop in body temperature. If you want to walk, ski, ice skate, shovel snow or do other outdoor activities when it's cold outside:

- Check the weather forecast. If it's very windy or cold, exercise inside and go out another time.
- Watch out for snow and icy sidewalks.
- Warm up your muscles first. Try walking or light arm pumping before you go out.
- Wear several layers of loose clothing. The layers will trap warm air between them.
- Avoid tight clothing, which can keep your blood from flowing freely and lead to loss of body heat.

- Wear a waterproof coat or jacket if it's snowy or rainy.
- Wear a hat, scarf and gloves.

Know the signs of hypothermia:

- Watch for signs of hypothermia: cold feet and hands, swollen face, pale skin, shivering, slurring words, acting sleepy and being confused or angry.
- Be on the lookout for later signs of hypothermia: moving slowly, trouble walking, slow heartbeat, shallow breathing and blacking out.
- Call 911 right away if you think someone might have hypothermia. Get the person inside and wrap him or her in a warm blanket.

—Source: National Institutes of Health

## Blood-Glucose Levels Measured in Hospitalized Patients Can Predict Risk of Type 2 Diabetes

Blood-glucose levels measured in hospitalized adults during acute illness can be used to predict their risk of developing type 2 diabetes over the following three years, according to a study published by David McAllister and colleagues from the University of Edinburgh, UK in the medical journal PLOS (Public Library of Science) Medicine.

The researchers obtained measurements of blood-glucose levels on admission for 86,634 patients ages 40 years or older who were admitted to a hospital for an acute illness between 2004 and 2008 in

Scotland. Through a national registry, they identified those patients who developed type 2 diabetes up to December 2011.

Based on their analyses, the researchers developed a risk calculator that uses the patient's age, sex and admission blood-glucose level to predict risk of developing diabetes. According to the authors, "These findings can be used to inform individual patients of their long-term risk of type 2 diabetes and to offer lifestyle advice as appropriate."

—Source: PLOS Medicine



### Your Diet

## Do I Need to Eat Special Food for Diabetics?

You don't need to eat special "diabetic food" when you have diabetes. But you do need to learn how to eat healthy, regular foods in the correct amounts to maintain good blood-glucose control. Your doctor, registered dietitian or diabetes educator can help you create the right food plan for you.

Following a schedule for meals and snacks is usually best. However, some diabetes medicines will allow for a bit more flexibility. Your healthcare expert will advise you on how to manage your meals and snacks to take care of your diabetes and feel your best.

—Sources: National Diabetes Information Clearinghouse

## Living with Diabetes Talk With Family and Friends About Your Diabetes

Family members and friends are a large part of successful diabetes treatment. These important people in your life make you feel like you are not alone in dealing with your diabetes. They are an especially important support system if you have depression in diabetes.

When you are newly diagnosed, you may rely on them to help you navigate the diabetes treatment world and learn all you can about the disease. If you are a longtime diabetic, you need them to help encourage you to maintain a healthy lifestyle every day.

Family and close friends play such an important role in your life in managing your diabetes. Specifically, they can help with three things:

- Gathering information and knowledge
- Providing support and caring, especially if you have depression
- Helping you implement your lifelong diabetes treatment plan

Talk with your family and friends about your diabetes. Enlist their support.

—Source: The World Federation for Mental Health



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