

HealthConnection

GOOD NEIGHBOR PHARMACY

Issue 1 • New Year's Resolutions

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THIS MONTH'S Featured Article

**READY TO QUIT SMOKING?
YOU CAN DO IT – AND NOW IS THE TIME**

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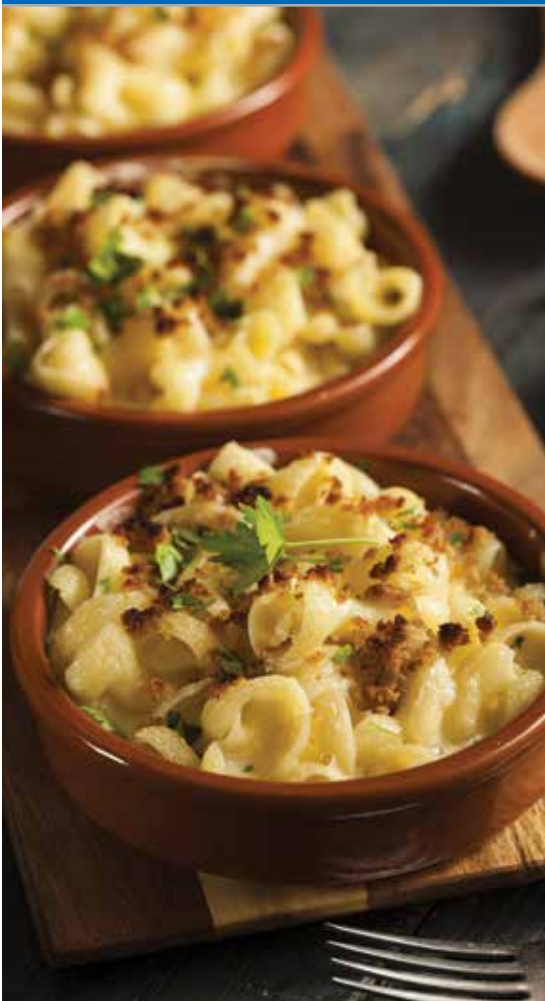
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Healthy Eating How to Cut Calories in Your Favorite Foods

Research shows that we get full by the amount of food we eat, not the number of calories we take in. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

Let's take macaroni and cheese as an example. A standard recipe that uses whole milk, butter and full-fat cheese has about 540 calories in a one-cup serving. To make it healthier, use 2 cups non-fat milk instead of 2 cups whole milk. Use 1 tablespoon butter instead of 2 or use 2 tablespoons of soft trans-fat-free margarine. Add about 2 cups of fresh spinach and 1 cup diced tomatoes (or any other veggie you like). Your re-designed mac and cheese now has 315 calories in a one-cup serving.

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

Senior Health Update

Preventing Slips and Falls at Home

Falls are one of the leading causes of unintentional injuries in the U.S., accounting for approximately 8.9 million visits to the emergency room. The risk of falling rises with age. But there are a number of things you can do to help prevent slips and falls:

- Clean up all spills immediately.
- Stay off of freshly mopped floors.
- Secure electrical and phone cords out of traffic areas.
- Remove small throw rugs or use non-skid mats to keep them from slipping.
- Wear shoes with good support and slip-resistant soles.
- Arrange furniture to provide open walking pathways.
- Keep drawers and cabinet doors closed at all times.
- Install handrails on all staircases on both sides.
- Ensure adequate lighting both indoors and outdoors.
- Remove debris from exterior walkways.

—Sources: National Safety Council





Ready to Quit Smoking? You Can Do It — and NOW is the Time

It's January, and like most of us, you're probably busy lining up your New Year's resolutions. But how many of those resolutions were you still keeping last year by February 1? There's always tomorrow, right?

What you need — what we all need — is motivation. A sense of urgency. The American Cancer Society wants you to know that there are real benefits to quitting smoking, some of which will be noticeable fairly soon after you stop.

No matter how old you are or how long you've smoked, quitting now can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. (But quitting at ANY age is a great thing, so if you're older than 50, don't think it's too late. It's never too late to quit smoking and improve your health, says the American Cancer Society.) Check out these health benefits:

- Ex-smokers enjoy a higher quality of life, with fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and an overall healthier feeling compared with those who still smoke.
- Ex-smokers live longer than people who keep smoking.

- Quitting smoking lowers the risk of lung cancer, other cancers, heart attack, stroke and chronic lung disease.
- The health benefits of quitting smoking are far greater than any risks from the small weight gain (usually less than 10 pounds) or any emotional or psychological problems that may follow quitting.
- Coughing, wheezing and shortness of breath begin to improve.
- Those who quit smoking enjoy better breath, healthier teeth and a reduced chance of developing cancers of the mouth and throat.
- Twenty minutes after quitting, your heart rate and blood pressure begin to drop. Twelve hours after quitting, the carbon-monoxide level in your blood drops to normal. Two weeks to three months after quitting, your circulation improves.

Make the commitment to quit. Now. You'll soon be enjoying all the wonderful benefits of being a non-smoker. Happy new year!

—Source: American Cancer Society; American Dental Association; Centers for Disease Control and Prevention; U.S. Surgeon General's Report

To Do List

Boost the Calcium in Your Diet

It's easy to increase the calcium in your diet by making just a few additions to your shopping list. Try adding:

- Foods in the dairy group (choose lower-fat, lower-cholesterol foods such as skim milk and low-fat cheeses). Try preparing dishes made with milk, such as puddings and soups. Enjoy cheeses such as mozzarella, cheddar, Swiss, and parmesan. Add low-fat yogurt for breakfast or a quick snack.
- Canned fish with soft bones, such as sardines, anchovies and salmon.
- Dark-green, leafy vegetables, such as kale, mustard greens, turnip greens and spinach.
- Calcium-fortified foods, which can include almond milk, rice milk, or soy milk; orange juice and other fruit juices; oatmeal; English muffins; cereal. Check the labels.

—Source: National Osteoporosis Foundation; USA.gov Healthy 50 Plus



What's Happening at the Pharmacy?

Spotlight on... Vitamin C

Vitamin C, also known as ascorbic acid, is a water-soluble nutrient. The body needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

Many fruits and vegetables are great sources of vitamin C. Try citrus fruits and their juices, as well as red and green pepper and kiwifruit. Broccoli, strawberries, cantaloupe and tomatoes also contain vitamin C. Some foods and beverages are fortified with vitamin C. To find out if vitamin C has been added to a product, check the label.

Most multivitamins contain vitamin C. It is also available alone as a dietary supplement or in combination with other nutrients. If you have questions about vitamin C supplements, your pharmacist is ready to help.

—Source: National Institutes of Health Office of Dietary Supplements



Kids' Corner

Help Your Family Make a Home Fire Escape Plan

Kids, you can be a big help when it comes to creating a plan your family can follow in case of a fire in your home. Just follow these steps, and ask an adult or older sibling for help if you need it. After everyone knows the plan for your family, be sure to practice your home fire-escape drill!

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out. Check doors and windows. They should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street. If it can't, talk with an adult about making the numbers visible so you can get help quickly in case the Fire Department is called to your home.
- Talk about your plan with everyone in your home.
- Memorize the emergency phone number for your fire department.
- Practice your home fire escape drill at least twice a year so you and your family are ready and can use your plan in case of fire.

Note to adults: While 71 percent of Americans have an escape plan in case of a fire, only 45 percent of those have practiced it. Help your family stay in practice by marking your calendar.

—Source: National Fire Protection Association



Health Q&A

How Can I Sneak Better Nutrition Into My Kids' Meals?

Q: I have a 3-year-old daughter and a 6-year-old son and they are picky eaters. Any tips for slipping some extra nutrition into their meals and snacks?

A: Getting kids to eat healthy foods can sometimes feel like "Mission: Impossible." Try replacing junk food with more healthful versions of the snacks your kids already enjoy: Replace buttered popcorn, which is loaded with fats and sodium, with air-popped popcorn. Make your own trail mix with dried fruits and nuts instead of buying trail mix, which is filled with refined sugars and preservatives. Slip nutritious foods and alternatives into meals. Add fruits and fruit

purees to baked goods, cereals and pancakes. Prepare homemade goodies with whole-grain flour or a gluten-free substitute such as rolled oats. Add vegetables to homemade pizza. Replace mayo with avocado, which is full of good fats. Substitute leaner meats such as ground turkey instead of beef in recipes. Try reduced-fat or skim milk instead of whole milk. Emphasize a "rainbow" plate. Encourage kids to include a variety of colors on their plates. For example: Green broccoli with red and orange bell peppers, dipped in low-fat ranch dressing or hummus.

—Source: Children's National Health System, Washington D.C.



Did You Know...?

You can help prevent carbon monoxide exposure:

- DO have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- DO install a battery-operated or battery back-up carbon-monoxide detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.
- DO seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous.
- DON'T use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement, garage or near a window.
- DON'T run a car or truck inside a garage attached to your house, even if you leave the door open.
- DON'T burn anything in a stove or fireplace that isn't vented.
- DON'T heat your house with a gas oven.

—Source: Centers for Disease Control and Prevention

Do you have more questions?
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for more information.





Diabetes and Men

Erectile Dysfunction: What a Guy Needs to Know

Erectile dysfunction (ED) is a consistent inability to have an erection firm enough for sexual intercourse. The condition includes the total inability to have an erection and the inability to sustain an erection.

Estimates of the prevalence of ED in men with diabetes vary widely, ranging from 20 to 75 percent. Men who have diabetes are two to three times more likely to have ED than men who do not have diabetes. Among men with ED, those with diabetes may experience the problem as much as 10 to 15 years earlier than men without diabetes. Tight control over your diabetes may help prevent ED. Research suggests that ED may be an early marker of diabetes, particularly in men ages 45 and younger.

If you are experiencing ED, schedule an appointment with your doctor. Treatments for ED caused by nerve damage, also called neuropathy, vary widely and can range from oral pills, a vacuum pump, pellets placed in the urethra, and shots directly into the penis, to surgery. Psychological counseling to relieve anxiety is sometimes recommended as well.

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

Get Fit

Yes You CAN Fit Exercise Into Your Day

To get the most out of physical activity, it needs to be a regular part of your life. Here are some tips to help you put exercise and other physical activity at the top of your “to do” list every day:

- Make it a priority. Remember that being active is one of the most important things you can do each day to maintain and improve health.
- Try being active first thing in the morning before you get too busy. Make it easy. You are more likely to exercise if it's a convenient part of your day.
- Walk the entire mall or every aisle of the grocery store when you go shopping.
- Join a gym that's close to your home and easy to get to.
- Take one or more flights of stairs up and two down.
- Try a dance class — salsa, tango, square dancing — it's up to you. Make it fun.
- Make it social. Many people agree that an “exercise buddy” keeps them going. Take a walk during lunch with coworkers.
- Do things you enjoy, but pick up the pace a bit. If you love the outdoors, try biking or hiking. Listen to music while you garden or wash the car.
- Choose to be active in many places and in many ways. Get off the bus one or two stops early and walk the rest of the way. Do toe-stands while brushing your teeth. Dance with your kids. Make it happen!

—Source: National Institutes of Health



Diabetes in the News

Many Americans with Prediabetes Don't Know They're at Risk

Keeping type 2 diabetes from occurring in the first place is critical to reducing the problems associated with this disease. Some 86 million U.S. adults — more than one in three — had prediabetes in 2012, according to U.S. Centers for Disease Control and Prevention estimates.

Having prediabetes increases the risk of developing type 2 diabetes, heart disease and stroke. Although 37 percent of U.S. adults

have prediabetes, only 11 percent of those with prediabetes are aware that they have it. As the CDC continues to work to prevent type 2 diabetes among people with prediabetes, the percentage of people who are aware that they have prediabetes is expected to rise.

—Source: National Diabetes Prevention Program

Living with Diabetes Working With Your Doctor

Living with diabetes isn't easy. But your doctor is there to help. Working closely with him or her will make it easier to create and continue with your diabetes management plan.

Ask your doctor: What should my ABCs be? A is for the A1C Test. A1C is a measure of blood glucose (sugar) levels over the past two to three months. The A1C goal for many people with diabetes is less than 7 percent. B is for blood pressure. For most people with diabetes, the target blood pressure is less than 130/80. C is for cholesterol. Ask your doctor what your personal cholesterol goal should be. Keeping your blood glucose, blood pressure and cholesterol close to these target levels reduces your risk for the long-term problems of diabetes. Ask your doctor to help you choose the best targets for your diabetes.

—Source: National Diabetes Education Program



Your Diet

Smart Snacking

Most healthy eating plans allow for one or two small snacks a day. Choosing fruits and vegetables will allow you to eat a snack with only about 100 calories. These snacks are approximately 100 calories or less:

- Medium-size apple (72 calories)
- Medium-size banana (105 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories) or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

Skip the vending machine. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries AND 1 cup of carrots with 1/4 cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.

—Source: Centers for Disease Control and Prevention

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Here's to a Healthier, Happier New Year!

The holidays are one time of the year when you really want to feel your best. But they're also chock full of health woes, from cold and flu bugs to overdoing the holiday cheer. Your local *Good Neighbor Pharmacy* has the products you need to stay healthy—and merry—as you shop, travel, and celebrate.



Good Neighbor Pharmacy features affordable, high-quality products with many of the same ingredients found in the top name brands.

All items may not be available in every *Good Neighbor Pharmacy* location.

