

HealthConnection

GOOD NEIGHBOR PHARMACY

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THIS MONTH'S Featured Article

PROPER DRUG DISPOSAL

PG. 3

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Healthy Eating Keep Food Safe When Dining Outdoors

Summer means picnics, potlucks and fun! But safe food handling is a must to prevent illness. When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta or seafood); cut-up fruit and vegetables; and dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun. Avoid opening the cooler repeatedly so that your food stays colder longer.

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

Senior Health Update

Protect Yourself from Heatstroke

Prevent heatstroke by thinking ahead. Take these steps to stay safe during hot weather:

- Wear loose-fitting, lightweight clothing to allow your body to cool properly.
- Protect against sunburn. Sunburn affects your body's ability to cool itself, so wear a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15.
- Stay hydrated to help your body sweat and maintain a normal body temperature.
- Never leave anyone in a parked car. This is a common cause of heat-related deaths in children.

- Take it easy during the hottest parts of the day. If you can't avoid strenuous activity, drink fluids and rest frequently in a cool spot.
- Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it.
- If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating.

—Source: Mayo Clinic





Medication Safety: Proper Drug Disposal

If you have medications that you no longer need, be sure to follow the proper procedures when disposing of them. The following guidelines were developed to help reduce harm from accidental exposure or intentional misuse after medications are no longer needed:

- Follow any specific disposal instructions on the prescription drug labeling or patient information that accompanies the medicine. Do not flush medicines down the sink or toilet unless this information specifically instructs you to do so.
- Take advantage of programs that allow the public to take unused drugs to a central location for proper disposal. Call your local law enforcement agencies to see if they sponsor medicine take-back programs in your community. Contact your city's or county government's household trash and recycling service to learn about medication-disposal options and guidelines for your area.
- Transfer unused medicines to collectors registered with the Drug Enforcement Administration (DEA). Authorized sites may be retail, hospital or clinic pharmacies and law enforcement locations. Some offer mail-back programs or collection receptacles known as drop boxes. Visit the DEA's website or call 800-882-9539 for more information and to find an authorized collector in your community.
- If no disposal instructions are given on the prescription drug labeling and no take-back program is available in your area, throw the drugs in the household trash following these steps: (1) Remove them from their original containers and mix them with an undesirable substance, such as used coffee grounds, dirt or kitty litter (this makes the drug less appealing to children and pets, and unrecognizable to people who may intentionally go through the trash seeking drugs). (2) Place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.
- Scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give your medicine to friends. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else.
- When in doubt about proper disposal, ask your pharmacist.
- The same disposal methods for prescription drugs could apply to over-the-counter drugs as well.

—Source: Alzheimer's Association

To-Do List

Follow These Steps to Design Your Own Fitness Program

It's easy to say you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:

- Consider your fitness goals. Having clear goals can help you gauge your progress.
- Create a balanced routine. With your doctor's OK, aim for at least 150 minutes of moderate-intensity aerobic activity—or 75 minutes of vigorous aerobic activity—per week. Adults also need two or more days of strength training per week.
- Go at your own pace. If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program.
- Build activity into your daily routine. Schedule time to exercise as you would any other appointment.
- Plan to include different activities. This can help keep boredom at bay. Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming and strength training.

—Source: Mayo Clinic



What's Happening at the Pharmacy?

What is a “Brown-Bag Checkup?”

If you have a chronic health condition, you may take many different medications. Sometimes you may also have medications ordered by different doctors, particularly if you visit a number of specialists. These situations can lead to confusion.

As a safety measure, ask to schedule a “brown-bag checkup” with your primary doctor or local pharmacist. Simply gather all of your current medications and over-the-counter products into a bag and show them to your doctor or pharmacist so he or she can look for any potential problems. (Schedule this visit in advance so the doctor or pharmacist has allotted enough time.) Remember to take all prescription medications, over-the-counter medications, herbal products or “natural” products you are using.

Your doctor or pharmacist will review everything you are currently taking. He or she can double-check these medications for the correct dosage strength and frequency and can identify if you are using outdated or discontinued medications. Your doctor or pharmacist can also screen the medications and products for potential duplication of therapy or side effects.

—Source: Institute for Safe Medication Practices



Kids Corner

Make Your Own Summer Smoothies and Shakes!

Summer is a great time for a cold, fruity drink. Did you know you can make your own at home? It's easy. You'll need a blender. Younger kids should ask an adult or older sibling for help.

Try our Mango Shake or Summer Breezes Smoothie when you want to cool off!

Mango Shake

2 cups 1% milk
4 tablespoons frozen mango juice
(or 1 fresh pitted mango)

1 small banana

2 ice cubes

Place all ingredients in a blender.
Blend until foamy. Serve immediately.

Makes four $\frac{3}{4}$ -cup servings

Calories: 106

Total fat: 2g

Saturated fat: 1g

Cholesterol: 5mg

Sodium: 63mg

Variations: Instead of mango, try peaches,
papaya or strawberries

Summer Breezes Smoothie

1 cup plain nonfat yogurt

6 medium strawberries

1 cup pineapple, crushed, canned in juice

1 medium banana

1 teaspoon vanilla extract

4 ice cubes

Place all ingredients in a blender and puree
until smooth. Serve immediately.

Makes three 1-cup servings

Calories: 121

Total fat: less than 1g

Saturated fat: less than 1g

Sodium: 64mg

—Source: National Institutes of Health



Health Q&A

How Can I Protect My Family from Ticks?

Q: Our family is going camping in the woods this summer and I'm concerned about ticks. What can we do to stay safe?

A: You are smart to be extra vigilant about ticks in warmer months (April through September), when they are most active. These tips should help:

- Avoid Direct Contact with Ticks
 - Avoid wooded and brushy areas with high grass and leaf litter.
 - Walk in the center of trails.
- Repel Ticks with DEET or Permethrin
 - Use repellents that contain 20 to 30% DEET on exposed skin. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes and mouth.
 - Treat clothing and gear (backpacks, tents, etc.) with products containing 0.5% permethrin. It remains protective through several washings. Pretreated clothing is available and may be protective longer.

- Find and Remove Ticks from Your Body
 - Bathe or shower as soon as possible after coming indoors.
 - Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in their hair.
 - Examine gear and pets. Ticks can ride into the home on clothing, backpacks and pets, then attach to a person later.
 - Tumble clothes in a dryer on high heat to kill remaining ticks.

—Source: American Red Cross



Did You Know? Camp Safely

Camping is a fun way to get family and friends together to enjoy the outdoors. Take a few minutes to help ensure your camping trip is safe and healthy.

- Ask your healthcare provider if your family is current on recommended vaccinations before your camping trip. Make an appointment to get them if needed.
- Pack healthy snacks, water, adequate clothes and a first-aid kit.
- Never leave a campfire unattended. Before you leave, be sure you put out your campfire completely.
- Wear protective gear, such as helmets, sturdy shoes and life jackets, depending on the activity.
- Prevent carbon monoxide poisoning. Never use fuel-burning equipment, such as gas stoves, heaters, lanterns and charcoal grills, inside or near a tent, camper or other enclosed shelter.
- Some wild animals carry diseases that are dangerous to people. Enjoy watching wild animals from a safe distance in their natural surroundings.
- Use insect repellent containing 20 to 30% DEET. (See article at left for more info on repellents and ticks.)
- Protect yourself from the sun. Wear sunscreen with an SPF of at least 15 and cover up with clothing, a wide-brimmed hat and sunglasses.

—Source: Centers for Disease Control and Prevention

Do you have more questions?
Our website has the answers.

Visit MyGNP.com
for more information.





Get Fit

De-stressing is Part of Fitness, Too

We all have stress, and we know its effects tend to build up over time. Taking practical steps to maintain your health and encourage a positive mental outlook can help reduce or prevent these effects. The following tips will get you started.

- Seek help from a qualified mental health provider if you are overwhelmed, feel you cannot cope, have suicidal thoughts or are using drugs or alcohol to cope.
- Get proper health care for existing or new health problems.
- Stay in touch with people who can provide emotional and other support. Ask for help from friends, family and community or religious organizations to reduce stress due to work burdens or family issues, such as caring for a loved one.
- Recognize signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed and having low energy.

- Set priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload.
- Note what you have accomplished at the end of the day, not what you have been unable to do.
- Avoid dwelling on problems. If you can't do this on your own, seek help from a qualified mental health professional who can guide you.
- Exercise regularly. Just 30 minutes per day of gentle walking can help boost mood and reduce stress.
- Schedule regular times for healthy and relaxing activities.
- Explore stress-reducing programs, which may incorporate meditation, yoga, tai chi or other gentle exercises.

—Source: National Institute of Mental Health

Diabetes and Women Glucose Screening During Pregnancy

A glucose screening test is a routine test during pregnancy that checks a woman's blood glucose (sugar) level. A glucose tolerance test is done if the glucose screening test result is higher than normal. It is used to diagnose gestational diabetes. Gestational diabetes is high blood sugar (diabetes) that starts or is found during pregnancy.

For the glucose screening test, you do not need to prepare or change your diet in any way. You will be asked to drink a liquid that contains glucose. Your blood will be drawn one hour after you drink the glucose solution to check your blood glucose level. If your blood glucose is too high, you will need to come back for a glucose tolerance test.

Most pregnant women have a glucose screening test between 24 and 28 weeks of pregnancy. Your doctor may alter that schedule slightly depending on your medical history.

—Source: U.S. National Library of Medicine



Diabetes in the News

ADA: Diabetes Medications Should be Accessible and Affordable

The American Diabetes Association (ADA) supports high-quality diabetes therapies that are available and affordable for all people with diabetes. Insulin, in particular, is a unique medication in that, when it is necessary, there are no alternative therapies to preserve health and life. The ADA believes that no individual in need of life saving medications should ever go without them due to cost or accessibility issues. The Association supports several promising avenues for change, including:

- Wanting to see all off-patent diabetes medications, including insulin, in the lowest cost-sharing tier on all insurance plans
- Supporting the authorization of the Centers for Medicare and Medicaid Services (CMS) to negotiate prices for prescription drugs under Medicare Part D

We will keep you posted as these efforts toward better medication affordability and accessibility continue.

—Source: American Diabetes Association

Living with Diabetes Plan Ahead for Healthier Meals

A diabetes meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should fit your schedule and eating habits. It will help you improve your blood glucose, blood pressure and cholesterol numbers and also help keep your weight on track. Whether you need to lose weight or stay where you are, your meal plan can help.

People with diabetes have to take extra care to make sure that their food is balanced with insulin, oral medications (if they take them) and exercise to help manage their blood glucose levels. This might sound like a lot of work, but your doctor and/or registered dietitian can help you create a meal plan that is best for you. When you make healthy food choices, you will improve not only your diabetes control but also your overall health.

—Source: American Diabetes Association



Your Diet

Do I Need to Eat “Diabetic Foods”?

The short answer when it comes to foods labeled “diabetic”? They’re not necessary. Your goal should be 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.

—Source: National Diabetes Information Clearinghouse

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