

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



A Head-to-Toe Guide to Sun Safety

Summertime fun can quickly be ruined by summertime sun. It takes just 15 minutes for the sun's harmful ultraviolet (UV) rays to damage your skin. Damage from the sun is the biggest risk for skin cancer, the most common form of cancer in the United States, according to the Centers for Disease Control and Prevention.

For proper sun protection, begin by choosing and using the right sunscreen. The American Cancer Society (ACS) recommends using a sunscreen labeled as "broad spectrum," meaning it protects against both UVA and UVB rays, with a sun protection factor (SPF) of 30 or higher. Be sure to reapply sunscreen throughout the day, especially if you sweat excessively or go swimming.

But protecting yourself from the sun's harmful effects means more than slathering sunscreen on any exposed skin. Other parts of your body need protection too. Whether you're playing at the park, lounging on the beach or simply hanging out in the back yard, follow this head-to-toe checklist to make sure you're covered from head to toe.

Start at the Top

Because they are exposed to the sun most often, your head, neck, face and arms are some of the most common areas for skin cancer to develop, according to the ACS. More concerning: Research has found that melanoma, the most dangerous type of skin cancer, is even more aggressive and fatal when it begins on the head or neck compared to other areas of the face or body, according to the American Academy of Dermatology (AAD). Older men with prolonged sun exposure are particularly at risk for developing melanoma on their scalp or neck. With or without hair, your scalp is at risk. The solution: wear a wide-brimmed hat. Look for one with a tight weave or ultraviolet protection factor (UPF) built into the fabric.

Protect Your Face

Applying sunscreen to your face seems like an easy enough task, but are you remembering to sunscreen your ears too? And what about your lips? They are often overlooked, but not uncommon, sites for basal and squamous cell cancers, two of the most common skin cancers related to sun exposure. Protect your kisser with an SPF lip balm or lipstick.

It's important to remember your eyes too. Even if you never look directly into the sun, over time, the sun can damage your eyes. UV light can increase your risk of cataracts, growths on your eye and even eye cancer, according to the American Academy of Ophthalmology. Protect your peepers by wearing sunglasses labeled as blocking 100 percent of UV rays.

Cover Up What's Under Cover

Your skin doesn't have to be exposed to be damaged by the sun. If you can see light through the fabric, UV rays can reach your skin too, according to the ACS. If that's the case, wear sunscreen underneath. Tighter weaves and darker colored clothing provide more protection than loosely woven fabric and lighter colors.

Give Your Feet Some Love

Most of us focus on the tops of our feet. But skin cancer can also develop on the bottom of your feet, in between your toes and even under your toenails, according to the American Podiatric Medical Association. So slop on the sunscreen there too. While foot melanomas are rare and mostly caused by other factors (such as viruses or inherited traits), the AAD warns that prolonged UV damage does play a role. Think of all the times you expose the bottoms of your feet while lying down on the beach. Don't forget to apply sunscreen if you're wearing sandals or any mesh-style shoe. UV rays can still reach through the straps and mesh.

Other Ways to Outsmart the Sun

Protecting yourself from the sun doesn't mean simply wearing the right clothes or sunscreen — it also means avoiding the sun when it's at its strongest. Seek shade during peak sun hours, from 10 a.m. to 4 p.m. If you must be outside, walk on the shady side of the street or carry a sun umbrella. Dining outdoors? Sit under an umbrella or wait until later in the evening. Don't forget sun protection on cloudy days. Even when the sun isn't shining brightly, harmful UV rays can still reach you, especially in spring and summer when the sun's rays are the strongest. That doesn't mean you're off the hook in the winter — snow can reflect up to 80 percent of solar UV rays and can nearly double UV exposure, according to the Skin Cancer Foundation.

Health & Fitness Shining a Light on Skin Cancer: Six Facts You Need to Know

Skin cancer is the most common cancer in the United States, according to the Centers for Disease Control and Prevention (CDC). It's also highly treatable if caught early. These six facts can help you improve your sun smarts and decrease your risk.

1. People of all ages can get skin cancer.

A study from Archives of Dermatology finds that one in five Americans will develop skin cancer by age 70. Those at increased risk include fair-skinned people over the age of 50, according to The American Society of Clinical Oncology. A family history of skin cancer and spending lots of time in the sun also contribute.

2. There is no such thing as a "base" tan.

The CDC warns that any tan indicates skin damage from UV exposure and increases the chances of melanoma.

3. One indoor tanning session may boost melanoma risk by 20 percent.

Tanning beds also increase the odds of squamous cell carcinoma by 67 percent and basal cell carcinoma by 29 percent, according to the American Academy of Dermatology.

4. Some medications can lead to sun sensitivity.

The FDA notes that antibiotics, antihistamines, cholesterol lowering drugs and retinoids are among the commonly-prescribed drugs that may cause photosensitivity.

5. Skin cancer can occur "down there."

A type of skin cancer known as Bowenoid papulosis can occur in the pubic or genital area in men and women.

6. Skin cancer is highly treatable if caught early.

The American Cancer Society finds that the five-year relative survival rate for people first diagnosed with localized melanoma (Stages 0, 1 and 2) is 98 percent.



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Prep Time 15 minutes	Cook Time 25 minutes	Total Time 25 to 40 minutes	Serves 2
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July Recipe

Lettuce-Wrapped Turkey Burgers with Tomato Relish and Sweet Potato Fries

Crisp lettuce wraps and a chunky relish balance the richness of the burgers and fries in this gratifying meal. Lean, dark-meat turkey and our custom burger spice blend deliver the flavor in the patties. Onion powder and granulated garlic get a bad rap, but we proudly include them in the blend because, when made from real onions and garlic, they provide instant, delicious complexity.

Ingredients

1 organic sweet potato	1 or 2 organic shallots
10 ounces ground turkey	1 organic romaine heart
4 or 5 sprigs organic fresh flat-leaf parsley	1 tablespoon sherry vinegar
½ teaspoon onion powder	¼ cup paleo mayo
½ teaspoon granulated garlic	Kosher salt and freshly ground black pepper
½ teaspoon sweet smoked paprika	Olive oil
3 ounces organic grape or cherry tomatoes	

Tools

Peeler (optional), large bowl, medium bowl, large frying pan, sheet pan

Instructions

1. Roast the sweet potato fries

Heat the oven to 450°F.

- Scrub or peel the sweet potato. Trim the ends and cut the potato in half lengthwise, then cut each half lengthwise into ½-inch-thick slices.

On a sheet pan, drizzle the sweet potato with 1 to 2 teaspoons of oil; season generously with salt and pepper. Spread in an even layer and roast, turning once halfway through, until tender and lightly browned, 20 to 25 minutes.

While the potato roasts, prepare the turkey patties.

2. Prep the turkey patties

- Cut a small corner from the ground turkey packaging and drain off any excess liquid. Transfer to a plate; pat dry with a paper towel.
- Strip the parsley leaves from the stems; coarsely chop the leaves. Set aside half for the tomato relish.

In a large bowl, combine the ground turkey, onion powder, granulated garlic, sweet smoked paprika and half the parsley. Season generously with salt and pepper and mix gently until just combined. Using wet hands, form the mixture into two ½-inch-thick patties.

3. Cook the burgers

In a large frying pan over medium-high heat, warm 1 to 2 tablespoons of oil until hot but not smoking. Add the patties and cook, turning once, until browned and cooked through, 4 to 5 minutes per side. Transfer to a plate.

While the burgers cook, prepare the tomato relish and romaine.

4. Make the tomato relish; prep the romaine

- Cut the tomatoes into quarters.
- Peel and finely chop enough shallots to measure 2 tablespoons.
- Trim the root end from the romaine heart; separate the leaves.

In a medium bowl, stir together the tomatoes, shallots, sherry vinegar, remaining parsley and 1 to 2 teaspoons of oil. Season to taste with salt and pepper.

5. Serve

Transfer the romaine leaves to individual plates. Top with the burgers, spread with as much mayo as you like and spoon on the tomato relish. Serve the sweet potato fries and any remaining mayo on the side.



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Ask a Pharmacist How Do I Select the Right Sunscreen?

With the temperature getting hotter, it's important to make sure you're choosing and using an appropriate sunscreen. Using broad spectrum sunscreen is your best bet due to its protection against both UVA and UVB rays. These rays cause sunburn and skin cancers so if you're spending your time outdoors you want to be protected. Any time you're leaving your home, put on sunscreen, especially if you have a fair complexion. The lighter your complexion, the more at risk you are for skin cancer and sunburns.



Anil Datwani,
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During the summer, make sure the sunscreen you're using is at least SPF (sun protection factor) 30. If you find yourself still getting burned, move on to a higher SPF. If you're spending a large amount of time outdoors, especially the beach, you also want to make sure to continuously reapply your sunscreen to avoid those harmful rays. Water resistant sunscreen stays on your body for longer, but you should still reapply every few hours. Physical sunscreen sits on your skin and acts as a shield from the UV rays; it's also better for people with sensitive skin. Chemical sunscreen absorbs the UV rays, is easier to apply and does not leave a residue. Make sure you choose the proper sunscreen to avoid unwanted and preventable complications, such as burns, wrinkling or even skin cancer.

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Local Love

Medicine Man Prairie Pharmacy

HAYDEN LAKE, IDAHO

"At Medicine Man Prairie, our community means everything to us. We love to stay involved with our patients as well as our local community fundraisers and events, and we support our local businesses. Our community is like our family. We take care of them just like we would any of our family members."



How many years has Medicine Man Prairie Pharmacy been in business?

This year we are celebrating 21 years! Medicine Man Prairie Pharmacy has been offering unique solutions in North Idaho since 1998.

What has been the most significant change within your pharmacy over the past five years?

We have just recently finished a major remodel and expansion to our pharmacy. We have designed and built a brand-new USP 800-compliant, state-of-the-art lab to accommodate the growing need of compounding in our community. We also have expanded our medication adherence program with our MedPax adherence packaging system.

What is your favorite part of owning an independent pharmacy?

The best part includes making the best decisions for our pharmacy and watching them develop. We are able to explore new ways to provide cutting-edge pharmacy services for our community.

What role does your pharmacy play in your local community?

At Medicine Man Prairie, our community means everything to us. We love to stay involved with our patients as well as our local community fundraisers and events, and we support our local businesses. Our community is like our family. We take care of them just like we would any of our family members.

What makes you unique and sets you apart from your competition?

We specialize in our custom compounding. From hormone replacement therapy to veterinary medicine, our knowledgeable staff has been certified to specialize in preparing custom compounded medications to our community. Our staff takes the time to find the right solution that is customized for each patient.

What unique health needs do you have in your community?

We provide a wide variety of solutions for bio identical hormone therapy to our patients. We also work very closely with our local hospice of North Idaho.

What does Locally Loved mean to you?

Locally Loved means that not only do we have the support from our community, but that we love to support our community as well.