



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | NOVEMBER 2022

How to Screen for Diabetes

According to the Centers for Disease Control and Prevention (CDC), more than 37 million Americans are living with diabetes. With diabetes, your body stops making — or becomes resistant to — insulin, the hormone the body needs to effectively use glucose. In people with diabetes, glucose builds up in the blood. Over time, this can lead to a variety of medical problems, including cardiovascular disease, neuropathy, and blindness.

Because diabetes is so common, doctors regularly screen patients for Type 1, Type 2, or gestational diabetes. This screening typically happens during your annual physical. But your doctor may also order testing if you complain of fatigue, extreme thirst, or abrupt weight changes. Obstetricians also screen pregnant women for gestational diabetes during their second trimester.

There are several tests that can help doctors screen for Type 1 and Type 2 diabetes.

Random blood glucose test

Doctors typically order this test as part of the routine blood panel that assesses your blood counts, vitamin levels, and cholesterol. A random blood glucose test measures the amount of glucose circulating in your blood. A normal reading, even after eating, is usually less than 125 milligrams per deciliter (mg/dL). If your reading is 200 mg/dL or higher, it may indicate that you have diabetes.

Fasting blood glucose test

If you are over the age of 45, have a family history of diabetes, or have a random blood glucose test reading that's 200 mg/dL or higher, your doctor may order a fasting blood glucose test. This test is just like the random blood glucose test except that you need to fast for 10-12 hours before the test. Your fasting blood sugar should be 99 mg/dL or lower. If your blood glucose level is in the 100-125 mg/dL range, you may have prediabetes. This means that your body is starting to become resistant to insulin but hasn't progressed to full-blown diabetes yet. A number higher than 125 mg/dL puts you in the diabetic range.

Hemoglobin A1C (HBA1C) blood test

Random and fasting blood glucose tests only give you a blood glucose reading at a single point in time.

That's why doctors also routinely order the HBA1C test. This test shows the average amount of glucose that was bound to hemoglobin (a protein found inside red blood cells) over the previous three months. The results come in percentages. A reading of 5.6% or less means you are healthy. The prediabetes range is between 5.7% and 6.4%. If your results are 6.5% or higher, you likely have diabetes.

You can also buy an at-home HBA1C test at your local pharmacy. You collect a few drops of blood by pricking your finger and then mail the blood to a lab. You'll get the results within a few days.

Glucose challenge test

According to the American Diabetes Association, nearly 10% of women develop gestational diabetes, a type of insulin resistance, during pregnancy. The diabetes screening for pregnant women involves drinking a beverage containing 75 grams of glucose (more than three times the amount of glucose you'd find in a can of soda). One hour later, your doctor will test your blood glucose level. If it's 140 mg/dL or higher, there may be an issue.

Glucose tolerance test

If your glucose challenge test results in a reading of 140 mg/dL or higher, your doctor will likely order a glucose tolerance test. This test is similar to the glucose challenge test, except that you'll need to fast overnight and then drink a 100-gram glucose drink. Your blood glucose level is measured before you have the beverage — and then one hour, two hours, and, sometimes, three hours after you finish it. Healthy people have readings under 180 mg/dL after one hour, under 155 mg/dL after two hours, and under 140 mg/dL after three hours.

If any of these tests shows you are in the diabetic range, your doctor may order additional tests to better determine whether you have Type 1 or Type 2 diabetes. It is also likely that your physician will ask you to repeat one or more of the tests to confirm the diagnosis.

If you do have diabetes, your doctor will continue to order regular blood glucose and HBA1C tests. These tests help your doctor better monitor your health and ensure that your treatment plan is working.

HEALTH & FITNESS

4 Things to Know about Taking Supplements

Dietary supplements — vitamins, minerals, herbs, or other botanicals — are wildly popular. According to the CDC, more than 57% of U.S. adults use dietary supplements. This includes everything from multivitamins and probiotics to fish oil and ginseng.

The Food and Drug Administration (FDA) doesn't regulate dietary supplements as strictly as prescription medications. Instead, companies that manufacture supplements must have evidence that their products are safe.

So, it's best to do your homework when taking any kind of dietary supplement. Here are some things to keep in mind:

- "Natural" doesn't always equal "safe." Herbal ingredients can have strong effects. The all-natural botanicals comfrey and kava, for instance, can harm the liver.
- Dietary supplements may interact with your medications. For example, St. John's wort, can make some drugs less effective.
- Turmeric, ginkgo biloba, and vitamin E all have anticoagulant effects, so you shouldn't mix them with blood thinners. Milk thistle, which some people take for liver and heart health, may lower blood sugar and cause problems for people on diabetes medicine.
- Many dietary supplements haven't been tested in pregnant women, nursing mothers, or children. (Taking a prenatal vitamin or multivitamin, however, is unlikely to cause harm.)
- If you're having surgery, you may need to stop taking some supplements, including ginseng and ginkgo. Some supplements may increase the chance of bleeding or change your body's response to anesthesia.

When in doubt about an herbal or nutritional supplement, ask your pharmacist or doctor. Bring a list of all the supplements and medications you take whenever you visit any healthcare provider, including dentists and pharmacists.



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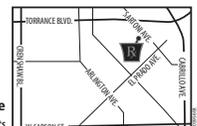


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NOVEMBER RECIPE

Baked Cranberry Pecan French Toast Casserole

Prep Time	Cook Time	Total Time	Serves
15 minutes assembly, plus overnight	60 minutes	75 minutes, plus overnight	10-12

Breakfast can be tough when you have holiday houseguests — especially if you're already planning a big feast for later in the day. This overnight French toast casserole — which is great with baguettes but can be made with whatever bread you have — takes some of the pressure off. Assemble it the night before and then bake it in the morning.

Ingredients

1 1/2 French baguettes (for a total of 36 inches of bread)
 1/2 cup (1 stick) unsalted butter
 6 eggs
 1 1/2 cups whole milk
 1/2 cup heavy cream
 2/3 cup brown sugar
 1 tablespoon vanilla extract
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1 cup fresh or frozen cranberries
 1/2 cup chopped pecans
 Optional garnishes: Maple syrup, powdered sugar

Tools

9 x 13-inch baking dish (or another large baking dish)
 Cutting board
 Bread knife
 Small microwave-safe bowl
 Chef's knife
 Large mixing bowl
 Measuring cups and spoons
 Plastic wrap

Instructions

1. Prepare the casserole

Spray a 9 x 13-inch baking dish with nonstick cooking spray. Cut the baguettes into slices about 1 inch thick. Discard the end pieces. Microwave the butter in a microwave-safe bowl on high in 30-second intervals until the butter is completely melted. In a large mixing bowl, whisk together the eggs, milk, and cream until smooth. Add the sugar, vanilla, cinnamon, and nutmeg, and stir to combine. Add the sliced bread and toss until the bread is evenly soaked with the egg mixture. Pour in the melted butter, cranberries, and pecans, and mix again. (It's OK if bits of butter begin to solidify.) Arrange the French toast slices in the baking dish in three rows, placing bits of pecan and cranberries between each slice. Pour any remaining egg mixture over the top of the French toast casserole.

2. Let the casserole soak

Cover the casserole with plastic wrap and let it sit overnight (or up to 24 hours) in the fridge.

3. Bake the casserole

In the morning, take the casserole out of the fridge and heat the oven to 350 degrees. Remove the plastic wrap and bake the casserole on the middle shelf of the oven for 50-60 minutes, until the top is just slightly golden brown and the bread is puffed. Cool at least 15 minutes before serving.

KIDS CAN!

- Whisk together ingredients
- Toss bread in egg mixture
- Toss cranberries and pecans with bread and egg mixture
- Arrange French toast in the baking dish

ASK A PHARMACIST

How Can My Pharmacist Help Me Control My Diabetes?

Traditionally, people have viewed the pharmacy as simply a place to pick up medications and the pharmacist as the person who tells you a little about your medicine. But your pharmacist can do so much more to help you manage conditions like diabetes beyond simply refilling your medications.



Laura Patterson
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Troubleshooting medication problems

If you have side effects from one of your diabetes medications, this can affect your quality of life and your overall diabetes control. Discuss problematic side effects, or even things you are not sure are side effects, with your pharmacist. Whether you have an upset stomach, urinary tract infections, dizziness, drowsiness, or something else, we can help you determine which medication might be the culprit and why. We can also help advocate for you with your primary care provider to make changes to your medication regimen that will alleviate these side effects.

Troubleshooting blood sugar

Your pharmacist can also help you troubleshoot issues with your blood sugar running too high or too low. Hopefully, you are familiar with your blood sugar goals; however, if you are not sure what your morning fasting blood sugar should be or what your post-meal blood sugar should be, we can help you with that. Many factors contribute to blood sugar numbers being off-target, from your diet to changes in physical activity to medication. Whatever the case, your pharmacist can help you get to the bottom of it.

Diabetes education

More and more pharmacists today are also trained as diabetes educators. If your pharmacist is a diabetes educator, they may be able to take your diabetes self-management to the next level with individualized training classes.

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LOCAL LOVE

Seashore Drugs

Little River, South Carolina / Calabash, North Carolina

Thomas Drugs

Oak Island, North Carolina / Shallotte, North Carolina

“Locally Loved means that we have a community that wants to invest in us and us in them.”

Ed Thomas, Pharmacist and Owner

How many years has your pharmacy been in business?

My pharmacy has been in business for 57 years.

What has been the most significant change within your pharmacy over the past five years, and how has it helped you serve your patients better?

Immunization protocols have been the most significant change within our pharmacy over the past five years. As a result of these protocols, access to vaccines has increased for our patients.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is the personal communications between our team and our patients, as well as the relationships we build.

What makes your pharmacy unique?

Our stores have been family owned for more than 100 years!

What do you think your patients love most about your pharmacy?

Our patients love our customer service. They feel like they are treated like family when they walk through the door.

What are your favorite ways to get involved with your community?

We like to get involved in our community by supporting local civic organizations, schools, and vaccine clinics.

What excites you most about the future of independent pharmacy?

The increasing importance of local pharmacies really excites me about the future of independent pharmacy.

What does *Locally Loved* mean to you?

Locally Loved means that we have a community that wants to invest in us and us in them.