

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Why It's Time to Make Mental Health a Priority

When it comes to overall health and well-being, mental health should be part of the equation. Unfortunately, all too often, we pay little or no attention to our mental wellness.

Ignoring your mental health can cause a ripple effect throughout your body and life. As Mental Health Month kicks off, here's what you should know to put your mental health front and center.

A Common Problem

Mental illness is an umbrella term for a host of psychological disorders, including depression, post-traumatic stress disorder (PTSD), schizophrenia, anxiety disorder and bipolar disorder.

Nearly one in five adults in the United States live with a mental illness, according to the National Institute of Mental Health (NIMH). Yet it's estimated only half of those with mental illness ever receive treatment. Continued stigma is one of the reasons many don't seek help.

For those with mental illness, it often takes 10 years to get a correct diagnosis and to get proper treatment, according to Mental Health America (MHA). Through its #B4Stage4 campaign, MHA advocates that we treat mental illness like any other serious disease, such as cancer, diabetes or heart disease. Address it early for the best outcomes.

Impacts on Physical Health

Mental health can have significant effects on physical health. Untreated mental illness can cause or worsen other health conditions.

Depression and PTSD are risk factors for the development and progression of cardiovascular disease, according to a review of studies published in *The American Journal of Hypertension*. The researchers found that chronic anxiety and chronic stress also negatively affect heart health. A Danish study also found PTSD to be associated with non-malignant gastrointestinal disorders, such as irritable bowel syndrome and ulcerative colitis.

Mental illness can also affect your ability to get or stay well. People with serious medical illnesses, such as heart disease, stroke, cancer and diabetes, are at a higher risk for clinical depression, according to MHA. In individuals hospitalized for acute coronary syndrome, the American

Heart Association considers depression a risk factor for poor prognosis and death.

Untreated mental illness can also be life threatening. An estimated 60 percent of those who died by suicide have had a mood disorder, according to the Department of Health and Human Services. Depression is a major risk factor for suicide, with 2 to 4 percent of those treated for depression dying by suicide.

Know the Signs

A combination of more than one early warning sign, especially if they last longer than two weeks, could indicate you or a loved one has a mental health condition. Some of the signs and symptoms include: dramatic changes in eating or sleeping; lack of energy; lack of enthusiasm; strong feelings of anger, sadness or irritability; excessive worry or anxiety; unexplained physical ailments or pain; strange or suicidal thoughts; inability to function on a daily basis and substance abuse.

Get Screened

MentalHealthAmerica.net has numerous online mental health screening tools, including tests for depression, anxiety and PTSD. Use these as a starting point to assess your risk. Parents can also take the test to assess whether their children are at risk of mental illness.

During your annual physical, talk to your healthcare provider about mental health screening and any additional tests.

Find Treatment and Get Help

The Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline at 1-800-662-HELP (4357) provides general information on mental health. It can also help you locate treatment services in your area. SAMHSA.gov also has a searchable behavioral health treatment locator. For those who feel they could benefit from peer support, the National Alliance on Mental Illness (NAMI.org) offers facilitated support groups for those living with mental illness, as well as for adults who have a family member living with mental illness.

Get help immediately if you or someone you know is thinking of self-harm or suicide: Text to the Crisis Text Line at 741741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Health & Fitness

4 Ways Cardiovascular Disease is Harder on Women Than Men

When it comes to heart disease, many people believe it's men who face the biggest risks. But there are some ways in which women are actually at a greater risk than their male counterparts. Here are four facts about women and cardiovascular disease that may surprise you.

1. Women's heart attacks are more serious, deadlier and more likely to reoccur. Research from the Texas Heart Institute shows women's heart attacks generally cause more damage to the heart muscle than men's. Women are also 50 percent more likely to die in the first year after a heart attack and nearly twice as likely as men to have a second attack within six years.

2. Heart disease in women is more likely to go undiagnosed. Coronary artery disease, the most common type of heart disease, can be difficult to detect in women. That's because coronary artery disease in women often occurs in the small arteries, which are not clearly visible on an angiogram, according to the Cleveland Clinic.

3. Several female-specific conditions increase the risk of cardiovascular disease. The Cleveland Clinic lists endometriosis, polycystic ovary disease, pregnancy-onset diabetes and high blood pressure as gender-related risk factors for coronary artery disease.

4. Women have a higher risk of "broken heart syndrome," also known as stress-induced cardiomyopathy. This condition, recently recognized by the medical community, involves severe, though often short-term, heart muscle failure caused by extreme emotional stress, according to the National Institutes of Health.

Awareness is essential to countering the risks for cardiovascular disease. Following some simple steps can help you maintain a healthier heart: don't smoke; get the recommended heart-health screenings for your age and risk level by your primary care doctor; exercise regularly; manage your blood pressure, blood sugar and weight and reduce stress.



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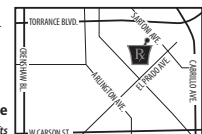
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Prep Time
10 minutes

Cook Time
15 minutes

Total Time
20 to 25 minutes

Serves
2

May Recipe

One-Pot Catalan Shrimp Zarzuela with Almond-Parsley Picada

Fresh seafood abounds on Spain's northern Mediterranean coast, and bubbling stews thick with shrimp, mussels and clams are a regional staple. Similar to the bouillabaisse of neighboring Marseille, this Catalan zarzuela gets a lift from a freshly made picada, a mix of chopped nuts, parsley and garlic that adds a buttery, bright flavor to the dish. A classic picada includes bread, but we've omitted it for this paleo and gluten-free version.

Ingredients

- 10 ounces wild Gulf shrimp or wild tail-on jumbo shrimp
- 1 organic yellow onion
- 1 organic red bell pepper
- 1 or 2 cloves organic peeled fresh garlic
- 1 cup diced tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon sweet smoked paprika
- 1 ounce roasted almonds
- 4 or 5 sprigs organic fresh flat-leaf parsley
- 1 organic lemon
- Kosher salt & freshly ground black pepper, to taste
- Olive oil

Tools

Garlic press or fine-toothed grater (optional), colander, small bowl, large sauce pot

Instructions

1. Prep the zarzuela ingredients; cook the shrimp

- Rinse the shrimp, then drain on a paper towel-lined plate and pat dry. Season lightly with salt and pepper.
- Peel and coarsely chop enough onion to measure 1 cup.
- Remove the stem, ribs and seeds from the bell pepper; cut the pepper lengthwise into ½-inch-wide strips, then crosswise into ½-inch pieces.
- Finely chop, press or grate enough garlic to measure 2 teaspoons; divide into 2 equal portions and use half for the zarzuela and half for the picada.

In a large sauce pot over medium-high heat, warm 1 to 2 tablespoons of oil until hot but not smoking. Working in batches if needed, add the shrimp and cook, turning once, until firm and cooked through, 1 to 2 minutes per side for regular shrimp, 2 to 3 minutes per side for jumbo shrimp. Transfer to a plate. Add more oil between batches if needed. Wipe out the pot.

2. Cook the zarzuela

In the same pot used for the shrimp, warm 1 to 2 tablespoons oil over medium-high heat until hot but not smoking. Add the onion and bell pepper, season with salt and pepper and cook, stirring occasionally until the onion is starting to soften, 2 to 3 minutes. Add the diced tomatoes, tomato paste, half the garlic, paprika and 1 ½ cups water and season with salt and pepper. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until the vegetables are tender and the sauce is slightly thickened, 6 to 8 minutes. Remove from the heat, stir in the shrimp and season to taste with salt and pepper.

While the zarzuela cooks, prepare the picada and lemon.

3. Make the picada; prep the lemon

- Finely chop the almonds.
- Strip the parsley leaves from the stems; finely chop the leaves.
- Cut the lemon into wedges for garnish.

In a small bowl, stir together the almonds, remaining garlic, parsley and 1 tablespoon of oil; season to taste with salt and pepper.

4. Serve

Transfer the shrimp zarzuela to individual bowls, top with the picada and serve with the lemon wedges.

Kids Can!

- Measure the onion.
- Press the garlic (if you have a press).
- Strip the parsley leaves.
- Stir the picada.
- Spoon the picada on the stew.

Ask a Pharmacist How Can My Pharmacist Help Manage My Arthritis?

Pharmacists can help manage pain, including chronic pain caused from arthritis. Your pharmacist is specially trained to recommend over-the-counter (OTC) pain relievers, provide counseling on prescription medications and even guide patients on non-pharmacologic recommendations for managing chronic pain from arthritis.



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One of the common, guideline-recommended, OTC treatment options for arthritis-associated pain is acetaminophen. It is important to limit your daily dose of acetaminophen to no more than 3,000 mg/day. Your pharmacist can help you to determine other medications you may be taking that also contain acetaminophen. Ask your pharmacist if this is an appropriate medication for you before starting this therapy. Other over-the-counter options include topical pain relievers and non-steroidal anti-inflammatory (NSAID) medications. Certain OTC medications may be a better option for you based on other conditions you may have, and therefore it is important to discuss your entire health history with your pharmacist.

Your pharmacist can also answer questions you may have regarding prescription medications for the treatment of arthritis or medications prescribed to relieve arthritis-associated pain. They can provide education about your arthritis medications, including how to properly take the medication, drug-drug interactions and any side effects that may occur. Your pharmacist can help guide you to use your medications in the safest and most effective way possible. By providing education and following up with your arthritis management, they can help work with you and your provider as a member of your healthcare team to ensure the best outcomes for you.

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Local Love Gibson's Pharmacy DODGE CITY, KANSAS

"We're extremely active in our community. We support numerous local charities and organization and are also active in our schools as mentors and advisors."

Matthew Morrison
Pharmacist/Owner



How many years has Gibson's Pharmacy been in business?

Gibson's Pharmacy has been in business for 37 years.

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

Our focus has been on expanding our adherence services. We now offer full synchronization services and multi-dose packaging. Approximately 50% of our prescription volume is now filled through one of our adherence programs.

What is your favorite part of owning an independent pharmacy?

My favorite part of owning an independent pharmacy is the flexibility to structure our practice any way we wish. If our patients ask for certain services or we feel some services aren't useful, we can alter them as we see fit.

What role does your pharmacy play in your local community?

We're extremely active in our community. We support numerous local charities and organizations and are also active in our schools as mentors and advisors.

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

Our programs are centered around making our patients' pharmacy experience as convenient and educational as possible. Our synchronization and multi-dose program allow us to reduce trips to the pharmacy, improve adherence rates and streamline the way we communicate.

What unique health needs do you have in your community?

We serve a large Spanish-speaking population. While communication can often be challenging, we're committed to providing the resources necessary to educate our non-English-speaking patients.

What does Locally Loved mean to you?

We're not just caring for our customers. Our practice is focused on improving the overall health of our community. The Dodge City area has embraced our approach and we're so thankful for their support.



Enjoy healthy, easy recipes with organic produce and clean ingredients delivered to your door weekly. Get \$35 off your first Sun Basket delivery at bit.ly/gnpsunbasket.