



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | NOVEMBER 2023

Are You At Risk for Diabetes?

According to the American Diabetes Association (ADA), approximately 1.4 million Americans are diagnosed with diabetes each year. Nearly 6% of those newly diagnosed patients will have type 1 diabetes, an autoimmune disorder where the body attacks the cells that make insulin, a special hormone that helps to convert the carbohydrates from food into energy. Individuals diagnosed with type 1 diabetes will have to take insulin for the rest of their lives.

The other 94% of new diabetes diagnoses will be type 2 diabetes. With type 2 diabetes, your body still makes insulin, but it either makes too little of the hormone or your body becomes resistant to its effects. Unlike type 1 diabetes, it is possible to prevent or delay the development of type 2 diabetes with some key lifestyle changes.

Diabetes is a chronic health issue that can lead to serious medical complications ranging from heart disease to nerve damage. That's why it's so important to understand the risk factors underlying both type 1 and type 2 diabetes. If you know you're at risk, you can make choices that reduce your risk. And if you do develop it, you'll be better able to help your doctor accurately diagnose you, which means you'll receive effective treatment sooner.

Risk Factors for Type 1 Diabetes

According to the Centers for Disease Control and Prevention (CDC), physicians and scientists aren't sure what sets off the immune reaction that results in type 1 diabetes. There may be genetic factors at play — but scientists have not determined which specific genes are involved.

That said, some of the known risk factors for type 1 diabetes include:

Age. While you can develop type 1 diabetes at any age, it typically starts in childhood or adolescence. That's why type 1 diabetes used to be called juvenile diabetes.

Sex. Males are more likely to have type 1 diabetes than females — 64% to 46%. Researchers are not sure why males are more at risk.

Family history. Because of the likely genetic component of type 1 diabetes, your family history is an important risk factor. If type 1 diabetes runs in your family —

particularly if you have a parent or sibling who has it — you're at much higher risk of developing it.

Unfortunately, there is no way to prevent type 1 diabetes. But by knowing the risk factors for this disease — and sharing them with your family physician — you're more likely to be correctly diagnosed early so you can start the life-saving treatment you need.

Risk Factors for Type 2 Diabetes

More than 30 million Americans live with type 2 diabetes. It's possible to delay or even prevent the onset of the disease. The known risk factors for type 2 diabetes include:

Age. Most people are diagnosed with type 2 diabetes at 45 years of age or older. However, the CDC has noted a growing surge in this disease in younger individuals.

Sex. Like type 1 diabetes, males are at a slightly higher risk of developing type 2 diabetes. Women who have had gestational diabetes or have given birth to a baby weighing more than nine pounds are also at higher risk.

Weight and exercise. One of the biggest risk factors for type 2 diabetes is being overweight. Extra weight, even just an extra 10 or 15 pounds, can increase your risk of developing this condition. Leading a sedentary lifestyle (exercising less than three times per week) also adds to your risk profile. Men are more likely to develop type 2 diabetes at a lower weight than women.

Medical and family history. A family history of type 2 diabetes ups your own risk of developing the disease. So does a history of non-alcoholic fatty liver disease. Your family background matters, too. Studies show that people of African American, Hispanic or Latino, or Native American ethnicity are at higher risk of developing the disease.

Prediabetes. Many people diagnosed with type 2 diabetes show symptoms before developing the full-blown disease. If your blood glucose levels are higher than normal — not quite to diabetes level but higher than normal range — you have a condition called prediabetes. It's your warning sign that it's time to make some healthy changes to your diet and exercise regimen so you can avoid or delay developing type 2 diabetes.

HEALTH & FITNESS

Is Medication Synchronization for You?

Medication synchronization sounds complex and confusing. But it's pretty simple. Also called med sync, it's a free service through your pharmacy to help manage your prescription medications.

What Is Med Sync?

When you enroll in a med sync program, your pharmacist schedules all your prescriptions to refill at the same time, usually once a month. That means fewer trips to the pharmacy.

How Does Med Sync Work?

After you enroll, you will:

- Choose the refill date that works best for you.
- Get partial refills of some medications to synchronize your refills.
- Set up text, email, or voicemail reminders to pick up your medication.

Does Med Sync Make Sense for You?

Whether you have a short illness or an ongoing condition, sticking to a treatment plan helps you get well and stay well. Med sync helps with medication adherence by making it easier to get your medication.

People enrolled in a med sync program are three to six times more likely to stick to their treatment plan, according to a report in the American Journal of Lifestyle Medicine.

Med sync makes sense if:

- You take two or more prescription medications.
- You have different prescriptions at different pharmacies.
- You sometimes forget to pick up your medication or have trouble getting to the pharmacy.
- You're tired of having to make frequent trips to the pharmacy.

If any of these situations apply to you, talk to your pharmacist about enrolling in med sync.



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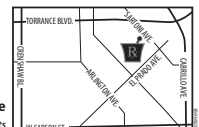


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NOVEMBER RECIPE

Turkey and Wild Rice Soup

Prep Time	Cook Time	Total Time	Serves
15 minutes	45 minutes	1 hour	4

Turkey and wild rice soup is warm and satisfying but light and healthy at the same time. Full of vegetables, whole-grain wild rice, and lean roasted turkey, it's just what your body craves after indulging on Thanksgiving. And it's an ideal way to use up that leftover turkey. This recipe is fast and easy to prep, and leftovers freeze beautifully.

Ingredients

2 tablespoons olive oil
 4 medium carrots, peeled and cut into 1/2-inch round pieces (2 cups)
 2 medium celery stalks, cut into 1/2-inch pieces (3/4 cup)
 1/2 onion, diced (1 cup)
 4 ounces white or baby Bella mushrooms, sliced (1 1/2 cups)
 1 teaspoon dried thyme
 6 cups low-sodium turkey stock
 2 cups shredded roast turkey meat (dark or white, skinless)
 1/2 cup wild rice
 2 tablespoons fresh minced parsley
 Kosher salt to taste

Tools

Chef's knife and cutting board
 Measuring cups and spoons
 Spatula
 Stockpot

Instructions

- Heat the olive oil in a stockpot over medium-high heat. Add the carrots, celery, onion, and mushrooms to the pot and sauté for 5 minutes or until the vegetables start to soften and caramelize.
- Sprinkle the dried thyme over the vegetables and stir to combine.
- Add the turkey stock and shredded turkey to the pot and let the mixture come to a boil.
- Add the wild rice to the pot. Cover, reduce the heat to medium-low, and let the soup simmer for 45 minutes or until the rice is tender.
- Add the minced parsley and salt to taste.
- Refrigerate in a covered container for up to 3 days or freeze for up to 3 months.

KIDS CAN!

- Peel the carrots
- Measure the vegetables and rice

ASK A PHARMACIST

What Are Some Common Risk Factors for Diabetes?

Dean Stone
 Pharmacist
 IHS Pharmacy & Gifts
 Metter, Georgia

One of the most common disease states that patients encounter is diabetes. It affects millions in the U.S. yearly. Diabetes is when your body either does not make enough insulin (type 2) to control your blood sugar or makes no insulin at all (type 1). You can improve some risk factors for diabetes, but others cannot be changed.

Modifiable risk factors which can be improved include:

- **Weight:** Being overweight or obese increases the chance of having diabetes. It is recommended to lose 5-10% of your body weight to decrease the risk.
- **Physical activity:** It has been shown that just a 30-minute walk five days a week decreases the chance of having diabetes and heart disease. Each patient should aim for 150 minutes per week of moderate-intensity physical activity.
- **Smoking/alcohol use:** It is recommended to stop the use of any alcohol or smoking.
- **Diet:** It is recommended to follow a heart-healthy diet with fruits and vegetables with less red meats, carbohydrates, and sweets.

Non-modifiable risk factors are:

- **Age:** Most patients who have type 1 diabetes are born with it. However, type 2 diabetes most commonly occurs in adults age 40 or greater, although it is being seen in younger adults now.
- **Family history:** You are at increased risk for having diabetes when a close relative has diabetes.
- **Race:** Patients who are of African American, Asian American, Latino/Hispanic American, or Native American descent are at an increased risk for developing diabetes.
- **Gestational diabetes:** Patients who develop diabetes during pregnancy are at increased risk for diabetes later on in life.

It is important to know these risk factors for diabetes and to improve your health!

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LOCAL LOVE

Alameda Thrifty Pharmacy

Serving El Paso, Texas, for more than 64 years



“At our pharmacy, there are so many little things that set us apart. For example, the way we get to know each customer, our friendly welcoming smiles, and our passion for pharmacy.”

Laura M. Quijas
 Co-owner and Pharmacist

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?

The most significant change has been our online presence. Over the past five years, we have really grown our online presence by having our pharmacists use Facebook Live and TikTok. These platforms have assisted us in staying fresh and close to our patients, especially when COVID-19 hit. It has helped us educate them on vitamins, vaccines, and much more.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is being a detective. I love scrolling through a patient's profile to find ways to help them either save money, eliminate duplicate therapies, or find drug errors/interactions. I also love speaking with my patients one-on-one either via consultations, annual medication reviews or just stopping them in the store to see how their week is going.

What makes your pharmacy unique?

At our pharmacy, there are so many little things that set us apart. For example, the way we get to know each customer, our friendly welcoming smiles, and our passion for pharmacy go above and beyond. Also, showcasing local El Paso products is important to us. We love to partner with and carry local artists and vendors within our brick-and-mortar (including candies, CBD, gifts, puzzles, and much more!).

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

We get feedback all the time that they love the smiling faces my staff have, and they appreciate us speaking their language (Spanish for almost half of our patients).