



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | DECEMBER 2021

11 Questions to Ask About Your Pet's Medication

Prescription medications aren't limited to humans. Pets can need medications for a variety of reasons as well, including illness, injury, or recovery from a medical procedure.

There's a good chance your pet will need to take at least one medication during their lifetime. Many pharmacies now fill pet medications, making it more convenient than ever to get help for your pet. Before you give your pet a drug, here's what you should ask your veterinarian or pharmacist to keep your pet healthy and happy.

1. Why is the medication being prescribed? Now's a good time to ask any follow-up questions about your pet's illness or condition.

2. What medication forms are available? Some pets gobble up pills without a problem. For others, a liquid version — given through a squeeze syringe — is easier to get into their pet. Eye medication often comes in either drops or an ointment. Choose the version you feel will be the easiest to give your pet.

3. Does the medication come in a one-dose injectable version? Some pets refuse to take medication — no matter how many tricks or tasty treats you try. Some pain medications and antibiotics come in one-dose injectable versions, which can be given to your pet just once. You don't have to be the bad guy, forcing your pet to take their meds.

4. Can you demonstrate how to give the medication to my pet? Your veterinarian can often give your pet the first dose of medication while you're in their office. They can demonstrate how best to hold your pet to give them the medication.

5. How often should I give the medication to my pet? Make sure you know exactly how many times a day, at what times, and at what dose each time your pet should have the medicine.

6. How long will my pet be on this medication? Your pet's prescription can be temporary, lasting only a few days, or they may need to be on their medication long-term. For the best treatment

outcomes, don't stop giving your pet their medication before your veterinarian or pharmacist tells you to stop.

7. How should I store the medication? Storing your pet's medication properly maintains its efficacy. Certain antibiotics, for example, must be kept out of the light or refrigerated to keep them from spoiling. Ask your vet or pharmacist how best to store the medication.

8. What are the common side effects? Pets can't tell us how they feel. But just like people, they can experience side effects from medications. Common side effects can include nausea, vomiting, lethargy, and inactivity. Knowing what to expect and how long side effects last can help you assist your pet. It's also important to know about unusual or dangerous side effects and when to seek emergency help. Your vet or pharmacist can go over the most common side effects. They can also provide tips on how to prevent or manage side effects.

9. Should the medication be given with food or on an empty stomach? Giving medication with food can help reduce your pet's chances of having an upset stomach. But ask your vet or pharmacist because not all medications should be given with food.

10. What's a compounded medication? Some pet medications, such as special antibiotics, aren't available ready-made. They need to be made to order, or compounded, by a special pharmacy known as a compounding pharmacy. Compounded medications generally cost more, but they might be the only option for your pet's specific issue. One benefit of using an independent pharmacy is that many of these pharmacies offer compounding services.

11. Are different flavors available? Some paste or liquid medications come in different flavors, like tuna, beef, or chicken. If your veterinarian prescribes a liquid or compounded medicine, your pharmacist can often add flavors. If your pet is picky about taste, choosing the right flavor can help them take the medication more easily.

HEALTH & FITNESS

Tackle Stress by Tackling Clutter

Clutter doesn't just take up physical space. It can also weigh you down emotionally. If you're overwhelmed by piles of junk mail, closets of old clothes, boxes of outdated electronics, and other unneeded possessions, it's time to start decluttering.

While it can seem like yet another thing on your to-do list, decluttering can be an important part of self-care. A more organized home can help you reduce stress, regain focus, and make space for new possibilities. Here's how to make decluttering a manageable and low-stress activity:

Prioritize and plan. Pick an area to tackle first. If you plan to donate items, determine where and when you'll drop them off. You don't want to create piles that just sit there.

Start small. Tackle piles 10 to 15 minutes at a time. Work on one small pile, one drawer, or one box. As you make progress, increase the amount of time you spend decluttering.

Make decluttering a habit. Mark your decluttering session on your calendar so you remember to keep up the habit.

Create a three-pile sorting system. One pile is for things you want to keep. One pile is for things you can donate. One pile is for items to throw away. Once you're done sorting, put to-keep items in their proper locations.

Distract yourself. Decluttering can feel tedious. Make the time go by quicker by listening to your favorite tunes or an engrossing podcast.

Serious clutter, known as hoarding, is a mental health issue. Reach out for help if:

- You become distressed at the thought of throwing things away.
- Clutter interferes with your ability to function on a daily basis.
- Clutter is creating cramped and unsanitary living conditions.

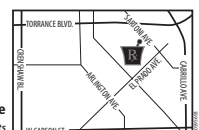


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DECEMBER RECIPE

Winter Vegetable and Ricotta Tart

Prep Time	Cook Time	Total Time	Serves
1 hour	35 minutes	1 hour, 35 minutes	8

This winter veggie tart looks impressive but doesn't take much skill. Make it for a special lunch or serve it as a side dish at a holiday meal.

Ingredients

1 1/4 cups all-purpose flour
 1/4 teaspoon salt, plus more to season
 1/2 cup (1 stick) very cold, unsalted butter, cut in 1/2 inch cubes
 2 to 4 tablespoons ice water
 6 medium carrots, peeled, thinly sliced
 2 medium parsnips, peeled, thinly sliced
 2 small sweet potatoes, peeled, thinly sliced
 8 sprigs thyme
 2 tablespoons olive oil
 Nonstick spray
 1 16-ounce container ricotta
 1 egg

Tools

Measuring cups and spoons
 Food processor
 Rolling pin
 Plastic wrap or wax paper
 Chef's knife
 Vegetable peeler
 Cutting board
 Sheet pan
 9 1/2 inch pie pan

Instructions

1. Prepare the crust

Add flour and salt to the food processor. Then pulse to combine. Add the butter cubes and process until a dough starts to form, 10 to 15 seconds. Scrape the sides and then pulse a few more times to mix. Place the mixture in a medium bowl. Add 2 tablespoons of ice water and mix together with your hands to form a dough. If the mixture is too dry, add water, 1 tablespoon at a time. When a rough dough has formed, shape it into a disk about 1 inch thick. Then wrap it in plastic or wax paper and refrigerate it for 30 minutes.

2. Roast the veggies

Heat oven your to 400 degrees. Add the carrots, parsnips, and sweet potato to the sheet pan with 6 sprigs of thyme. Toss the mixture with olive oil and a pinch of salt. Spread it evenly across sheet pan, and then roast for 35 minutes, until the veggies are soft. Remove the thyme sprigs.

3. Assemble the tart

Lightly flour a large, clean surface. Coat the pie pan with nonstick spray. Roll out the chilled dough. Then lay it in the pie pan, trimming any excess hanging over the sides.

In a mixing bowl, beat the eggs, the ricotta, and a pinch of salt. Spread the mixture in the pie dish. Top with the roasted veggies and chopped thyme from the remaining 2 sprigs. Roast for 35 minutes, until the ricotta mixture is set. Cool for at least 10 minutes before serving.

KIDS CAN!

- Shape and roll dough
- Assemble tart

ASK A PHARMACIST

How Can You Help Me Keep My Pet Healthy?

Never having grown up around an abundance of family pets, I took a while to understand how important pets can be in many of our lives. It wasn't until my pharmacy school fourth-year rotation that I realized pet families will do everything they can to make sure their pets are healthy and have the proper medication. My eyes were opened to the potential of veterinary pharmacy and the difference it can make for patients and their furry, four-legged family members.



Craig Burgess
 Pharmacist
 Pinon Family Pharmacy
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 New Mexico

Many local veterinarians use onsite pharmacies. I enjoy making meaningful relationships with my hometown vets and giving them specific examples of how I can add to their current pharmacy services. Although competing with online and mail order pharmacies is always a daunting task, as a community pharmacy, we are able to make personal connections with vets and their patients' families. I have personally found that compounding pet medications is the niche they need me to fill in my community. I have been able to compound unique prescriptions for horse owners and household pets alike.

Local vets prefer to work with me, an independent pharmacist, because I can price-match from mail order compounding pharmacies. Unlike these other services, I take time to answer the phone and take care of each person's pharmaceutical and cost-savings needs.

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LOCAL LOVE

Spence's Medical Center Pharmacy Lake Jackson, Texas

"I love making a difference in people's lives and health."

David Spence, Pharmacist and Owner, Spence's Medical Center Pharmacy

How many years has your pharmacy been in business?

Spence's Medical Center Pharmacy has been in business 31 years.

What is your favorite thing about being a pharmacist?

I love making a difference in people's lives and health. There is nothing more gratifying than patients admitting that the counseling you just gave them is going to make a difference.

What makes your pharmacy unique?

We are unique in our community because we are the only independent pharmacy. We do many things to differentiate ourselves from the chain pharmacies, including acknowledging our customers, calling them by name, knowing their medications, counseling them extensively, getting involved in the community, and living locally.

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

Our patients know that we love and care about them as individuals and that their health is important to us. We value them and their time.

What excites you most about the future of independent pharmacy?

We have been involved in cutting-edge pharmacy from day one. I was the first certified immunizing pharmacist in the county. Our pharmacy's small size allows us to be nimble and quick to adapt updates to our business model more than the big guys. We love change. It is easier for us to evolve and adjust.

What does *Locally Loved* mean to you?

Locally Loved means that the love is mutual: we love all of our patients, and they love us back.

WE 
**BEING YOUR
 PHARMACY!**