



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JUNE 2022

The Top 4 Most Common Chronic Illnesses and How They Affect Older Adults

Aging is a fact of life. And with it comes an increased risk of developing a chronic illness. Chronic illnesses are health conditions that last a year or longer. Some 80% of older adults live with at least one chronic illness. Here is information about the four most common chronic illnesses in older adults.

High Blood Pressure

As you age, your arteries lose elasticity, becoming more resistant to the flow of blood. When your heart has to pump blood through rigid, narrowing arteries, your blood pressure increases. Consistently high blood pressure damages the artery walls. If left untreated, this can lead to serious complications, including heart attack, stroke, or kidney failure.

Signs and symptoms:

Often called the "silent killer," high blood pressure shows no signs or symptoms. It can only be detected using a pressure-measuring gauge, which is often part of a routine medical checkup.

How to manage it:

- Work with your healthcare provider to create a treatment plan.
- Frequently check and track your blood pressure.
- Reach and maintain a healthy weight for your body.
- Engage in some physical activity most days.
- Limit your alcohol and sodium consumption.

Osteoarthritis

Osteoarthritis is a degenerative disease that attacks the joints. As cartilage, ligaments, and joint lining break down, the bones start to rub together. Osteoarthritis is the second most common chronic illness in older adults after high blood pressure.

Signs and symptoms:

- Pain, stiffness, tenderness, or swelling in your joints
- Popping or clicking sounds when you move a joint
- Muscle weakness around a joint
- Limited range of motion

How to manage it:

There is no cure, but pain medication and anti-inflammatory drugs can help manage symptoms. Exercises focused on balance, strength building, and stretching can help support and take stress off the joints.

Cardiovascular Disease

Cardiovascular disease affects the heart and blood vessels. Coronary heart disease, arrhythmia,

and congestive heart failure are all examples of cardiovascular disease. As plaque builds up along the artery walls, the arteries become narrower, making it more difficult for blood to pass through. This can lead to blood clots, strokes, heart attacks, or other complications.

Signs and symptoms:

Symptoms can vary but may include:

- Chest pain or pressure
- Shortness of breath
- An irregular or quickened heartbeat
- Dizziness or lightheadedness

How to manage it:

- Exercise regularly.
- Strive for seven to eight hours of sleep each night.
- Eat lots of fruits, vegetables, fish, beans, and whole grains.
- Limit foods high in sugar, salt, and trans and saturated fats.
- Quit smoking.

Diabetes

Diabetes interferes with the body's ability to regulate blood sugar. Type 2 diabetes, the type that is likeliest to affect older adults, prevents the body from effectively using insulin, the hormone responsible for distributing blood sugar throughout the body, which can wreak havoc on the eyes, teeth, nerves, gums, and kidneys over time.

Signs and symptoms:

- Blurred vision
- Frequent urination
- Tingling, numbness, or pain in the hands and feet
- Excessive hunger or thirst

How to manage it:

Eating healthy, getting plenty of exercise, and maintaining a healthy weight will help keep your blood sugar in check. It's important to keep tabs on your blood sugar levels throughout the day.

HEALTH & FITNESS

4 Ways to Reduce Your Dementia Risk

There are many different types of dementia, including Alzheimer's disease, vascular dementia, and Lewy body dementia. While some of the risk factors, like age and genetics, are out of your control, others are within your power to alter.

Here are some key steps that the Alzheimer's Association advises people to take now to lower their chances of developing dementia later in life.

Fight cardiovascular disease. This includes high blood pressure, high cholesterol, and diabetes. Up to 80% of Alzheimer's patients have cardiovascular disease, which can lead to vascular dementia (one of the main types of dementia).

Get regular exercise. Exercise increases blood flow and oxygen to the brain, which may help your brain cells. Plus, exercise helps reduce your risk of developing cardiovascular disease — and helps you manage it if you already have it. Find one or more forms of exercise you enjoy so that you can stick with it.

Eat a heart-healthy diet. Current research suggests that a heart-healthy diet may protect the brain. Plus, it helps reduce the risk of cardiovascular disease, including diabetes. A heart-healthy diet includes plenty of vegetables, fruits, whole grains, lean protein, and healthy fats — and limited saturated fats and sugar.

Stay socially connected. While researchers aren't sure, they do know that strong social ties help lower the risk of dementia. Foster relationships with friends and family. And if you're no longer working, seek out volunteer opportunities and hobbies that will get you out of the house, stimulate your mind, and help you meet new people.



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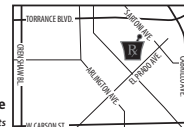


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JUNE RECIPE

Strawberry-Rhubarb Blondies

Prep Time	Cook Time	Total Time	Serves
15 minutes	45 minutes	1 hour 15 minutes	16

These easy strawberry-rhubarb blondies are perfect for anyone who loves early summer fruit but doesn't have the patience to make a pie. They come together in a single bowl and bake in a single pan!

Ingredients

1 cup unsalted butter, melted
 1 1/4 cup packed brown sugar
 2 large eggs
 1 teaspoon vanilla extract
 2 1/2 cups all-purpose flour
 1/2 teaspoon baking powder
 1 teaspoon salt
 1 cup fresh strawberries, cored and chopped
 1 cup fresh rhubarb, thinly sliced
 Nonstick cooking spray
 1/4 cup cream cheese
 1/4 cup powdered sugar, sifted
 3 to 4 tablespoons whole milk

Tools

Cutting board
 Chef's knife
 9-by-9-inch baking pan
 Measuring cups and spoons
 Large mixing bowl
 Whisk
 Wooden spoon

Instructions

1. Prepare the batter.

Heat oven to 350 degrees and spray a 9-by-9-inch baking pan with nonstick cooking spray.

In a large bowl, whisk melted butter and sugar to combine. Add eggs and vanilla and whisk until smooth. Add flour, baking powder, and salt, and mix with a spoon just until the batter is thick. Add strawberries and rhubarb, and mix to combine.

2. Bake the blondies.

Pour batter into the baking pan and spread it evenly with the wooden spoon. Bake for 45 to 50 minutes, until a knife inserted into the center comes out clean and the edges are lightly browned.

3. Make the glaze.

While the blondies bake, make the glaze. Place cream cheese in a microwave-safe bowl and microwave until soft (about 15 seconds on high). Add sifted powdered sugar and 2 tablespoons of milk, and stir. If the mixture is too thick to pour, add milk, 1 tablespoon at a time.

4. Finish the blondies.

Cool blondies for at least 15 minutes. Pour glaze over the top in a zig-zag pattern. Cut into 16 pieces to serve.

KIDS CAN!

- Measure ingredients
- Mix batter
- Make glaze
- Pour glaze over blondies

ASK A PHARMACIST

How Can I Keep My Brain Healthy As I Age?

I feel the most important thing you can do to keep your brain healthy as you age is to stay active. For me, this has involved working to age 74 and being a member of many organizations and clubs. Some tips for keeping your brain healthy include:

- **Having goals and activities that keep your mind active.** For me, this includes golfing, fishing, giving blood to the American Red Cross and playing cards.
- **Establishing new relationships.** Remembering new names helps keep your mind sharp. This past year, we have met thousands of patients through our distribution of the COVID-19 vaccine. This has allowed us to build new friendships and further the health of our community.
- **Reading.** I always have two books that I am in the process of reading.
- **Educating yourself.** I subscribe to courses so I can continue to learn about topics of interest even as I age.
- **Having support.** My best asset for keeping my mind and brain active is having a great wife who supports my new endeavors.



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LOCAL LOVE

Sea View Pharmacy San Clemente, California



"The loving family attitude and accessibility of our staff are major reasons why we have been here for 44 years."

Eugene Medley, Pharmacist and Owner

How many years has your pharmacy been in business?

This second-generation, family-owned pharmacy has been part of the community for 44 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?

The biggest change to our pharmacy in the last five years has been providing increased veterinary prescription services to our patients. We are consistently able to promote the health and well-being of our extended family members.

What is your favorite thing about being a pharmacist?

By far, the most gratifying aspect of being a pharmacist is the ability to provide a high level of care and compassion to the patients that come into our store for assistance. We are in a unique position to engage with our customers and assist their providers in overcoming the challenges that arise when the body presents unwanted changes or issues.

What makes your pharmacy unique?

The most unique thing about our pharmacy is that we offer individualized dosage forms for patients from our accredited compounding laboratory. Some patients require special services, and that is what we provide. We prepare and dispense unique dosage forms that enable patients to get the therapy that their provider has prescribed for them.

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

Time and again, our patients have complimented the pharmacy staff on their happy, pleasant, and calm nature. The loving family attitude and accessibility of our staff are major reasons why we have been here for 44 years.

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

Sea View Pharmacy is an ardent supporter of many community-based youth sports programs and elementary, middle, and high school activities. We strongly believe in supporting the community that has trusted and supported us.

What excites you most about the future of independent pharmacy?

The most exciting thing I see for the future of independent pharmacy is the increased product offerings that will directly impact patient care. Through medication therapy management, medication synchronization, convenience packaging, vaccination services, and testing options, the future is very bright.

What does *Locally Loved* mean to you?

Locally Loved means that our grace, faith, and trust are noticed and making a positive, impactful difference in the lives of our local community.