



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JULY 2021

Why You Need To Take Your Medications as Directed

When it comes to your prescription medications, how and when to take them is written on the label. While it's not uncommon to forget to take a dose, deliberately ignoring the label directions can put your health at real risk.

While you may think there's no harm in tinkering with doctor's orders, these five mistakes could potentially cause you real harm. Here are some errors you should avoid — along with guidance on what you should do instead.

Mistake #1: This medicine is causing side effects. I'll stop taking it.

When you first start taking a medication, it may cause side effects, such as an upset stomach or headaches, until your body adjusts to it. But stopping medications abruptly can cause side effects, too. For example, stopping anti-depressants abruptly can cause depressive symptoms to worsen, according to the National Institute of Mental Health.

Solution: Call your pharmacist to find out if your side effects are related to your medication. They can recommend ways to reduce common side effects, such as nausea. If side effects are severe, your doctor can help you taper off the medication slowly, if need be.

Mistake #2: I'm feeling better, so I can take less — or none at all.

Not finishing your medication can result in treatment failure. For example, stopping cholesterol-lowering statins before your doctor says it's OK to stop can increase your risk of dying early, according to the Food and Drug Administration (FDA). Antibiotics are a common drug many people don't finish. Even if you're feeling better, that doesn't mean the bacterial infection is gone. According to the Centers for Disease Control and Prevention, not taking your antibiotic as prescribed can contribute to antibiotic resistance, which means the next time you need them, they may not work.

Solution: Always finish your prescribed doses as directed. Talk to your doctor or pharmacist to learn why your medication is prescribed long term. In the case of antibiotics, your doctor can let you know whether it's OK to stop taking them.

Mistake #3: I'm feeling better (or worse), so taking more will help.

Your doctor prescribes the lowest effective dose for you. Taking more medicine than prescribed increases the risk of side effects as well as a dangerous overdose. For example, each day, 40 people die from overdosing on prescription narcotics, according to the American Public Health Association.

Solution: Be patient. It can take several weeks to feel the effects of your medication. If you feel it's not working, talk to your doctor. They can determine whether to increase the dosage or switch you to a different medication. And if the medication is working, upping the dosage won't help you feel better faster.

Mistake #4: The dosing schedule is complicated. I'll take them all at once.

Medication directions include how often you should take a dose in a 24-hour period. If your medication says to take one pill three times daily, you should aim to take one dose every eight hours. Taking all your medications at once can lead to an overdose or cause some medications to interfere with others.

Solution: Download the My GNP mobile app. It can remind you when to take your next dose. Your pharmacist can also group your medications into easy-to-open packets by time and day.

Mistake #5: Taking over-the-counter (OTC) drugs and supplements with prescription meds.

Even if prescription and OTC medications are for different conditions, they may contain the same active ingredients, which can cause an overdose. For example, prescription pain killers and OTC flu drugs can both contain acetaminophen, the active ingredient in Tylenol. Too much acetaminophen can cause liver damage. Some supplements can make your prescription drug less effective or increase the risk of side effects.

Solution: Always tell your doctor or pharmacist about all medications and supplements you take. They can make sure OTC drugs and supplements don't interact with your prescriptions.

HEALTH & FITNESS

Three Sun Safety Risks That Might Surprise You

If you love soaking up the sun, you likely already know you need to slather on sunscreen. But even people with a lot of sun safety sense might inadvertently expose themselves to more risk than they think.

Here are three common mistakes to watch out for:

Your sunscreen doesn't offer enough protection

You've probably noticed your bottle has a number and "SPF," which stands for sun protection factor. This is a guide for how long it would take for the sun's UVB rays to burn you if you weren't wearing sunscreen. That means wearing SPF 30 means it should take 30 times longer to burn than without. The Skin Cancer Foundation advocates a sunscreen with an SPF of 15 or higher for everyday wear and 30+ for outdoor activities.

Your sunscreen doesn't offer UVA and UVB protection

Look for sunscreen that's labeled "broad spectrum," meaning that it includes ingredients that protect you from both types of harmful rays from the sun. UVB rays are the ones that cause visible sunburn. They can also cause sunburns, skin cancer, and skin aging. In contrast, exposure to UVA rays won't lead to sunburn. But it still can cause indirect harm to your cells' DNA and can lead to long-term damage like wrinkles and, potentially, skin cancer.

You don't apply sunscreen to the covered parts

Believe it or not, clothing can't deflect all the sun's harmful rays, especially if it's a light weave or color. One test is whether you can see light through the fabric. Even better: Get in the habit of applying sunscreen from head to toe to ensure you'll be safe.



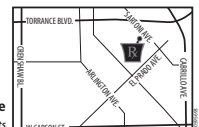
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Ask About Our Customer Loyalty Program



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JULY RECIPE

Grilled Peach, Mint, and Goat Cheese Crostinis

Prep Time	Cook Time	Total Time	Serves
10 minutes	40 minutes	50 minutes	8 appetizers

Instead of saving summer peaches for dessert, pair them with tangy goat cheese, homemade balsamic glaze, and a pinch of mint for a sweet-savory appetizer. Choose peaches that are slightly soft to the touch but firm enough to slice cleanly with a knife — if the peaches are too ripe, they'll turn to mush on the grill.

Ingredients

- 2 cups balsamic vinegar
- 1/4 cup packed brown sugar
- 3 medium-ripe peaches, pitted and cut in 6 slices each
- 1 crusty baguette, cut in 16 slices
- 8 ounces soft goat cheese
- 2 tablespoons finely chopped mint

Tools

- Measuring cups and spoons
- Small pot
- Chef's knife
- Bread knife
- Cutting board
- Grill
- Grill tongs

Instructions

1. Make the balsamic glaze.

Stir together the vinegar and brown sugar in a small pot over medium-high heat. Bring to a boil, then reduce the heat to low. Simmer, stirring occasionally to prevent sticking, until the mixture is reduced to about one-third of its original volume and is thick enough to coat the back of the spoon, about 15-20 minutes. Pour the finished glaze into a bowl and let it cool.

2. Grill the peaches and the crostini.

Heat a grill on high heat until it reaches 500°F. When the grill is hot, place the peach slices on the hottest parts of your grill, making sure the flesh is touching. Place the bread slices on cooler parts of the grill. (If your grill is small, you can do the peaches first and the bread second.) Grill uncovered for 5 minutes, until the peaches have dark grill marks and the bread has light brown grill marks. Flip the peaches and the bread and grill uncovered for another 5 minutes, until both sides have grill marks.

3. Assemble the crostini.

Spread each piece of bread with goat cheese. Top with a warm grilled peach slice, drizzle with the balsamic glaze, and garnish with a tiny bit of mint.

KIDS CAN!

- Stir the glaze
- Spread the cheese
- Assemble crostini

ASK A PHARMACIST

What Are Some Natural Ways I Can Manage My Health?

I like to think of natural health as prevention — it is much easier to stay healthy rather than trying to get healthy. How does one stay healthy naturally? Think of your body as your home. It's the only place you have to live, so you must take care of it. You need to provide your body with the basics of what it needs to function optimally. This can be thought of as air, water, sleep, activity, and nutrition. These are all available to everyone without a prescription and in a natural way.



Scott Watts
Pharmacist
Ron's Apothecary
Shoppe
Juneau, Alaska

- **Air.** We all need air to live, but we also need to make a point to get outside every day and breathe the fresh air.
- **Water.** We hear this one all the time. Make sure to follow through and make it a point to drink plenty of water to nourish all the cells in your body.
- **Sleep.** Sleep is the body's way to renew, replenish, and detoxify, so make sure you are getting adequate amounts of sleep every night. It has been proven that binge sleeping on the weekends does not make up for poor sleep habits during the week.
- **Activity.** Our bodies are meant to move, so get out and move! Double the benefits and get outside to practice forest bathing, or immersing yourself in nature, in a mindful way using your senses to derive a whole range of benefits for your physical, mental, emotional, and social health.
- **Nutrition.** Fuel the body with clean, organic (when possible) whole foods, avoid processed foods, and limit the amount of food you eat. Calorie restriction has been shown to extend lifespan, so just eat a little less to improve your health.

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LOCAL LOVE

Boyt Drugs Metuchen, New Jersey

“Our whole team takes pride in offering the best service possible to every guest that walks into the store.”

Gerard Bargoud, Pharmacist and Owner

How many years has your pharmacy been in business?

Boyt Drugs has been in business in downtown Metuchen since 1948. Our current ownership purchased the store in 2007 and has had 13 wonderful years so far at the same location.

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 two most significant changes to our pharmacy over the past five years have been immunizations and curbside service. We started curbside pickup about five years ago. It was a big success and became even more helpful during the COVID-19 pandemic. Over the last few years, we have also increased the number of vaccines that we provide, helping us grow into a vaccine center. During the pandemic, we combined our curbside service with vaccinations, and we have given a very high number of vaccine shots to our customers in the safety of their own cars.

What is your favorite thing about being a pharmacist?

I really enjoy forging relationships with our customers. I have known many of them for 13 years now. Pharmacists are an integral part of a patient's healthcare and are usually the most accessible provider. It feels good to be able to be there for my patients when they need me.

What makes your pharmacy unique?

Our customer service makes our pharmacy unique. Our whole team takes pride in offering the best service possible to every guest that walks into the store.

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

Patients love the friendly, family atmosphere we have at the store. Everyone is welcome and appreciated. We know our patients by name. We are part of the community, and we feel the town considers us part of their family.

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

We are a proud member of our Chamber of Commerce. We try to be involved in as many local events as possible, either physically or by providing donations. We hold vaccination clinics at our senior center, schools, local businesses, and fire department.

What does Locally Loved mean to you?

Locally Loved means that we are appreciated for what we do for our local community. Metuchen is a fantastic town, and we are very fortunate to be in a community that loves and respects us to no end. The feeling is mutual, as we respect, love, and appreciate everyone that walks through the door.