

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



Sun Care and Prevention at Every Age

Ah, the joy of soaking up the sun. While basking in the warmth can feel good, unfortunately, the sun's ultraviolet rays are the main cause of skin cancer. While you're not doomed to a life indoors, you do have to focus on protecting your skin against skin cancer. Here are some tips for preventing sun damage at every age.

Baby that newborn skin

Babies are born with perfect little everything, including their soft, precious skin, and it's a parent's job to protect it. Babies under six months shouldn't wear sunscreen on their sensitive skin, so the best option is to avoid the part of the day when the sun's rays are strongest (from 10 a.m. to 4 p.m.). If you do have to be out with your newborn, make sure to cover them up with protective clothing, and add a hat and shades.

Toddler time

Toddlers are wiggly little things and putting sunscreen on them can be very difficult. But it's a struggle worth having — and winning. After all, you wouldn't allow your tots to decide to boycott brushing their teeth or washing their hands, and they're less likely to balk when you make sunscreen as routine as any other hygiene task. Shielding them is key, as severe sunburns in early childhood can lead to an increased risk of skin cancer later in life, the Skin Cancer Foundation has found. Make sure to share your sunscreen requirements with caregivers also.

Teaching kids the ABCs of sun care

Once kids reach elementary school age, you will likely have less control over their schedules and habits. After all, they'll be heading out to recess and after-school activities, often without so much as a check-in, which might be why the Centers for Disease Control and Prevention (CDC) finds that less than one-third of U.S. youth practice effective sun protection. Make sure yours is one of the sun-smart ones by ensuring they apply a long-lasting, water-resistant sunscreen before they leave in the morning. In addition, send them on their way with an additional supply of sunscreen and a reminder to use it before going outside. Seek their input on what types of sunscreen they prefer and what's easiest for them to use themselves. For example, would they like a stick to quickly gloss over

their nose or a spray to easily reach vulnerable areas, such as their necks and shoulders? Encourage them to wear a hat and sunglasses for further protection.

Having the sunscreen "talk" with your teen

Teens don't give a lot of thought to the future, and that can extend to their skin care. But whether they're pursuing the sun-kissed look of bronze skin or are just a little forgetful, it's worth ignoring the eye rolls to insist on sun safety. Remind your teen that the only safe tan comes from a bottle and to only use self-tanning lotions or spray tanning facilities — never a tanning bed. Prompt teens to include sunscreen in their morning routine so you know they're protected as they head out the door, and remind them to reapply before afternoon sports practices and other outdoor activities.

Practice "adulting" with proper skin care

If you're a 20-something (or a 30-something or even a 40-something), it can be said with certainty that "future you" is going to wish you'd been more vigilant about sun protection. Ideally, sunscreen is already part of your daily routine, but if not, start using it regularly. In addition to amply applying sunscreen, take control of your skin health: Perform monthly body checks to identify any changes in existing moles, and pay an annual visit to your dermatologist just as you do your general practitioner, recommends the Skin Cancer Foundation.

Prevent further skin aging through the middle ages

As you reach 50 and beyond, you'll likely begin to develop more spots and wrinkles — one of the byproducts of too much sun accumulation over the years. You may wonder if there's any point in protecting your skin now. The answer, of course, is yes. No matter how you've treated your skin in the past, using adequate sun protection as you age can help prevent new sun damage and can reduce thinning skin. In addition, it's never too late to reduce your risk of developing skin cancer by shielding your skin with protective clothing, seeking shade and maintaining that sunscreen application habit.

You're never too old, or too young, to take steps to stave off skin cancer.

Health & Fitness Be Sunscreen Smart! Five Mistakes You Might Be Making

As you're heading out for a day at the beach or park, you likely take a minute to apply sunscreen. Good for you! But just putting it on when you're heading out for a sun-based activity might not be enough to adequately protect you from the rays that can cause skin cancer. Here are five mistakes that even vigilant people may make.

#1: Not using enough. Don't skimp on the 'screen. Here's a rough rule of thumb from the Skin Cancer Foundation: Adults should use an entire ounce (visualize a full shot glass) of sunscreen for each application if you're covering your whole body. A regular 8-ounce bottle should last just about a week if you're using it all over every day, such as on vacation.

#2: Not reapplying throughout the day. It's common to slather on one hefty application of sunscreen and then assume you're done for the day. However, the Skin Cancer Foundation suggests applying sunscreen 30 minutes before you head out and then every two hours thereafter — and even more often if you're sweating or swimming.

#3: Neglecting sensitive areas. Frequently skipped spots include the hairline (and any exposed parts of your scalp), lips, ears, feet, hands and eyelids, says the Skin Cancer Foundation. Believe it or not, between 5% and 10% of all skin cancers occur on eyelids or the eye itself. The good news is that most sunscreen is safe to use on or around the eye region.

#4: Not applying it on cloudy days. An astounding 80% of the sun's UV radiation reaches us even when it's cloudy, so don't rely on those clouds to protect you, says the Skin Cancer Foundation.

#5: Putting on sunscreen after you're dressed. It's easy to forget to put on sunscreen until you're headed out. But dabbing a little bit on exposed areas might not be enough if the clothing shifts and leaves your skin exposed. If you can see light through the fabric, UV rays can penetrate it too. Sunscreen up before you dress to make sure you're in the clear.



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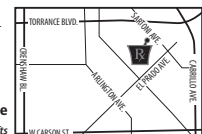


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Prep Time
10 minutes

Cook Time
10 minutes

Total Time
20 minutes

Serves
4

July Recipe

Warm Zucchini Ribbons With Wild Rice, Burrata Cheese and Mint

Burrata is a fresh Italian cheese made from mozzarella and cream, and it can truly bring a simple weeknight dinner to the next level. If you've never used it before, don't be intimidated — it's available in the cheese case at most supermarkets, often next to the fresh mozzarella. This meatless burrata cheese dish also takes advantage of in-season zucchini and comes together in just 20 minutes. If you don't want to turn your oven on, you can cook the zucchini ribbons for 2 minutes per side on a medium-heat grill.

Ingredients

- 4 small green or yellow zucchini
- 2 tablespoons olive oil
- ¼ teaspoon paprika
- Salt and pepper, to taste
- 1 tablespoon apple cider vinegar
- 1 teaspoon sugar
- 3 cups cooked wild rice, warm or at room temperature
- 2 tablespoons chopped fresh mint
- 8 ounces fresh burrata cheese

Tools

- Chef's knife
- Vegetable spiralizer with ribbon attachment (optional)
- Cutting board
- 2 sheet pans
- Measuring cups and spoons
- Large mixing bowl
- Whisk

Instructions

1. Cook the zucchini.

Heat the oven to 400°. Trim the ends of each zucchini. Using a vegetable spiralizer with the ribbon attachment, thinly slice the zucchini into long ¼-inch-thick strips. (If you don't have a spiralizer, you can simply cut the ends off the zucchini, stand it upright on a cutting board and cut it lengthwise into long ¼-inch-thick strips with a chef's knife.) Place the ribbons on the two sheet pans. Toss with olive oil, paprika, salt and pepper. Spread them out into an even layer on each sheet pan. Bake in the oven for 10 minutes, until soft.

2. Prepare the wild rice and zucchini mixture.

In a large bowl, whisk the vinegar and sugar. Add the cooked rice and mint, season with salt and pepper and toss to coat. Add the cooked zucchini and very gently toss everything together (the zucchini will be soft and pretty delicate).

3. Serve.

Divide the warm zucchini and grain mixture between four plates, and top each one with 2 ounces of burrata cheese. Garnish each piece of burrata cheese with a pinch of paprika.

Kids Can!

- Spread zucchini over sheet pans.
- Mix zucchini and rice together.
- Plate final dishes with burrata cheese on top.

Ask a Pharmacist Are Some Sunscreens Better Than Others?

The best sunscreen is the one you wear. According to the Centers for Disease Control, only 30% of women and 15% of men use sunscreen regularly. Put some on, and you're already off to a good start. Once you commit to wearing sunscreen, there are a few factors that make one sunscreen better than another.



Wendy Kinne
Pharmacist
Medical Associates Pharmacy
Boone, Iowa

Sunscreen should meet three criteria: broad-spectrum protection, SPF 30 or higher and water resistance. Broad-spectrum protection means the sunscreen will protect against both UVA and UVB rays. UVB rays are what give you a sunburn, and they are also a leading cause of skin cancer. Protection against UVB rays isn't enough, though. Exposure to UVA rays also plays a role in the formation of skin cancer, penetrates deeper into the skin and contributes to accelerated skin aging. Crow's feet? No thanks.

The SPF or sun protection factor describes the protection against sunburn causing UVB rays. The number correlates not to the amount of time you can remain in the sun without burning but to the amount of UVB rays it can protect against. Kind of hard to measure, right? The takeaway: Wear sunscreen with an SPF of 30 or higher. A sunscreen is labeled as "water resistant" when the sunscreen stays effective for 40-80 minutes while swimming or sweating. Set reminders so you'll be sure to reapply. Read labels and look for products with zinc oxide, titanium oxide or avobenzone for complete protection. Enjoy your summer!

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Local Love

McDowell's Pharmacy

SCOTLAND NECK, NORTH CAROLINA

"We are a small-town pharmacy with a big heart."



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

McDowell's Pharmacy has been continuously operating in the same building on Main Street in Scotland Neck, NC, since 1901. The business was originally called E.T. Whitehead Drug Company, but in 1922 my great-grandfather purchased the business after graduating from pharmacy school and serving in World War I as an ambulance driver, and it became McDowell's Pharmacy. In 2016, I returned home from pharmacy school to continue the family legacy and become a fourth-generation pharmacist at McDowell's Pharmacy.

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

We have become more and more focused on taking a broader approach to caring for our patients. We strive to be an integral part of the healthcare team and have implemented many enhanced clinical services, such as adherence packaging, medication synchronization, immunizations and flu and strep testing. We want to go beyond just dispensing and show the value that pharmacists can provide in caring for patients and lowering overall healthcare spending. We are highly accessible, and we often see patients up to eight times more than their primary doctor, which puts us in a critical position to provide preventative services and helps keep patients out of the emergency room and/or hospital.

How do your patients and community shape your offerings? What keeps your patients coming back?

We serve many patients with multiple chronic conditions, and some of them take several medications. This can be a huge burden for the patient and their family, so we want to help make the process as smooth as possible. We offer medication synchronization to reduce the number of trips a patient has to make to the pharmacy. We also offer medication packaging. We go the extra mile when a patient is discharged from a hospital or a nursing home and help them transition back home and resolve their medication issues. We believe that our patients keep coming back because they know we care for them like they are our own family. We have their best interests at heart, and we strive to make them feel like they are more than just a number.

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

We think that our patients enjoy coming into a historical, small-town pharmacy where they are treated like family. Everyone is greeted with a smile and a warm welcome at McDowell's. We have maintained our old-school drug store charm while keeping up with the latest advances in pharmacy technology.

What does Locally Loved mean to you?

Locally Loved means that our community knows that we are here to help not only with their medications but also with their overall health and quality of life. We are a small-town pharmacy with a big heart.