

# GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



## 4 Healthy Habits That Will Help Your Heart

Being proactive about protecting your heart doesn't have to involve a huge lifestyle overhaul.

Here are four heart-healthy habits you can easily incorporate into your everyday life.

### Eat Breakfast

If you are among the 20 to 30 percent of U.S. adults who, according to the Center for Science in the Public Interest, regularly skip breakfast, you're missing out on an opportunity to boost your heart health. The American Heart Association points to research evidence that people who eat breakfast are less likely to have high blood pressure and high cholesterol, two major risk factors for heart disease.

A study published in the April 2019 issue of the Journal of the American College of Cardiology found that subjects who skipped the morning meal had an increased risk of death from cardiovascular disease.

You can reverse that course by pausing from your morning rush to eat breakfast. To make it healthy, quick and delicious, try these ideas:

- Top a bowl of whole-grain cereal and fruit with low-fat milk or layer them in a glass with some yogurt to make a breakfast parfait.
- Spread a whole-grain waffle or English muffin with nut butter and pair it with a fruit or veggie smoothie.

### Keep Walking

Even if you rarely make it to the gym and your home exercise machines are gathering dust, you can keep your body and heart fit simply by doing more of something you do all the time: walking. An article from Harvard Medical School cites that walking decreases heart disease risk factors like high blood pressure, high cholesterol, diabetes, obesity, vascular stiffness and inflammation.

Many fitness experts set 10,000 steps a day as the benchmark, while the average American only walks 3,000 to 4,000 steps a day, notes Mayo Clinic exercise physiology researcher Thom Rieck.

Snap on a pedometer and adopt these habits to take your daily steps a higher level:

- During TV commercials, climb the stairs a few times or walk around the house picking up clutter.

- Pace the room or march in place while you're talking on the phone.
- Follow an interesting art, nature or historical trail.
- Walk with a friend or a pet for some company and extra motivation.

### Laugh Out Loud

A hearty laugh is good for your heart. As the American Heart Association reports, laughter may reduce stress hormones, decrease inflammation of the arteries and increase levels of good cholesterol. Laughter also increases your blood flow and oxygen intake, which stimulates the heart and other organs, according to the Mayo Clinic.

To enjoy the positive health effects of humor, look for everyday opportunities to have a good chuckle.

- Pin up funny pictures or quotes on your refrigerator or at your office desk.
- Hang around friends who make you laugh.
- Learn to laugh off your own flubs and embarrassing moments.

### Let the Music Play

Music is a great energizer for a working out, but it provides other heart health benefits, too. Studies have shown that listening to music may improve blood vessel function by relaxing the arteries, along with helping the heart rate and blood pressure return to normal faster after physical exertion, according to Harvard Medical School.

A study at Massachusetts General Hospital revealed that music helps those who have already experienced heart attacks or other heart problems lower their blood pressure, heart rate, stress and anxiety.

To let the sound of music make your heart healthier, consider these ideas:

- Create a playlist of upbeat tunes for when you're tired and need to liven your mood and another with soothing songs for easing tension and anxiety.
- Get nostalgic. Sing along to songs that evoke happy memories – or belt them out all by yourself.

## Health & Fitness 3 Advantages of Compounding Pharmacies

A one-size-fits-all approach to medications doesn't always work. Sometimes you need a prescription tailored to your personal health needs. Perhaps you need a different form of the medication or have an allergy to an ingredient in the standard formulation. That's where compounding comes in.

A compounding pharmacy is a smart choice when you need customized prescriptions. Over 85 percent of community pharmacies provide some type of compounding, according to the National Community Pharmacy Survey.

Here's a look at the specialty services and advantages compounding pharmacies offer that regular pharmacies do not.

**1. Compounding pharmacists have additional training.** Professional compounding is complex and involves more than simply diluting existing medications or mixing powders with bases. Compounding pharmacists are highly skilled, according to the North Carolina Medical Journal. They must consider chemical properties to prepare effective, safe medications. A clinical compounding pharmacist is an expert at choosing the best form and dosage and creating precise formulations for patients.

**2. Compounding pharmacies have specialized tools and facilities.** Compounding pharmacies feature equipment — such as balances, applicators, dispensers and mixing materials — that not all pharmacies possess. To prevent cross contamination, the National Association of Pharmacy Regulatory Authorities requires that compounding is performed in a separate space specifically designated for compounded prescriptions.

**3. Compounding pharmacies create medications suited to your needs.** Whether you need medications combined, require a customized strength or need a drug reformulated to remove allergens, compounding allows a prescription to be created based on your personal needs.

Compounding is available at many *Good Neighbor Pharmacy* locations. Ask your pharmacist for more information.



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**Prep Time**  
15 minutes

**Cook Time**  
45 minutes

**Total Time**  
1 hour

**Serves**  
4

## February Recipe Winter Kale Salad with Roast Chicken and Potatoes

Cold weather calls for cozy meals, but that doesn't mean salad is completely off the table. This healthy, filling recipe combines warm roast chicken and potatoes with a tangy kale salad, so you get the best of both worlds. Leftovers make for a great packed lunch, too!

### Ingredients

1 pound red bliss potatoes, washed  
2 tablespoons olive oil, divided  
Salt and pepper  
2 bone-in, skin-on chicken breasts (about 2 pounds)  
8 cups Tuscan kale leaves (also called lacinato or dinosaur kale)  
¼ cup grated Parmesan  
1 tablespoon Dijon mustard  
Juice of 1 lemon  
¼ cup raisins

### Tools

Cutting board  
Chef's knife  
Measuring spoons  
Measuring cups  
Large oven-safe skillet or sheet pan  
Large mixing bowl

### Instructions

#### 1. Roast the chicken and potatoes

Heat the oven to 425 degrees and fit a rack in the center. Quarter the potatoes and place them in a large, oven-safe skillet. Drizzle the potatoes with 1 tablespoon olive oil and season with salt and pepper. Toss the potatoes to coat them evenly, then spread them in an even layer. Season the chicken breasts on both sides with salt and pepper, then place them on top of the potatoes, skin side-up. Roast in the oven for 40 to 45 minutes, until the potatoes are soft and the chicken is cooked through.

#### 2. Make the kale salad

Trim the stems off the kale leaves, then roughly chop the leaves. In a large mixing bowl, combine the remaining 1 tablespoons olive oil, Dijon mustard, lemon juice and grated Parmesan. Season with salt and pepper. Massage the kale leaves with dressing until they are very soft, about 2 minutes. Add the raisins.

#### 3. Serve

When the chicken and potatoes are cooked, let the chicken rest for at least 5 minutes. Add the potatoes to the kale salad and toss everything together. When the chicken has rested, remove the bones and slice the meat and skin. Divide the kale salad onto three plates or bowls and top each one with chicken. Garnish with a little extra Parmesan if you want.

### Kids Can!

- Juice lemon.
- Mix dressing.
- Massage kale salad.
- Toss kale salad.

## Ask a Pharmacist What Are Some Ways I Can Assess and Monitor My Heart Health?

**Trish White, Pharmacist**  
White's and Harry Race Pharmacies  
Sitka, Alaska

When starting a conversation with a patient, I always ask what their concerns are and what they currently do to stay healthy. I also ask them general questions about their family history and if they see their primary healthcare provider regularly. Answers to these questions give us insight on what their lifestyle might be and some of the challenges they face on a daily basis. It also helps us to determine if the patient may be worried about negative lab results they've received. All of these factors can help guide the path forward.

Diet and exercise can be overwhelming to someone who is just starting on their wellness journey. I always try to reinforce the importance of and encourage slight changes to daily routines. They add up and can make a big difference in the long run. Here's my advice:

- Start small
- Substitute one meal or even one entree with a vegetable
- Sleep is a big factor in reducing stress and consequently reducing other health risks
- Move a little more each day

In addition to these changes, it's also important to make regular appointments with your physician.

Our community in Sitka, Alaska, has some great resources for our residents. We are a small town, so we have the ability to direct folks to healthy community activities such as group exercise, cooking classes and more. Check out what your community has to offer. Chances are there are a ton of resources out there. The benefits, or as I call them, the side effects, of being active and involved in any community are continued health and happiness!

The views and opinions expressed above are those of the author and do not necessarily represent that of AmerisourceBergen Drug Corporation. The content is for informational purposes only and is not intended to diagnose, prescribe or treat any health condition and should not be used as a substitute for consulting with your health professional.

## Local Love Fork Union Pharmacy

FORK UNION, VIRGINIA

"Our patients know we are available to help them in whatever way we can."



### How many years has Fork Union Pharmacy been in business?

Fork Union Pharmacy opened its doors over 50 years ago. Dane Yonce partnered with the original owner in 1987 and became sole owner in 1994.

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

We have doubled the durable medical equipment section in our store. It is such a gift for our small town, as we are 45 minutes from any city. We have a Registered Nurse with homecare experience who is able to provide our patients with the equipment they need to be safe at home.

We are also the key immunization center for our community. This year we also began point-of-care testing for strep and flu with an enormous response.

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

During flu season, we hold vaccination clinics at senior centers, schools, wellness fairs and local businesses. We make every effort to be at local health fairs so people connect healthcare to the faces of our pharmacy. You can't get that through the mail.

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

Without question, they know we are available to help them in whatever way we can. Our technicians are "super techs" who can untangle insurance issues to help patients as quickly as possible. Sometimes a patient just needs to talk about their medical conditions. You won't find a more compassionate environment than Fork Union Pharmacy.

### What does Locally Loved mean to you?

Over the years, Dane has watched his friends' and neighbors' children grow up. He often offers them a job at the pharmacy as a way to give them confidence and skills for future jobs. Now they are grown and come back to the pharmacy with their children and say, "This is the best job I ever had."