



Good Neighbor Script

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

The Flu Will Be Back. Here's How to Be Prepared.

One of the few pleasant health surprises of 2020 was the almost total absence of a flu season. Primarily due to safety precautions, such as masking, social distancing, and frequent hand-washing, the U.S. experienced a historic low in flu cases and deaths.

The CDC usually reports somewhere between 21 to 45 million cases of flu and 22,000 to 61,000 flu deaths each year. But during the 2020-2021 season, the CDC reported only about 600 flu deaths. In fact, only one child died from the flu this past season, compared to a couple of hundred children dying from the flu most years.

The number of flu cases this year will almost surely increase

Unfortunately, it's not likely that the upcoming flu season will be as mild. Flu cases were so low last year because so few people were gathering in groups, and many children (who often play a significant role in spreading flu germs) either didn't attend school in person or wore masks at school. That likely won't be the case for the upcoming 2021-2022 flu season.

But that doesn't mean we can't learn from this past year's extraordinarily mild flu season. If people continue to persist with precautionary habits such as diligent handwashing and staying home when sick, we'll all be better prepared than ever for the upcoming flu season.

Here's what you need to do to reduce your likelihood of catching the flu.

Get the flu vaccine

The influenza vaccine remains one of the best prevention tools available for reducing your risk of catching the flu. That's true even during years when the flu vaccine isn't as effective. Every year, scientists must make predictions well before flu season begins about what strains of flu they expect will circulate and then produce vaccines based on those predictions. If the predictions aren't entirely accurate, or if the flu virus evolves new strains, the vaccine's efficacy will decrease.

But even in years when the flu vaccine doesn't perfectly match the flu strains going around, the

vaccine usually cuts your risk of catching the flu in half. The vaccine can also reduce how severe your illness is if you do catch the flu. People vaccinated against the flu have lower hospitalization and death rates from flu than those who didn't get the vaccine.

Take care of your body

Your immune system needs to be at its best to fight off the flu. That means doing your best to eat a healthy diet, get enough sleep each night, and get regular physical activity.

A healthy diet includes plenty of fruits, vegetables, and lean proteins that contain the vitamins, minerals, and other nutrients your body needs to keep your immune system in good shape. If you have concerns about whether you're getting enough of all the nutrients you need, talk to your doctor about whether it would help to take a supplement for certain vitamins or minerals.

Sleep is especially important to letting your body replenish itself and keeping your immune system ready to tackle viruses like the flu. In fact, not getting enough sleep is linked to chronic health problems such as high blood pressure, high blood sugar, poor mental health, and heart disease. Adults should get at least seven hours of sleep each night, and children need several more hours depending on their age.

Practice good hygiene

The usual recommendations for stopping the spread of germs are as true as ever. Wash your hands regularly and avoid others in public who are sniffing, coughing, or sneezing.

Now that research from the pandemic has shown how well masks slow the spread of respiratory disease, those with compromised immune systems might opt for masks during flu season, too.

HEALTH & FITNESS

How to Stay Active With Exercise-Induced Asthma

Do you struggle with exercise-induced asthma, also known as exercise-induced bronchoconstriction (EIB)? When being active makes it hard to breathe, it's easy to become more sedentary as a result. But not moving isn't healthy either, and as you grow more out of shape, it's that much harder to get active again.

If you struggle with exercise-induced asthma, here are three ways to get — and stay — active.

Know your triggers. If cold weather triggers an attack, cover your mouth with a scarf so the air you breathe in isn't as cold. If air pollution is a trigger, check the air quality in your area on Airnow.gov before heading outside. If pollen makes your breathing worse, check out Pollen.com to check out pollen counts and forecasts in your area (air pollution and pollen are often lower in the early morning or later in the evening, so you try planning your outdoor activities accordingly).

Work out indoors when necessary. Sometimes staying active means moving your activity indoors to avoid triggers. Fortunately, there are many ways to make this not only possible but fun. Consider joining a gym or an indoor sports team (like basketball or soccer), attending a yoga or fitness class, or investing in some home workout equipment. This will allow you to stay active and in shape when outdoor exercise isn't possible.

Talk to your doctor. Exercise-induced asthma or EIB can be often be managed with medication. Your doctor can help you develop a plan that's right for you — including which medication to take and how far in advance to take it before you begin exercising.



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SEPTEMBER RECIPE

Grilled Chicken Breasts with Cucumber Tzatziki, Brown Rice, and Marinated Cherry Tomatoes

Cook Time	Total Time	Serves
50 minutes	50 minutes	4

This simple recipe pairs grilled chicken breasts with tangy marinated tomatoes and a fresh tzatziki sauce. The brown rice takes 45 minutes to cook, so you'll start that first and prepare everything else while the rice is on the stove.

Ingredients

- 1 cup uncooked brown rice
- Salt and pepper
- 1 cup plain Greek yogurt
- 1/2 cup diced cucumber (peeled and seeds removed)
- 1 minced garlic clove
- 4 tablespoons olive oil, divided
- 1 tablespoon chopped fresh dill
- 1 pint cherry tomatoes
- 2 tablespoons chopped thyme
- Juice of 1/2 lemon
- 4 small boneless, skinless chicken breasts

Tools

- Cutting board
- Chef's knife
- Mixing bowls
- Grill
- Medium pot with lid
- Grill brush and spatula or tongs

Instructions

1. Cook the brown rice

First, turn on your grill and put the burners on medium heat. Back in the kitchen, combine 1 cup brown rice and 2 cups water in a medium pot with a lid. Add a pinch of salt and a crack of pepper. Bring to a boil on the stove, then cover and simmer for 45 minutes, until rice is plump.

2. Make the tzatziki

In a small bowl, stir together yogurt, cucumber, garlic, 2 tablespoons olive oil, and dill. Season with salt and pepper to taste. Cover and store in the fridge.

3. Marinate the tomatoes

Halve the cherry tomatoes. In a medium bowl, toss tomatoes with 1 tablespoon olive oil, thyme, lemon juice, salt, and pepper. Cover and set aside at room temperature.

4. Grill the chicken

Check your grill temperature. It should be around 400 degrees. If not, adjust accordingly. Brush chicken breasts with the remaining 1 tablespoon of oil, then season liberally with salt and pepper. Place chicken on the grill (with the lid closed) and cook for 6 minutes. Flip chicken, put cover on, and cook for 6 to 8 minutes more, until a thermometer inserted in the center reads at least 165 degrees. Let chicken rest for 5 minutes.

5. Serve

Slice the chicken breast, then make plates of rice, chicken, and tomato. Top with tzatziki.

KIDS CAN!

- Stir tzatziki
- Stir tomatoes
- Plate everything

ASK A PHARMACIST

How Long Does the Flu Last? How Can I Treat My Symptoms?

The seasonal flu, if uncomplicated, can last up to 14 days. Typically, signs and symptoms occur for 3-7 days.

Treatment for the flu varies based on the specific symptoms you experience. The most common symptoms are fever, chills, muscle aches, cough, congestion, runny nose, headache, and fatigue.

- Fever, chills, and muscle aches may be treated with Tylenol (acetaminophen), Advil (ibuprofen), or Aleve (naproxen).
- A cough can be treated with Delsym (dextromethorphan), but only if the symptom is severe. Lung congestion can be treated with Mucinex (guaifenesin) or the supplement N-Acetyl-Cysteine.
- Sinus can congestion be treated with Sudafed (pseudoephedrine), Sudafed PE (phenylephrine), Afrin nasal spray (oxymetazoline), or Ocean saline spray.
- A runny nose can be treated with your favorite antihistamine like Benadryl (diphenhydramine) or Zyrtec (cetirizine). You can also use a steroidal nasal inhaler, like Flonase, for a runny nose.



Russell Pelzel
Pharmacist
Pelzel's Hometown
Pharmacy
Pilot Point, Texas

As always, if your symptoms are severe or you have other health issues, see your physician as soon as possible for medical treatment. Prescription medications, like Tamiflu or Xofluza, require the medication to be started within 48 hours of the onset of symptoms.

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LOCAL LOVE

Mahaska Drug Oskaloosa, Iowa

“We go the extra mile each and every day to take the best possible care of our patients’ healthcare needs.”

Jane Nicholson, Pharmacist and Owner



What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is knowing my patients on a personal basis. It is celebrating with them over the years in good times and being there to comfort them in their time of need. It is seeing how what we do on a daily basis makes a real difference in people's lives.

What makes your pharmacy unique?

Our store is unique for so many reasons. We go the extra mile each and every day to take the best possible care of our patients' healthcare needs. From infants to seniors, we treat all of them with kindness, understanding, compassion, and dignity. Our front end is also unlike anything around. We have people travel for hours to shop in our store. Our gift area changes completely multiple times a year. Our store is not merely shopped; it is experienced.

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

Our patients love that we always go out of our way to help them in the aisle or at the pharmacy counter. They are not just customers to us, they are family. They love that we offer free delivery, have an easily accessible drive thru, will bubble pack their medications, help them sync their medications, and that we take care of the long-term care facilities in our community. They also love that we are open seven days a week.

What does *Locally Loved* mean to you?

Locally Loved means serving our community and customers like family and going above and beyond to show them how much we care about them. In return, our community and our customers show us how much they love us by always supporting our business. They have many choices for shopping, so it is a huge honor when they choose us.