



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MARCH 2021

5 Ways to Make the Most of Your Vitamins

When it comes to getting the vitamins and minerals your body needs, it's important to eat a healthy, balanced diet. However, taking vitamins is a good insurance policy — a way to make sure that you're not missing out on important nutrients, especially if you have a chronic medical condition or eat a restricted diet. Here's how to make the most of your vitamin routine.

1. Take your multivitamin with food.

According to Harvard Health, a daily multivitamin is useful for people who don't get adequate nutrition through food, whether due to a restricted diet or a condition that increases their nutrient needs. Because certain vitamins are helpful only when taken with food, it's best to take your multivitamin with a meal or snack. Vitamins A, D, E and K are fat-soluble, meaning your body can absorb them only when they're digested with fat. You don't need to eat a whole avocado or a spoonful of oil, however. Eggs, a smear of peanut butter or even a splash of half-and-half in your morning coffee provides enough fat.

2. Buy only vitamins approved by the U.S. Pharmacopeia (USP).

Vitamins and supplements aren't regulated by the Food and Drug Administration (FDA), which means many don't actually contain the ingredients or doses that they print on the label. To make sure you're getting appropriate amounts of high-quality vitamins, the Cleveland Clinic recommends buying supplements only with the USP seal printed on the packaging. These are tested and approved by a trusted laboratory.

3. Pay attention to dosage.

Some vitamins probably won't cause harm in large doses, but others might. Always read the label, which gives the recommended dietary allowance (RDA) of every vitamin in the supplement, set by the Institute of Medicine based on what most people need each day. The supplement label also tells you the daily value (DV), the percentage of the RDA that the supplement contains.

Vitamin C and all the B vitamins are water-soluble, which means your body can absorb them without food. Any excess gets eliminated through your urine, so overdoses are unlikely even if you take more than the RDA.

However, fat-soluble vitamins — vitamins A, D, E and K — are absorbed with fat and then stored in

your liver and fat tissues. Therefore, it takes a long time for your body to get rid of any excess, and overdosing is possible. If you take a multivitamin, make sure that it doesn't have more than the RDA for all four fat-soluble vitamins. Most don't. Due to the risk of overdose, most people should avoid taking individual fat-soluble vitamin supplements unless told otherwise by a doctor.

One exception is vitamin D, especially for people who don't consume commonly fortified foods (such as cow's milk, non-dairy milk and orange juice). If you're not taking a multivitamin supplement, you can safely take the RDA for vitamin D, which is 600 IUs (15 mcg) per day (800 IUs, or 20 mcg, for people older than 70).

4. Change up your vitamin routine as you age.

Our bodies change as we age, which means our nutrient needs change, too. Women of child-bearing age should supplement with folic acid to prevent birth defects related to the brain and spine. Adults 50 and older should supplement with vitamins D and B-12 to prevent bone loss and cognitive decline. Calcium, magnesium and omega-3 fatty acid supplements are beneficial for people of all ages.

5. Always tell your doctor and pharmacist which vitamins you're taking.

Some vitamins interfere with certain medications. For example, the blood thinner warfarin won't work if you're getting too much vitamin K from food or supplements. Similarly, anyone on thyroid medication shouldn't take a calcium, magnesium or iron supplement within four hours of taking their medication.

If you're taking any prescription medications, it's important to talk to your pharmacist before buying over-the-counter supplements. Your pharmacist can review your medications and tell you if there are any medication interactions you should know about. You should also keep your doctor up to date on your vitamin routine.

HEALTH & FITNESS

3 Ways to Use Probiotics for Better Health

Although many people think of bacteria as harmful and unhealthy, certain types are good for your health. According to the National Institutes of Health (NIH), probiotics are microorganisms containing several types of "good" bacteria that support your digestive system. The NIH also found some evidence that probiotics might support a healthy weight, lower your cholesterol and boost your immune system. Here's how to reap these benefits.

1. Eat probiotic-rich foods.

Probiotics are naturally produced during fermentation. According to Harvard Health, fermented foods like yogurt, sauerkraut and kimchi will give you a probiotic boost. The caveat? Food companies don't have to share the amount of probiotic cultures in any given food, so you won't know how much you're getting.

2. Talk to your doctor or pharmacist about a probiotic supplement.

Probiotic supplements come in different forms, from capsules to powders to thick liquids. These supplements aren't regulated by the Food and Drug Administration, so the Cleveland Clinic recommends talking to your doctor or pharmacist before choosing a supplement. If probiotics are a good choice, they can recommend a high-quality brand. If probiotics aren't right for you because of a medical condition, they can let you know.

3. Eat plenty of fiber.

According to a 2019 article in the journal *Foods*, many fruits, vegetables, beans and whole grains contain prebiotic fibers, which are non-digestible carbohydrates that feed probiotics in your gut. Prebiotic-rich foods help you get the most out of the probiotics in your diet. These foods are also packed with good-for-you vitamins and minerals.



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MARCH RECIPE

Pesto Gnocchi With Cauliflower and Bacon

Prep Time	Cook Time	Total Time	Serves
5 minutes	40 minutes	45 minutes	2

Making your own gnocchi from scratch can take hours. While it's fun to do occasionally, you can speed up the process by buying pre-made gnocchi in the refrigerated section of your grocery store, typically on a shelf with fresh pasta. Combining that gnocchi with perfectly cooked cauliflower, spicy arugula, bacon and pesto (which you can also find in the refrigerated section with the fresh pasta) makes for a quick and tasty, veggie-packed meal.

Ingredients

1 small head of cauliflower, broken into small florets
1 tablespoon olive oil, plus more to coat gnocchi
Salt and pepper
4 slices bacon
1 12-ounce bag gnocchi
2 tablespoons pre-made basil pesto
2 cups baby arugula
Optional: grated Parmesan

Tools

Cutting board
Knife
Large sheet pan
Measuring spoons
Large skillet
Wooden spoon

Instructions

1. Roast the cauliflower.

Heat oven to 400 degrees. Toss the cauliflower and olive oil on a sheet pan. Season with salt and pepper and spread in an even layer. Roast 35 to 40 minutes, tossing halfway through, until the cauliflower is soft and lightly browned.

2. Cook the gnocchi.

When the roasting cauliflower has only about 10 minutes left to roast, boil the gnocchi in a pot of water according to the package directions. Drain the gnocchi and then toss with a bit of olive oil to prevent it from sticking together. Set aside while you cook the bacon.

3. Cook the bacon.

Slice the bacon strips into rough 1/2 inch pieces. Heat a large skillet over medium heat. Add the bacon and cook until the fat is rendered, and the bacon is just starting to crisp, about 4 minutes. Drain all but about 2 tablespoons of bacon fat.

4. Finish the dish.

Add the cooked gnocchi and pesto to skillet with the bacon and stir to coat and evenly mix everything. Add the arugula and continue to stir just until the arugula is wilted. Add the roasted cauliflower and stir everything together.

5. Serve.

Divide into two bowls. Optional: Garnish with Parmesan cheese.

KIDS CAN!

- Toss cauliflower on sheet pan.
- Stir all ingredients together at the end.
- Garnish with optional grated cheese.

ASK A PHARMACIST

What Are Some Ways I Can Improve My Sleep?

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Getting a good night's rest is important for our physical and mental strength. One of the best ways to ensure you're refreshed and ready to tackle the day ahead is by implementing good sleep hygiene. This includes going to bed with dimmed lights, avoiding the use of electronics close to bedtime and having a fixed sleep schedule. It is also important to prioritize sleep on busy and stressful work/school days.

There are also things you can do during the day to help improve sleep. Avoiding daytime naps and excessive caffeine intake late in the day, increasing daytime physical activity and quitting smoking have been shown to help patients sleep better during the night. You can also ask your pharmacist if you are taking any medications that can worsen insomnia, such as bupropion, decongestants, fluoxetine, steroids and stimulants.

If the lifestyle changes noted above do not help in improving sleep, then I recommend a natural supplement known as melatonin. Melatonin is a hormone made by our brains to help regulate our circadian rhythms (24-hour internal clock) and help with sleep. Your melatonin levels naturally increase as the sun sets and decrease in the morning due to light exposure. However, not all patients react to medicines and supplements in the same way. Ask your doctor or pharmacist if melatonin is right for you considering your comorbidities and concurrent medications.

If sleep problems persist, there are many prescription medications your primary care physician can prescribe. As pharmacists, we are here to help and educate patients on the pharmacologic and nonpharmacologic measures that can be taken to improve your overall well-being!

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LOCAL LOVE

Malheur Drug Vale, Oregon

"It is especially meaningful when I am able to identify and solve a problem for my patients."

How many years has your pharmacy been in business?

Malheur Drug was established in 1954 and celebrated 66 years in business in May 2020.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is making connections with my patients. It is especially meaningful when I am able to identify and solve a problem for them.

What makes your pharmacy unique?

Our pharmacy is located in a town of just over 1,500 people, so we strive to serve as a one-stop shop for our customers. Our store includes a drugstore's standard over-the-counter products, health and beauty aids, office supplies, and gifts and cards, but we also carry a full line of hunting and fishing supplies, as well as electronics.

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

Our patients appreciate being treated as friends and family in our pharmacy. Because of the size and dynamic of our community, our patients really are our friends and family.

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

We love to host community events and contests. Several years ago, we started an annual event called Moonlight Madness. It is held in the evening the Friday before Thanksgiving. We open our doors from 7 to 11 PM to host our biggest sale of the year. Other businesses in town have gotten on board, and it is a community-wide event that people look forward to each year. This year, since the pandemic began, we've held a kids' fishing contest and kids' art contest.

What does *Locally Loved* mean to you?

Locally Loved means being active members of our community. Each time we show our community love through sponsorships, contests and events, they give that love right back to us through their loyalty to our store, their words and their tokens of appreciation.