



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MAY 2021

What You Should Know About Anxiety

We all worry from time to time. For some people, that worry can become overwhelming — even debilitating. This level of worry isn't just simple concern or fear. It's anxiety. And left untreated, it can interfere with your job, education, relationships and health. Here's what you need to know about anxiety, how to take care of yourself and when to seek professional help.

What are anxiety disorders?

An anxiety disorder is an umbrella term for several anxiety-related mental illnesses. One of the most common types of anxiety disorder is generalized anxiety disorder (GAD). GAD is what most people think of when they think of anxiety. It's marked by excessive worry relative to a situation. People with GAD feel they can't control their worry — or they feel that by worrying, they can stop bad things from happening, according to the Anxiety and Depression Association of America (ADAA).

The ADAA reports that more than three percent of U.S. adults experience GAD in any given year. Women are twice as likely as men to suffer from GAD.

How common are anxiety disorders?

If you feel anxious, you're not alone. The National Institute of Mental Health (NIMH) considers anxiety disorders the most common mental illness.

Anxiety happens across age groups. Every year, more than 19 percent of U.S. adults experience an anxiety disorder, according to the NIMH. More than 30 percent will experience anxiety at some point in their lifetime.

Anxiety affects children, too. More than seven percent of children ages 3 to 17 have diagnosed anxiety, according to the Centers for Disease Control and Prevention (CDC). More than 30 percent of adolescents experience some anxiety disorder during their youth, reports NIMH. For most people with anxiety, symptoms begin to appear around age 21.

How anxiety can impact physical and mental well-being

Anxiety disorders can disrupt your life. They can affect your job, school, and relationships. Like other mental illness, anxiety disorders can cause physical symptoms, such as difficulty sleeping, appetite changes, and trouble concentrating. People with GAD often report headaches and stomach aches, according to the ADAA.

Anxiety also puts you at risk of other mental illness. People with GAD often have co-occurring major depression.

Tips for tackling anxiety

The good news is that anxiety disorders are highly treatable. But you need to ask for help. Not everyone does. Fewer than 40 percent of those dealing with anxiety get treatment, according to the ADAA.

To get a handle on mild symptoms of anxiety lasting less than two weeks, the NIMH recommends these self-care tips:

- **Focus on getting enough quality sleep on a regular basis.** Adults should get seven hours of sleep each night.
- **Exercise daily.** Any kind of movement — from walking around your neighborhood to swimming laps — can help. You may also want to consider yoga, which incorporates both movement and mindfulness (which can also help reduce feelings of anxiety).
- **Eat a healthful, well-balanced diet.** Keep a focus on consuming whole grains, ample fruits and vegetables, and healthy fats.
- **Practice meditation.** Soothe your mind by listening to a free mindfulness app. For more intensive meditation, try an online Mindfulness-Based Stress Reduction (MBSR) program. It can help reduce anxiety, depression and even chronic pain.
- **Maintain social connections.** Reach out to friends and family to discuss what you're feeling. If you can't meet in person, you can connect via Zoom or another video chatting app. Or just pick up the phone.

If your symptoms of anxiety are severe and last longer than two weeks, talk to your doctor. They can refer you to a mental health professional who can provide the proper assessment and treatment. With professional help, you can get your symptoms under control and take back your life.

HEALTH & FITNESS

Could I Have Arthritis?

Arthritis is not one specific disease. Rather, it's a name used for inflammation or swelling in one or more joints. In fact, the U.S. CDC recognizes arthritis as more than 100 conditions that can negatively impact the joints and their surrounding tissues. These include rheumatoid arthritis, juvenile arthritis, fibromyalgia, gout and lupus.

The most common type of arthritis is osteoarthritis (OA), which affects more than 30 million adults in the U.S. OA is caused by a breakdown of cartilage in the joints, which leads to the bones rubbing against each other. It can happen in any joints, but it most frequently affects the hips, knees, and hands.

Signs that you may have OA

People who have OA typically experience one or more of the following in the affected joints:

- **Pain or aching.**
- **Swelling.**
- **Stiffness** — especially in the morning or after inactivity (e.g., having stiff knees after a long car ride).
- **Decreased range of motion.** This means your joint can't move as well as it used to.

Risk factors for OA

While anyone can develop OA, some people are more likely to be affected than others. Women are at greater risk for having OA than men. Other risk factors include:

- **Age.** The older you are, the greater your risk is.
- **Obesity.** The more overweight you are, the greater your risk, especially in weight-bearing joints like knees and hips.
- **Genetics.** You're more likely to develop OA if a family member has it.

If you suspect you have OA, see a doctor. A physical exam, the history of your condition, lab work and X-rays can be used to diagnose OA.



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MAY RECIPE

Braised Collard Green and Bacon Flatbread with Parmesan

Prep Time	Cook Time	Total Time	Serves
1 hour	30 minutes	1 hour, 30 minutes	4

This homemade dough rises quickly and is easy to work with. Once you've mastered it, use any toppings you like!

Ingredients

For the dough:

- 3/4 cup warm water (100-110 degrees)
- 1 teaspoon active dry yeast
- 1 teaspoon sugar
- 2 cups bread flour (more for rolling)
- 1 tablespoon olive oil (more for brushing)
- 1 teaspoon salt

For the collards:

- 4 strips thick-cut bacon, thickly sliced
- 4 cups sliced collard greens
- Salt and pepper

For the assembly:

- 1/2 cup grated Parmesan
- Olive oil (or chili oil)

Tools

- Liquid measuring cup
- Measuring cups and spoons
- Bowl
- Cutting board
- Chef's knife
- Skillet
- Rolling pin
- Sheet pan

Instructions

1. Prep dough

Combine water, yeast, and sugar in a large mixing bowl. Let stand 5 minutes, until it's frothy on top. If there's no froth, start over with new yeast. Add flour, olive oil, and salt. Use your hands to combine into a shaggy dough. At this point, everything should stick together — though it won't be smooth yet, and there might be some dry bits. Transfer to a lightly floured surface and knead for 3 minutes until it's smooth and consistent. Wipe out mixing bowl and coat with oil. Place dough in bowl, cover loosely with plastic wrap or a clean towel, and let rise for 1 hour at room temperature. 15 minutes before the dough finishes rising, heat oven to 475 degrees and move to step 2 (cook collards).

2. Cook collards

Heat a large skillet over medium heat. Add sliced bacon and cook, stirring occasionally, until most fat has rendered but bacon isn't yet crispy, about 3 minutes. Add collard greens and season with salt and pepper. Cook, stirring, until collards are very soft, about 5 minutes. Remove from heat.

3. Make the flatbreads

Cut dough in half and place one half on a clean, floured surface. Flour the top of the dough, then use a rolling pin to roll dough to 1/3 inch thick. Don't worry about the shape!

Place rolled dough on one side of a sheet pan. Repeat with second piece of dough, then place that on the other side of the sheet pan. Top with collard green mixture and Parmesan. Bake 10 to 12 minutes, until dough is cooked. Serve drizzled with olive oil.

KIDS CAN!

Knead, roll, and shape dough

ASK A PHARMACIST

How Can Stress Impact My Physical Health?

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"Take a chill pill" seems to be a common phrase we hear these days. Stress seems to have become an accepted part of our lives, but the truth is we often need more than just a "chill pill" to relieve it! So how does stress impact our physical health? Just look around and you will find people suffering from acute symptoms of stress, including tension headaches, insomnia and anxiety. Many people also exhibit stress-induced behaviors like overeating, substance abuse, lack of physical exercise, and decreased interest in hobbies, friends or family. Studies even show our children are experiencing higher-than-ever levels of stress. Left untreated, stress can also lead to more serious effects on our physical health, such as higher risk for conditions including hypertension, heart attack, stroke, cancer, diabetes and a variety of emotional and mental health-related disorders.

The good news is that stress levels can often be alleviated or improved rather quickly. Usually, they will require a variety of treatments customized to the individual. As a supporter of seeking natural methods, I believe that making good daily decisions can often be the best medicine to decrease stress. This can include eating a balanced diet, increasing physical exercise, practicing less screen time, trying acupuncture or massage therapy, taking time to relax, and spending time with friends and family. Others may find help through prescription medications or the wide variety of over-the-counter and natural products on the market. Pharmacists are a great resource to help you find ways to relieve and treat stress and, in turn, improve your physical health and mental well-being.

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LOCAL LOVE

Medi-Thrift Pharmacy Lafayette, Georgia

"We cater to our patients and think of them as family. We celebrate in happy times and grieve with them in sad times."

Neal and Carolyn Florence, Pharmacists and Owners

How many years has your pharmacy been in business?

We have been in business 41 years. In 2014, we brought in Heather Staton as a partner. Heather added new energy to our business.

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?

In 41 years we have seen lots of changes, but in the last five years, the most significant changes have been in our med synchronization program and our medication packaging program, Dispill. We service several host homes, but the biggest increases have been in family members caring for older relatives and needing help giving medicine. We have also made some major advances in our computer systems and automation. We added a robot to allow our technicians to focus more on patient care.

What is your favorite thing about being a pharmacist?

Being a pharmacist for 44 years has been very satisfying. We love people and find caring for them to be very rewarding. I am from a medical family, and both of our sons have stayed in the medical field. I guess it's in our blood.

What makes your pharmacy unique?

We cater to our patients and think of them as family. We celebrate in happy times and grieve with them in sad times.

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

Our patients love our staff. Our staff know our patients by name and greet them as they enter the door, especially Neal.

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

We support our community by sponsoring school sports and almost all community activities. We have been sponsors of the Reindeer Run and our festival, The Honey Bee Festival, since it started three years ago. Our biggest contribution is having Neal as the mayor for 23 years.

What excites you most about the future of independent pharmacy?

We feel the future of pharmacy is bright. It has changed in the past 41 years, and we believe it allows for new opportunities to help evolve the practice of pharmacy. We pharmacists are an important part of the health care system.

What does *Locally Loved* mean to you?

Locally loved is when our patients come in and tell us how much they love us. Nothing is more satisfying!