

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



When It Comes to Health, Gender Matters: Top Health Tips for Men and Women

Staying healthy can be hard. With so many different health suggestions available, it can be difficult to know which to try or trust. Plus, when it comes to health advice, gender plays a significant role in some conditions. Follow these tips to maximize your health at any age – whether you are male or female.

3 Health Tips Every Woman Should Know

1. Schedule health screenings

Women need to pay special attention to their gynecological and breast health. The American Cancer Society recommends a Pap smear every three years starting at age 21 to screen for cervical cancer. Women who are 50 to 74 years old and at average risk for breast cancer should get a mammogram every two years, according to the U.S. Preventive Services Task Force. Talk to your doctor about the tests you need based on your age and family history. You may need to start screenings sooner depending on your risk factors.

2. Take your vitamins

The female body has different nutritional needs, making some vitamins and minerals more important. Women who are pregnant or breastfeeding need more B₁₂ (2.6 mcg instead of the usual 2.4 mcg), according to the National Institutes of Health (NIH). Because folate deficiency is more common in women of childbearing age, the Office on Women's Health advises women take 400 to 800 mcg of folic acid before and during pregnancy. Extra iron is also needed to replace the iron that is lost monthly during menstruation. Thus, the NIH recommends pre-menopausal women take 18 mg of iron daily. After menopause, the amount of iron women need decreases to 8 mg daily, but the amount of calcium needed increases. After age 50, women need additional calcium, 1,200 mg each day versus 1,000 for younger women, according to the NIH.

3. Fit in the right type of fitness

Exercise is important for maintaining a healthy body weight at every age. Working out also prevents bone loss and osteoporosis, which is a higher risk for women. The National Osteoporosis Foundation found that 80 percent

of the 10 million people with osteoporosis are women. Weight-bearing exercises that force your body to work against gravity are best for building bone strength, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. They recommend including at least 30 minutes of lifting weights, walking, hiking, jogging, playing tennis or dancing as part of your daily routine.

3 Health Tips Every Man Should Know

1. Visit your doctor

Survey data from the Centers for Disease Control and Prevention showed that men are more than twice as likely as women to have not seen a doctor within the previous two years. Skipping the doctor can cut your life short. If you're healthy and under 30, experts at Duke University Health System recommend seeing a primary care physician every two to three years. After age 50, get an annual physical. See a doctor right away if you're experiencing troubling symptoms, like chest pain, black stools or vision loss, because these can be signs of a serious problem.

2. Pay attention to your heart health

Heart disease is the leading cause of death for men in the U.S. Although quitting smoking is a no-brainer to improve heart health, the Harvard Medical School also encourages men to be mindful of their body weight and stress levels. Regular exercise and eating a diet rich in fruits and vegetables can keep your blood pressure low and cholesterol in check, which keep your heart healthy and strong.

3. Tend to your emotional well-being

Men are 3.5 times more likely to commit suicide, according to the Foundation for Suicide Prevention. The advocacy group Mental Health America also found that men are less likely to talk about mental health, which makes problems worse. Caring for your emotional well-being is nothing to be ashamed of – it's a sign of strength and self-awareness. If you or a loved one is experiencing signs of depression, anxiety or another mental health condition, find an experienced professional to speak with.

Health & Fitness At All Stages and All Ages, Exercise Wins for Brain Health

Exercise isn't just good for your heart. It also benefits your brain. As a 2017 review study in *Current Neuropharmacology* found, exercise plays an important role at all stages of life. Here's how exercise can benefit the brain, from childhood to old age.

Exercise Helps Growing Brains

For children, exercise helps with everything from cognitive development to bone health and disease prevention. Even in adolescents, exercise has a protective effect on the brain, with several studies finding a positive correlation between children who exercise and improved cognitive and memory tests.

Exercise and the Aging Brain

The protective effect that exercise has on the brain becomes more important as we age, and naturally lose some of our cognitive fitness from normal age-related decline, as well as from conditions like dementia and Alzheimer's. In addition to reducing the risk for heart disease and various chronic conditions, exercise appears to have two main brain-related benefits for older adults.

First, several studies have found that adults who followed exercise programs had milder depressive symptoms overall, and were less likely to suffer from major depression.

There is also evidence that exercise can offer protection against dementia. Physical activity can help generate new brain cells (known as hippocampal neurogenesis) and increase the volume of the parts of your brain responsible for doing cognitive tasks and retrieving memories.

How much exercise do you need to build brain volume? A recent Harvard Health article looked at the research and suggested that adults should aim for at least 30 minutes of moderate exercise most days of the week (walking briskly counts as moderate exercise), but that you can work up to this amount by walking for smaller amounts of time.



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Prep Time
10 minutes

Cook Time
10 minutes

Total Time
15 to 20 minutes

Serves
2

June Recipe

Chinese Chicken Salad with Rice Noodles and Citrus-Sesame Dressing

Inspired by chain-restaurant versions dating back to the 1960s (when ingredients like ginger and sesame seemed exotic), we've modernized this main-course salad with boiled rice noodles instead of fried, plus more vegetables and a dressing made with bright citrus. Toss everything together as we've done here, or feel free to customize and serve the components salad bar-style.

Ingredients

5 ounces flat rice noodles
1 organic red or other bell pepper
3 tablespoons roasted cashews
3 organic scallions
1 or 2 cloves organic peeled fresh garlic
1-inch piece organic fresh ginger
1 tablespoons coconut aminos
2½ tablespoons sesame oil, divided
¼ cup organic fresh lemon juice

2 to 4 boneless skinless chicken thighs (about 10 ounces total)
2 tablespoons organic fresh orange juice
3 ounces organic shredded Napa or other cabbage
2 ounces organic shredded carrots
Kosher salt and freshly ground black pepper
Neutral oil

Tools

Fine-press grater (optional), garlic press (optional), colander, small bowl, 2 large bowls, medium sauce pot, large frying pan

Instructions

1. Cook the rice noodles

Bring a medium sauce pot of water to a boil. Add the rice noodles and cook until just tender, 8 to 10 minutes. Drain and rinse with cold water; then return to the pot and toss with 1 to 2 teaspoons oil, if desired, to prevent sticking.

While the water heats and the noodles cook, prepare the ingredients.

2. Prep the ingredients; cook the chicken

- Remove the stem, ribs and seeds from the bell pepper; cut the pepper into ¼-inch-wide strips.
- Using the bottom of a bowl or cup, lightly crush the cashews for garnish.
- Trim the root ends from the scallions; thinly slice the scallions on the diagonal for garnish.
- Finely chop, press or grate enough garlic to measure ½ teaspoon.
- Grate or peel and finely chop enough ginger to measure ½ teaspoon.
- Pat the chicken dry with a paper towel. Cut the chicken crosswise into ½-inch-thick strips. In a large bowl, combine the chicken and the coconut aminos, ½ teaspoon sesame oil, garlic and ginger, and mix to incorporate.

In a large frying pan over medium-high heat, warm 1 to 2 teaspoons oil until hot but not smoking. Working in batches if needed, add the chicken and cook, stirring occasionally, until browned and cooked through, 5 to 7 minutes. Transfer to another large bowl. Add more oil between batches if needed.

3. Toss the chicken salad

- In a small bowl, combine the lemon juice, orange juice, and 2 tablespoons sesame oil. Measure out 2 tablespoons dressing for the salad; set aside the remaining dressing for serving.

To the bowl with the chicken, add the cabbage, bell pepper, carrots and 2 tablespoons citrus-sesame dressing, and toss to coat. Season to taste with salt and pepper.

4. Serve

Transfer the rice noodles to individual bowls and top with the chicken salad. Garnish with the cashews and scallions, and serve the remaining dressing on the side.



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Ask a Pharmacist

Are There Lifestyle Changes I Can Implement to Reduce My Risk of Alzheimer's Disease or Dementia?

Michael Comber, Pharmacist
Florida Medical Clinic
Wesley Chapel, Florida

Alzheimer's disease has climbed the ranks to become the sixth leading cause of death in the U.S. Patients are often concerned with the diagnosis, not just for themselves but for the potential burden on their loved ones as caregivers. So, *what can you do to try and prevent it?*

The most convincing evidence we have to date provides insight into several key prevention factors. Moderate aerobic exercise for 30 minutes, 3–4 days a week, can help prevent the development of the disease or slow its progression. Sleeping 7–8 hours a night has been linked to greater amyloid clearance from the brain. Eating a Mediterranean diet that consists of fresh fruits and vegetables, whole grains, fish and olive oil, moderate amounts of poultry and little to no red meat can be beneficial. Even partially sticking to this diet has shown to be of benefit for those who cannot quite adjust to a whole lifestyle change.

Other connections are being researched as risk factors for development, with some positive results to note. Although more data is needed to draw conclusions for dementia, the definitive benefit in the prevention of other disease states makes their possible overlap an additional benefit to your overall health outlook. These things include not smoking, having a reduced waist line (not just a lower body mass index), maintaining good oral hygiene, keeping blood pressure under control and staying mentally and socially active.

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Local Love

Villa Park Pharmacy

VILLA PARK, CALIFORNIA

"We become familiar with our customers by look, voice and personality, and we tailor our service to their individual needs."



How many years has Villa Park Pharmacy been in business?

Villa Park Pharmacy has been under my management and our ownership for 16 years, since September 2003. It has been in business since the late 1960s.

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

The most significant change has been finding ways to maximize revenue streams outside standard prescription filling, particularly through immunizations, travel clinic, Medication Therapy Management (MTM) services and organic supplements.

What is your favorite part of owning an independent pharmacy?

Our favorite part is being able to create the best environment for our customers to shop in and for our employees to work in.

What role does your pharmacy play in your local community?

Our pharmacy sponsors many local school and charity fundraisers. We also work with the local school nurses to provide necessary vaccines to incoming students who are new to the area.

What makes you unique, sets you apart from your competition?

What makes us unique is our personal touch in customer service. We become familiar with our customers by look, voice and personality, and we tailor our service to their individual needs.

What unique health needs do you have in your community?

Lately, it has been immunizations, and particularly the new shingles vaccine, Shingrix. We have many doctors in the area sending patients to us for this vaccine. I have never seen a demand for a vaccine like this before.

What does Locally Loved mean to you?

Locally Loved means we are doing our job right to provide for the needs of the local community in a positive, compassionate environment.