

# GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



## On Schedule: Why Vaccination Timing Matters for Your Child's Health

You show up for your baby's two-month well-child visit, knowing that some vaccinations will occur during this appointment. But when you learn that your tiny infant is scheduled to be vaccinated against six diseases at once, you may wonder why they need so many in a single go.

But there's good reason for it. Your pediatrician is following the comprehensive immunization schedule, developed by the Centers for Disease Control and Prevention (CDC). Because babies have immature immune systems, they are more at risk of serious complications, or even death, from certain diseases. By immunizing them according to the CDC vaccination schedule, you are giving your baby the best protection possible against these diseases.

### What is the vaccination schedule?

The CDC vaccination schedule is a standardized plan of vaccines, including dates and doses, to provide your child with the immunizations that will help build up his or her immune system — and help your baby build immunity to certain diseases as soon as possible. Doctors all over the country rely on this schedule to determine when children should receive vaccines for diseases ranging from polio to diphtheria.

### Early Childhood Vaccine Schedule, Per the CDC:

Age	Recommended Vaccinations
Birth	Hepatitis B (1st dose)
2 Months	Hepatitis B (2nd dose); rotavirus (1st dose); diphtheria, tetanus, & acellular pertussis, also known as DTP (1st dose); haemophilus influenzae type b (1st dose); pneumococcal conjugate (1st dose); inactivated poliovirus (1st dose)
4 Months	Rotavirus (2nd dose); DTP (2nd dose); haemophilus influenzae type b (2nd dose)
6 Months	Hepatitis (3rd dose); DTP (3rd dose); pneumococcal conjugate (3rd dose); inactivated poliovirus (3rd dose)
12 Months	Haemophilus influenzae type b (3rd dose); pneumococcal conjugate (4th dose); measles, mumps, and rubella (1st dose); varicella (1st dose); hepatitis A (1st dose)
15 Months	DTP (4th dose)
18 Months	Hepatitis B (3rd dose); DTP (4th dose); inactivated poliovirus (3rd dose); hepatitis A (2nd dose)
4-6 Years	DTP (5th dose); inactivated poliovirus (4th dose); MMR (2nd dose); varicella (2nd dose)

In addition to the vaccines that babies receive at their well-child visits, the CDC recommends that children six months and older should receive annual flu vaccines.

### Why does the CDC recommend that babies and kids get so many vaccinations at once?

To trigger your child's immune system to build up an appropriate antibody defense to the diseases they're being vaccinated against, most of the recommended immunizations need to be administered several times.

### Is it safe for my baby to get so many vaccines at once?

Yes. The CDC has done meticulous research to determine the best way to safely, effectively administer these immunizations and help your child stay healthy. The result is the current schedule.

### Why can't I delay some of these immunizations by spreading them out over a longer period of time?

Because of their immature immune systems, babies have the highest risk of serious complications with many of these diseases. Any delay leaves your baby more vulnerable than need be to the diseases they are being vaccinated against, which increases the risk of serious health issues. This is why public health agencies throughout the country, including the New York State Department of Health, warn against delaying vaccination.

### How does vaccinating my child help protect other people? Aren't they protected by their own vaccines?

Having your child vaccinated on the recommended schedule helps to promote what experts call "herd immunity." When you and your family are immunized against vaccine-preventable diseases, you are far less likely to contract those diseases, and therefore far less likely to spread them to the people around you. This helps protect your entire community, or "herd."

This herd immunity is especially important for protecting babies who are too young to be fully vaccinated and individuals who've been advised by their doctor to delay or avoid certain vaccinations due to serious medical conditions (such as severe allergies or Guillain-Barré Syndrome). Herd immunity is also critical for protecting anyone (regardless of age or vaccination status) who has a compromised immune system — including patients living with cancer or HIV/AIDS.

If you have any concerns regarding the vaccine schedule, talk to your local Good Neighbor Pharmacy pharmacist or pediatrician.

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## Health & Fitness "Me Time" Isn't Selfish, It's Self-Care

For those who believe in always putting others first, it can be hard even to say "me time" out loud, let alone claim it. But taking time for yourself to relax and recharge is essential to your good health.

### Why You Need Self-Care

Stress, poor eating habits, and lack of exercise can contribute to chronic health issues such as heart disease, obesity and diabetes. Taking regular time-outs creates a healthier lifestyle.

Self-care also helps you take better care of others. Harvard Medical School assistant professor Dr. Beth Frates explains the necessity of self-care this way: You can't pour from an empty cup. In other words, if you don't fulfill your own needs, you'll have nothing to give to others.

### How to Make Time for Yourself

If you thrive on having a planned routine, schedule your self-care moments the way you do office meetings and taking Mom to the doctor. If you prefer a more flexible approach, write down your "me time" goals. That will help you remember them when you're deciding how to spend those precious moments of free time.

Let others know how they can help you. Ask family members to pitch in with chores, babysitting duties or picking up dinner. Hire a professional to finish one of those DIY projects you secretly regret starting.

### Ideas for Indulging in "Me Time"

- Take an evening stroll to catch an incredible view of the sunset.
- Escape into an engrossing novel by reading a few pages whenever the house is quiet.
- Take a class just because it sounds like fun.
- Tune out the surrounding chaos with noise-canceling headphones.
- When everyone else leaves the house, turn up your favorite music and dance.

Go ahead and enjoy "me time" without guilt. It's good for you and the ones you love.



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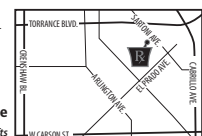


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<b>Prep Time</b> 10 minutes	<b>Cook Time</b> 35 minutes	<b>Total Time</b> 45 minutes	<b>Serves</b> 4
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### December Recipe

## Whole Wheat Mac and Cheese with Roasted Vegetables and Thyme

This vegetable-packed mac and cheese is nothing like the boxed stuff, and it might quickly become a new cold-weather favorite. Sweet roasted parsnips and carrots pair well with a cheese sauce that's thin but extremely flavorful, thanks to salty Parmesan and tangy goat cheese.

#### Ingredients

- 3 medium carrots
- 3 medium parsnips
- 1 medium yellow onion
- 2 teaspoons fresh thyme (or 1 teaspoon dried thyme)
- 1 tablespoon olive oil
- Salt and pepper
- 8 ounces whole wheat fusilli
- 1 tablespoon all-purpose flour
- 1½ cups shredded Parmesan (about 5 ounces)
- 1 cup crumbled goat cheese (about 4 ounces)
- 5 ounces baby spinach

#### Tools

- |                  |                |
|------------------|----------------|
| Cutting board    | Large pot      |
| Vegetable peeler | Cheese grater  |
| Chef's knife     | Measuring cups |
| Sheet pan        | Whisk          |
| Measuring spoons |                |

#### Instructions

##### 1. Roast the vegetables

Heat the oven to 400 F and fit a rack near the center. Peel the carrots and parsnips. Use a chef's knife to chop the carrots and parsnips into rough ½-inch pieces. Roughly chop the onion. Finely chop the thyme leaves. Combine the vegetables and thyme on a sheet pan, and toss with olive oil. Season with salt and pepper. Spread everything evenly over the sheet pan, and roast 25 to 30 minutes, until the vegetables are soft and just starting to brown.

##### 2. Cook the pasta

Meanwhile, cook the pasta in a large pot according to the package directions. Reserve about 2 cups of pasta water before draining the pasta.

##### 3. Make the sauce and put everything together

Return the pot to the stovetop over medium-high heat. Add ¾ cup reserved pasta water and bring it to a simmer. Slowly sprinkle the flour into the water, whisking as you do (some lumps are OK, but the liquid should be mostly uniform). When the flour is incorporated, add the cheese and stir to melt. Add the cooked pasta, roasted vegetables, and baby spinach. Stir everything together and cook until the spinach is wilted.

##### 4. Serve

Divide the pasta into four bowls, and garnish with a little extra Parmesan (if you want).

#### Kids Can!

- Toss vegetables with thyme and oil
- Grate Parmesan
- Crumble goat cheese
- Whisk pasta sauce
- Stir ingredients all together

## Ask a Pharmacist How Do I Know If I Have More Than a Cold?

This is a question that, sadly, almost all of us encounter. No matter how careful you are, it is still easy to catch the common cold. Self-diagnosing is a common practice for many of us, especially with the vast resources of the internet. There are a lot of over-the-counter options available to us to treat our ailments. Therefore, with all the resources available, the question often becomes, "At what point should I see a doctor?" This question can be a difficult question to answer.



**Clayton Wells**  
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So, what exactly is a cold? A cold can be caused by several different viruses that affect the upper respiratory tract (i.e., nose, throat). First, how do you know that what you have is a cold? Assess your symptoms. The most common symptoms of a cold are runny or stuffy nose, sore throat, sneezing, coughing, and just generally feeling unwell (malaise). A cold will usually run its course in about a week, but it can linger for up to 10–14 days. The good news is that the symptoms are treatable with over-the-counter medications and will usually go away on their own. A cold sounds benign, but in some instances, it can progress into something more.

Then the question becomes, "How do I know if I have more than a cold?" In general, the symptoms of a cold are tolerable. They're irritating, yes, but usually you feel well enough to function. Otherwise, if you feel terrible and do not seem to be improving, it may be time to see a doctor. You should seek medical attention if you have a fever greater than 101, fever lasting more than 5 days, shortness of breath, wheezing, and severe sore throat, headache or sinus pain.

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## Local Love V & T Pharmacy

TAMPA, FLORIDA

"Over time, our customers have come to treat us like trusted family members."



#### How many years has V&T Pharmacy been in business?

V & T Pharmacy has been operating since 2011. Eight years and counting!

#### What has been the most significant change within your pharmacy over the past 5 years?

The most significant change for us is the increased demand for bubble packaging and delivery service.

#### What is your favorite part of owning an independent pharmacy?

Our favorite part is the freedom and ability to think outside the box to best serve our patients.

#### What role does your pharmacy play in your local community?

We are very involved in our Vietnamese community. Because of the language barrier for many senior citizens in this community, we are able to offer more personalized, professional service that makes them feel comfortable and at ease.

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

Because we are bilingual (English and Vietnamese), we are able to better assist our Vietnamese community by understanding their medical needs. We take our time to explain to our patients what medications were prescribed and what their doctors have discussed. Furthermore, we help them understand their diseases and conditions and how to take their medications. This results in greater compliance with their prescribed regimen, thereby improving their health and lives. We treat everyone with the utmost respect and patience. Over time, our customers have treated us like trusted family members. This sets us apart from our competition because our patients come to us for guidance and assistance in other aspects of their lives in addition to their healthcare needs.

#### What unique health needs do you have in your community?

The Asian population has a high rate of hepatitis. Therefore, we assist numerous patients for this condition.

#### What does Locally Loved mean to you?

We love to serve our local neighborhoods and give back to our community by contributing and volunteering at many charitable events. We are a unique business that caters to all individuals in our local community. We are proud to be a neighborhood pharmacy and are loved by our local community.