



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | APRIL 2021

How to Improve Medication Safety at Home

Medication safety means more than making sure your prescription has a safety cap or that the seal on a new bottle of an over-the-counter (OTC) drug is unbroken. What happens after you get those medications home can also make a difference in how they work and how you feel.

Whether you take the occasional OTC pain medicine or several prescription drugs, follow these tips to avoid common mistakes at home.

Review your medication carefully.

Before taking home any new medication, read the label to make sure it matches what the doctor prescribed. If the drug name or dosage differs, ask your pharmacist to verify the order. The name may be different if a name brand drug was substituted with a generic, which works the same but often costs less.

Drug labels also include a physical description of each medication. Double-check that the pills match their description. If a manufacturer changes, the pill may look different than what you are used to taking. When in doubt, ask your pharmacist.

Next, read the medication printout. It explains common and rare side effects. It also includes any special instructions, such as foods and activities to avoid.

Store your medications out of the bathroom.

Although the bathroom may seem like a logical place to store medication, the worst place to keep your medicine is in the medicine cabinet or cabinet drawer in your bathroom. That is because the heat and humidity from taking a hot bath or shower can deteriorate your medication and supplements.

Instead, store medications in a dedicated kitchen or hallway cabinet that is out of reach of children and pets. Be sure to review the storage instructions on the medication printout. Some medications need refrigeration or should be kept away from light.

Get control of your medication schedule.

Forgetting to take your medicine is a common mistake. To help you remember, keep a medication schedule in a visible location.

Use tools to boost medication adherence.

A medication dispenser labeled with the days of the week can help you know if you have taken your dose for the day. Another option is to set reminders on your smartphone. The My GNP mobile app is another helpful tool because it has an option to set medication reminders, and you can even assign a Med Buddy to help you remain adherent.

To make it easier to take your medications as directed, talk to your pharmacist. They have several solutions, such as automatic refills, convenience packaging and medication delivery.

Watch what you eat and drink.

Some medications can interact with food in ways that make them less effective. This can contribute to side effects. Your medication printout will tell you what foods, if any, to avoid — and whether to take the medication on an empty stomach, with food or with a full glass of water. This information is included to reduce medication side effects and increase medication efficacy. Follow the instructions fully.

Alcohol can also interfere with some medications, particularly heart medications. It also increases your risk of drowsiness, which is already a common side effect of many drugs.

Be aware of dual-ingredient medications.

Combining medications, particularly pain medications, with the same active ingredient can lead to accidental overdoses. For example, taking too much acetaminophen, the active ingredient in Tylenol, can cause liver injury and even death.

HEALTH & FITNESS

4 Ways to Take Charge of Spring Allergies

Spring allergies can make life miserable by triggering red, swollen and itchy eyes, a stuffy or runny nose and constant sneezing. The primary culprit for seasonal spring allergies is the pollen produced by blooming trees and flowers. Mold from a rainy spring can also trigger symptoms. Here is how to fight back against the miseries of the season — and enjoy spring again.

Start your allergy medication early.

Antihistamines and other medications take time to work. The American College of Asthma, Allergy & Immunology recommends starting your allergy medication two weeks before you expect symptoms to start.

Consider immunotherapy allergy shots.

These shots gradually expose you to an increasing dose of allergen, so your body gets used to the allergen instead of reacting to it. Immunotherapy is one of the most effective ways to treat seasonal allergies.

It takes a while to see the impact of these shots, so the sooner you start, the better.

Spring clean the right way.

To reduce allergens indoors, maintain a regular cleaning schedule. Replace your HVAC air filters regularly. Use a vacuum with a HEPA filter to trap particles that can trigger allergies. If you can, consider replacing carpet, which can trap dust and pollen, with solid surface flooring.

Develop an allergy hygiene plan.

Stay on top of the pollen and mold count. The Weather Channel tracks both. Avoid going outdoors — or opening windows — when counts are high.

Wear a mask outdoors, especially when doing yard work. It can reduce your risk of breathing in troublesome dust and pollen particles.

Use a nasal saline rinse or Neti pot to wash out your nose daily. This helps reduce the symptoms of airborne allergens, according to the Asthma and Allergy Foundation of America.

Do not forget to shower and change your clothes after being outdoors. Wash off any pollen on your hair and skin so that you do not breathe it in while you sleep.



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APRIL RECIPE

Easy Asparagus and Feta Quiche

Prep Time	Cook Time	Total Time	Serves
15 minutes	45 minutes	1 hour	8

Quiche is an impressive brunch dish, and it is surprisingly easy to make. This version takes advantage of fresh asparagus and is perfect for spring. You do not even have to fuss about making your own crust — simply pick up a premade frozen pie crust at the grocery store.

Ingredients

1 deep-dish 9-inch pie crust
 10 medium asparagus spears
 8 large eggs
 1/2 cup half-and-half
 1 cup crumbled feta cheese
 1/4 cup basil leaves, torn
 2-4 garlic cloves, minced
 1/2 teaspoon salt
 Black pepper

Tools

Fork
 Cutting board
 Knife
 Deep pie dish (if you didn't buy a crust in an aluminum dish)
 Sheet pan
 Medium mixing bowl
 Measuring cups
 Measuring spoons
 Whisk

Instructions

1. Pre-bake the pie crust.

Heat the oven to 350 degrees. Slightly thaw the frozen pie crust. If you did not buy a crust in an aluminum dish, lay the pie crust in a deep 9-inch pie dish. Use a fork to poke the bottom and sides of the pie crust 5-10 times so that air does not get trapped under your crust and create bubbles. Bake for 10 minutes.

2. Prepare the quiche.

Snap off the woody ends of the asparagus spears, and then slice each one in half lengthwise. In a medium mixing bowl, beat the eggs and half-and-half. Add feta, basil, garlic cloves, salt and black pepper. Place the pre-baked pie crust in the pie dish on a sheet pan (to prevent spills in your oven). Lay half of the asparagus in the pre-baked pie crust. Pour the egg mixture over the asparagus. Lay the other half of the asparagus over the egg mixture.

3. Bake the quiche.

Place the filled quiche on the sheet pan in the oven. Bake for 40-45 minutes, until the filling does not jiggle when you shake it and the top is slightly brown. Let the quiche stand for at least 15 minutes before serving, so that it sets and is easier to cut.

4. Serve the quiche.

Cut the quiche into eight slices and serve. Garnish with extra basil or feta cheese, if you want.

KIDS CAN!

- Poke pie crust.
- Snap asparagus spears.
- Arrange asparagus on quiche.
- Pour egg filling.

ASK A PHARMACIST

What Are Some Common Medication Mistakes?

Whereas medicine can treat illness and disease, make us feel better and help us live higher-quality lives, it can also be dangerous when used incorrectly. Here are some of the most common mistakes people make with medications and some tips on how to avoid them.

1. Taking your medication differently than prescribed.

*"My blood pressure seemed fine today, so I took my morning dose but not the bedtime one."
 "I had ice cream with my dinner, so I took two of my diabetes pills."*

I often encounter patients who adjust their own medication, such as taking more doses or fewer doses than prescribed or skipping their medication altogether. Making these kinds of changes without discussing them with your doctor or pharmacist could have serious consequences. The best way to avoid this mistake is by taking your medication exactly as it states on the bottle.

2. Taking someone else's prescription.

This may not seem like a bad idea for something like pain or nausea; however, it is best to visit your prescriber if you feel like you need a prescription medication. They can help you determine if the medication is appropriate for your needs and is okay to take with your other prescriptions and health conditions.

3. Taking OTC medicines or supplements that interact with your medications.

If you take prescription medications, I always recommend checking with your pharmacist before taking any OTC medication. This will help you avoid potentially dangerous drug interactions or duplications.

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LOCAL LOVE

Medical Associates Pharmacy and Clinic Pharmacy Boone, Iowa

"We know our patients by name and they love our personalized service."

Wendy Kinne, Pharmacist and Owner



How many years has your pharmacy been in business?

Medical Associates Pharmacy has been in business for over 55 years. Clinic Pharmacy has been in business for over 30 years. I have worked at the pharmacy for 36 years (since high school!) and have been the owner of both pharmacies for the last 7 years.

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?

The most significant change within my pharmacy is from joining the Community Pharmacy Enhanced Services Network (CPESN) and making a commitment to add clinical services in our pharmacy. It has re-ignited my passion for pharmacy and grown our business through new revenue opportunities.

What is your favorite thing about being a pharmacist?

I enjoy precepting pharmacy students, spending time with my patients and helping them understand how, when and why they should take their medications.

What makes your pharmacy unique?

Independent pharmacy is unique for many reasons: we are always available to our patients; we always look for ways to improve our patients' health; and we always focus on saving our patients' money. To put it simply, we ALWAYS care.

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

We know our patients by name and they love our personalized service. We offer them services tailored to their needs, such as delivery, drive thru, bubble packaging, medication synchronization and long-term care.

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

I serve on several boards in our community, including the Hospital Foundation, Community Schools Foundation and the Public Health Advisory Board. We also sponsor many local events, such as at our local library and county hospital.

What does Locally Loved mean to you?

Locally loved is loyalty and commitment to the community you serve.