



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MAY 2022

What You Should Know About Depression

If you're feeling sad, hopeless, and irritable lately, you're not alone. These are common signs of depression. And it's on the rise worldwide.

The COVID-19 pandemic has a lot to do with it, according to an October 2021 study published in *The Lancet*. It found that rates of depression climbed by 28% in 2020, with COVID-19 increasing mental health issues, hitting women and children the hardest. The *Lancet* researchers found that rates of depression and anxiety rose as COVID-19 infection rates increased. They also increased when people couldn't socialize and move around as before, due to lockdowns, quarantines, business closures, and social distancing. However, even before the pandemic, mental health disorders were a major health burden.

Are you at risk of depression?

Some people are at greater risk for depression. Risk factors for depression include:

- Having a personal or family history of depression.
- Using certain medications. Some 33% of adults take medications that can cause depression, according to a study in *JAMA*.
- Starting an antidepressant. Some people can initially experience worsening symptoms, according to the Anxiety & Depression Association of America. The risks are greater for children, teens, and young adults. (Antidepressants contain black box warnings of suicidal ideation for these groups.)
- Having a brain disease, such as dementia, stroke, or Parkinson's disease.
- Having a chronic physical illness, including diabetes, heart disease, or cancer.
- Abusing alcohol or drugs.
- Experiencing traumatic or stressful life events, such as the death of a spouse, divorce, or caregiving for someone with a chronic illness.

Warning signs of depression

It's OK to feel sad, overwhelmed, or exhausted by stressful life situations. However, when these feelings last most of the day, every day, for two weeks or longer, it's time to get professional mental help.

Depression isn't only about being sad, though. The symptoms and signs of depression can include both mental and physical reactions.

Here's how to recognize depression in yourself and those you love. The National Institute of Mental Health lists these warning signs:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability and restlessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling like you're moving in slow motion
- Difficulty concentrating, working, remembering things, or making decisions
- Difficulty sleeping, waking up earlier than usual, or sleeping more than usual
- Appetite and/or weight changes
- Body aches and pains, including headaches, cramps, and digestive problems
- Thoughts of self-harm, death, or suicide
- Suicide attempts

Getting help for depression

The good news is that you can get a handle on your depression by getting professional mental health help. Treatment for depression usually includes antidepressant medication, psychotherapy, or a combination of the two. More severe and chronic depression responds significantly better to a combination of medication and psychotherapy, according to the Anxiety & Depression Association of America.

It's also important to know that every person's depression is different, so responses to treatment can vary. It can also take a month — sometimes longer — before symptoms start to improve.

When your depression is an emergency

If you have thoughts of suicide or self-harm, get help right away. Call the National Suicide Prevention Lifeline at 1-800-273-8255. It provides free and confidential support to anyone going through an emotional or suicidal crisis. You can also get help through online chat at suicidepreventionlifeline.org/chat/, or you can use the Crisis Textline by texting HELLO to 741741.

HEALTH & FITNESS

Four Ways to Manage Arthritis Morning Stiffness

If you have rheumatoid arthritis (RA), psoriatic arthritis (PsA), or osteoarthritis (OA), morning stiffness is a common symptom, according to the Arthritis Foundation.

The severity depends on your arthritis type. For OA, morning soreness lasts only a few minutes. With PsA, the symptoms can last up to 30 minutes. It's more common — and worse — for those with RA, for whom stiffness and pain can last for one to two hours.

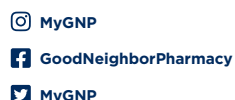
Whatever type of arthritis you have, you can start getting your morning stiffness under control the minute you wake up. To get your body moving, follow these tips:

Apply the right temperature. To loosen stiff joints, take a warm shower or use a heating pad. If stiffness includes pain or swelling, try a cold compress or an instant ice pack to reduce inflammation.

Stretch. Incorporating slow, gentle stretching into your daily routine can help with stiffness. To help with morning stiffness, start stretching while you're still in bed. Ask your doctor or physical therapist for specific stretches.

Take an anti-inflammatory. Before getting out of bed, take your RA or PsA medication or an over-the-counter anti-inflammatory. Give it time to kick in. Some arthritis medications (such as methotrexate) can make you drowsy, so ask your pharmacist whether this strategy makes sense for you.

Focus on prevention strategies. Quit smoking. Smoking harms your joints, bones, and connective tissues, according to the Arthritis Foundation. Maintain a healthy weight to ease joint pressure. Get regular exercise to increase muscle flexibility, improve range of motion, and help with weight control.



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MAY RECIPE

Fish Tacos with Fennel Slaw and Mango Salsa

Prep Time	Cook Time	Total Time	Serves
20 minutes	10 minutes	30 minutes	4

There's nothing like a fish taco to get you in the mood for warmer weather. Homemade fennel slaw and mango salsa make these tacos extra special without requiring a lot of extra work.

Ingredients

1 medium head fennel, cored, thinly sliced, and cut into bite-sized pieces
 2 tablespoons mayonnaise
 1 medium mango, peeled and diced into 1/4-inch cubes
 1/2 medium red onion, chopped
 1/2 red bell pepper, chopped
 1 tablespoon chopped cilantro
 1 tablespoon canola oil, plus more for panfrying
 1 tablespoon lime juice
 Salt and pepper, to taste
 1 tablespoon ground cumin
 1 tablespoon paprika
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon cayenne pepper (optional)
 1/4 teaspoon turmeric
 1 pound tilapia, cut into strips 1-2 inches long
 12 corn tortillas
 Optional garnishes: sour cream, diced avocado, chopped cilantro, lime wedges

Tools

Chef's knife
 Cutting board
 Measuring cups and spoons
 1 large and 2 medium mixing bowls
 Fork or spoon for mixing
 Large skillet
 Sheet pan

Instructions

1. Make the fennel slaw

In a medium mixing bowl, stir together the fennel, mayonnaise, and a pinch of salt. Set aside in the fridge.

2. Make the mango salsa

In another medium mixing bowl, stir together the mango, onion, bell pepper, cilantro, oil, lime juice, and a pinch of salt. Set aside in the fridge.

3. Preheat the oven

Preheat the oven to 350 degrees, so it's ready for you to warm the tortillas in the last step below.

4. Cook the fish

In a large bowl, mix all the spices together with a big pinch of salt. Add the fish and toss it around the bowl, until each piece is coated with the spice mixture. Heat a thin layer of oil in a large skillet over medium-high heat. When the oil is hot, add half of the fish. Cook for about 2 minutes, then flip each piece and cook another minute, until the fish flakes easily and is opaque throughout. Transfer cooked fish to a plate and cover it with foil as you cook the second batch.

5. Warm and assemble the tacos

Spread 6 tortillas on a sheet pan and warm in the preheated oven for a few minutes. Repeat with the remaining 6 tortillas. To assemble the tacos, pile fillings and optional garnishes on top of each tortilla.

KIDS CAN!

- Mix fennel slaw
- Mix mango salsa
- Mix spices

ASK A PHARMACIST

What Are Some Ways I Can Treat My Arthritis?

One of the more common afflictions that pharmacists see daily is osteoarthritis. Osteoarthritis is a form of arthritis that affects more than 302 million people worldwide and is a major cause of disability among the elderly. The hands, hips, and knees are the joints most often affected with pain, stiffness, swelling, and loss of motion from osteoarthritis. These aggravating changes to the joints can have tremendous impact on one's quality of life and reduce the ability to complete what used to be considered easy tasks.



Eugene Medley
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We do have the power to lessen the effects of changing joints by increasing low-impact activities to increase range of motion and lessen stiffness. This can be done primarily through some simple lifestyle modifications or changes to your routine. Activities like tai chi and yoga have been shown to be highly effective in providing the motion that is lotion for the joints.

On those days when the body is not responding as well to exercise, medication can help. Non-steroidal anti-inflammatory drugs (NSAIDs) can help relieve joint discomfort. A compounding pharmacy can work with your doctor to enhance topical medications that reduce joint pain without having to take another pill. If pain is severe, then working with your doctor for more intense prescription pain control is appropriate.

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LOCAL LOVE

Elgin Pharmacy Elgin, South Carolina



"We strive each and every day to serve our patients the same way we would want our own family members to be treated in their time of need."

Traisha Campfield, Pharmacist and Owner

How many years has your pharmacy been in business?

Elgin Pharmacy has been open for over 35 years.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is spending time talking with my patients and getting to know them individually. The relationships we build directly improve the service and care we can provide.

What makes your pharmacy unique?

Since Elgin Pharmacy has been serving the Elgin community for over 35 years, we're now caring for five generations of local families!

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

I believe our patients most enjoy the personal care and service they receive at Elgin Pharmacy. We know the vast majority of our patients on a first-name basis. Someone often greets each patient by name as they enter the door. Patients can tell we truly care about their health and well-being.

What excites you most about the future of independent pharmacy?

I am most excited to see what useful services we can provide to our community in the future. From offering immunizations, Medication Therapy Management, and point-of-care testing, I believe we can make a difference in the health and lives of our Elgin community.

What does *Locally Loved* mean to you?

Thinking about being *Locally Loved* always brings a smile to my face. Our staff enjoys hearing our patients tell stories of how they feel welcomed, cared for, and loved at Elgin Pharmacy. We strive each and every day to serve our patients the same way we would want our own family members to be treated in their time of need.