



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | DECEMBER 2022

Top Tips for Keeping Your Pet Healthy

Pets are more than four-legged creatures who share our homes. They're part of the family. And as family, you want to make sure they stay healthy. These tips will help you keep your fur babies healthy and happy year-round.

Schedule yearly checkups

Pets can't say how they're feeling. That's why you need a yearly vet exam to catch serious issues — such as diabetes, heart problems, and kidney disease — early. That way, you can take the necessary steps to help prolong your pet's life. For anxious pets, ask your vet if they make house calls or switch to a mobile veterinary clinic.

Maintain their healthy weight

Nearly 56% of dogs and 60% of cats are overweight or obese, according to the Association for Pet Obesity Prevention (APOP). Pet obesity can lead to serious health problems, including kidney failure, diabetes, and heart disease. Avoid overfeeding your pet and make sure they get daily exercise. APOP recommends 30 minutes of physical activity each day for dogs and three five-minute intense play periods for cats. Bonus: Exercising your pet provides mental stimulation and helps reduce destructive behavior. Your vet can suggest ways to help them lose weight safely.

Stay up to date on their shots

Vaccines aren't only for people. Pets need certain immunizations to protect them from highly contagious and deadly illnesses, including rabies and distemper. Ask your vet what vaccines your pet needs.

Take care of their teeth

Tooth decay and oral disease can cause pets to lose weight because it hurts to eat. Oral bacteria that enter the bloodstream can also lead to other health issues, such as heart disease. The American Veterinary Medical Association recommends brushing your pet's teeth daily as well as getting yearly professional dental cleanings.

Check for allergies

Pets who excessively lick, chew, and scratch themselves may have allergies. Other tell-tale

signs: discharge from their eyes, gunk in their ears, or constant sneezing. Like people, pets can have seasonal allergies. Some pets can also have allergies to the food they eat or chemicals in their environments. If you suspect allergies, make an appointment with your vet. They can help you pinpoint the cause and suggest treatment options.

Get help from your local pharmacist

Many pets need medications for the short or long term. But it's not always easy to administer them. If you struggle to give your pet their medicine, talk to your local pharmacist. Many offer compounding services. Mixing prescriptions into pastes or liquids makes them easier for pets to swallow. Your pharmacist can add in flavors, like chicken or tuna, so pets feel like they're getting a treat. If your vet prescribes a medication, your pharmacist can answer any questions you have, including how to best administer it.

Spay or neuter your pet

According to the American Veterinary Medical Association, getting your pet fixed may help protect against serious health problems. Early spaying of female cats and dogs reduces their risk of uterine infections and breast cancer. Neutering your male pet reduces its risk of developing testicular cancer or an enlarged prostate gland. Each year, millions of unwanted cats and dogs are euthanized. Sterilization helps control the pet population and reduces the number of unwanted animals.

Protect them from the elements

During the cold winter months, put a coat on your canine or feline friend. When there's snow on the ground, there are often salt and chemicals, which can irritate pets skin and make them sick if they lick them. When they come indoors, clean off their paws and stomach. Booties can prevent their paw pads from getting red and cracked. Pets are also at risk from sun damage. According to the American Kennel Club, skin tumors are the most commonly diagnosed cancer in dogs. Stick to the shady side of the street when walking your dog and provide a sheltered space for your pet to hang out in the backyard.

HEALTH & FITNESS

How to Recognize and Avoid Burnout

Being active and engaged in things that are important to you can benefit your physical and mental health. You may enjoy working hard at your job, spending time with family and friends, or volunteering in your community. But while being active in meaningful pursuits can make life worthwhile, too much engagement without enough downtime can also lead to burnout.

You'll know you're hitting burnout if you're feeling exhausted, irritable, or anxious — and you don't have time for yourself. To avoid burnout and restore your sense of wellbeing, follow these self-care tips:

Say no to doing too much

You can't take care of yourself if you don't have time. That's why the first step in avoiding burnout is saying no to invitations or requests for help if you're already busy.

Add "me time" to your calendar

Maybe it's exercising, reading a book, or going to the movies. Focus on what brings you joy and helps you to relax — and then do it.

Spend time outdoors

According to the University of Minnesota, being out in nature can help lower blood pressure and reduce stress. If you're inclined to hibernate during the cold winter months, try bundling up and getting outdoors, even if it's just for 10 minutes.

Seek professional help

If stepping back and taking care of yourself doesn't help, this is a sign you may have a mental health issue (like depression or anxiety). If you find yourself struggling more during the winter months, you might have Seasonal Affective Disorder, or SAD, a type of depression. In either case, a doctor can help you establish a treatment plan to relieve symptoms and help you enjoy life again.



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DECEMBER RECIPE

Miso Butter Chicken Thighs with Spinach and Garlic Rice

Prep Time	Cook Time	Total Time	Serves
5 minutes	45 minutes	50 minutes	4

As a quick, satisfying dinner, crispy chicken thighs are hard to beat. Two-ingredient miso butter adds flavor, and spinach adds tons of nutrients, like folic acid, potassium, and vitamin K.

Ingredients

- 1 1/2 cups uncooked white rice
- Salt and pepper, to taste
- 2 tablespoons olive oil, divided
- 2 tablespoons butter, at room temperature
- 1 tablespoon miso paste
- 4 bone-in, skin-on chicken thighs (about 1.5 pounds total)
- 3 cloves garlic, thinly sliced
- 1 5-ounce package fresh baby spinach

Tools

- Medium pot with a lid
- Large oven-safe skillet
- Small bowl
- Measuring cups and spoons
- Cutting board
- Chef's knife
- Wooden spoon

Instructions

1. Make the rice

Heat the oven to 425 degrees.

In a medium pot, combine rice with 1 1/2 cups water, a pinch of salt, and a tablespoon of olive oil. Bring to a boil, reduce to a simmer, cover, and cook for 15 minutes. Fluff rice with a fork and let it sit, covered and off the heat.

2. Mix the miso butter

In a small bowl, stir together room temperature butter and miso paste. Set aside.

3. Cook the chicken

Heat the remaining tablespoon of olive oil in a large oven-safe skillet over medium-high heat.

Season the chicken thighs with salt and pepper. When the oil is hot, add thighs, skin side down, and reduce the heat to medium. Cook until the skin is golden brown and most of the fat has melted, about six minutes. Pour out and discard all but a thin layer of the fat.

Flip the thighs and transfer them to the oven. Cook for 15 minutes, until the chicken is cooked to an internal temperature of 165 degrees.

Put thighs on a plate and place a spoonful of miso butter on top of the skin of each one.

4. Finish the rice

Put the hot skillet back on the stove over medium heat. (Leave the fat and liquid from the chicken in the skillet.) Add the garlic and cook until fragrant and starting to brown, about a minute. Stir in the spinach to wilt it, then stir in the rice.

Serve each chicken thigh with a pile of rice.

KIDS CAN!

- Mix the miso butter
- Stir rice

ASK A PHARMACIST

What Are the Biggest Health Risks for Pets?

Sarah Attalah
Pharmacist
Fox Drug of Torrance
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We love our pets and want what is best for them. Knowing how to keep them happy and healthy is our biggest job as pet owners. Dogs and cats have many of the same health problems as humans, but they do not show symptoms in the same ways we do. It is up to us to pay attention, learn the symptoms, and help them get the best treatments. Here are three of the biggest health risks.

Diet: It is important to limit rich, greasy treats and table food. Instead, give your pet treats specifically made for them. A few treats once or twice a day are fine, but they should make up no more than 10% of your pet's diet. If you want to feed your pet human food, opt for snacks like baby carrots and green beans for dogs or a tiny taste of tuna fish packed in water for cats. These smart choices limit the number of calories your pet consumes.

Feeding your dog or cat a poor-quality diet and supplementing it with lots of treats and table food can lead to a multitude of problems. These include long-standing metabolic disease, chronic illnesses, and obesity, which can lead to a shorter life span. As your pet ages, feed them a healthy grain-free diet to keep their weight down.

Aging: Pets do not age at the same rate as humans. How fast they age varies depending on the size of the breed. As pets age, it is important to ensure that they have the right vitamins. Pet vitamins help maintain vision, joints, and mood. Plenty of exercise and socialization can also help pets live longer, healthier, and happier lives.

Fleas and ticks: Fleas and ticks can easily latch onto dogs and cats and can spread serious illnesses, including Lyme disease. To avoid infestations, use an oral or on-the-spot flea and tick product all year long to break the flea life cycle and limit bloodsucking ticks. Consult your veterinarian to select the best products to protect your pets from fleas and ticks.

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LOCAL LOVE

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“My favorite part of being a pharmacist is the interaction with our patients. People who move into the area become friends, and friends become family.”

Richard P. Stryker, Pharmacist and Owner

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?

Over the past five years, the most significant change in our pharmacy has been shifting to focus on patient care rather than dispensing medications. We now focus on patients' medication adherence and the integration of vaccines into a patient's total wellness.

What is your favorite thing about being a pharmacist?

My favorite part of being a pharmacist is the interaction with our patients. People who move into the area become friends, and friends become family.

What makes your pharmacy unique?

Our family pharmacy has been a part of the community for more than 55 years, and we are a part of our patients' families. We offer prescriptions, vaccinations, healthcare advice, complimentary delivery service, and hugs.

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

Our patients love that we pick up the phone and speak with them. They can reach out on social media and have their questions answered quickly and easily. They can even text us. We are always available to discuss their healthcare needs.

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

We love it when we can get out in the community and enjoy an event. We sponsor FilmOne Festival in the summer, a local car show in the fall, a food pantry donation drive in November, and an open house featuring Santa in December.

What does *Locally Loved* mean to you?

Locally Loved means we are part of the community and the family of our patients. We are happy to be locally loved as we live, work, and play in the same community as our patients.