

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Adults Need Vaccines Too. Here's Which Ones.

Most people know that kids need to get regular vaccines to stay healthy during childhood. But getting immunized is still important for adults – it's just that the vaccines you need are a little different. Here are some key vaccines you should consider working into your wellness plan to protect yourself and others.

Influenza

While the flu often just causes a week or two of fever, fatigue and respiratory symptoms, it can also become more serious. In the U.S. alone, the influenza virus leads to 140,000 to 810,000 hospitalizations and 12,000 to 61,000 deaths each year. Young children, people over 65, pregnant women and people with underlying medical conditions are most at risk of developing serious complications from the flu. But no one is immune from the more significant impacts of the flu, and anyone who catches the flu can spread it to the more vulnerable people in their lives.

Chickenpox

For many people who had chicken pox as a child, it was an uncomfortable itchy experience that kept them out of school for a week or more. But chicken pox can also cause serious complications, such as pneumonia, infection or inflammation of the brain, and blood infections. A serious case of the chicken pox can lead to hospitalization or even death.

Depending on your age, you may or may not have been vaccinated against chicken pox as a child because the vaccine wasn't released until 1995. If you've had a confirmed case of chicken pox, you don't need to get vaccinated. Immunity acquired from infection typically lasts for life.

Adults who need the varicella vaccine should get a series of two shots, administered at least four weeks apart.

Shingles

Shingles is a painful, burning rash caused by the varicella zoster virus, the same virus that causes chickenpox. The rash typically only lasts two to four weeks. However, the CDC reports that, in 10% to 18% of cases, there is debilitating pain that can last for months or even years. The pain can be so severe that it interferes with your daily life. In rare cases, shingles can lead to pneumonia, hearing problems, blindness or even death.

Anyone who has had chickenpox is at risk of developing shingles. The CDC recommends that healthy adults ages 50 and older get two doses of the shingles vaccine, with the second shot given two to four months after the first.

Pneumococcal

Pneumonia is a serious (and potentially fatal) infection of the lungs caused by a bacterial, viral or fungal infection, including influenza. One pathogen that can cause pneumonia is a bacteria called *Streptococcus pneumoniae*. Infection with this bacteria causes pneumococcal disease, and pneumococcal pneumonia is the most common serious complication from infection.

The pneumococcal vaccine is recommended for all adults ages 65 and older. In addition, the CDC also recommends the vaccine for adults ages 19 to 64 who smoke cigarettes, have conditions that weaken the immune system, have cochlear implants or are living with a chronic illness of the heart, lungs, liver or kidneys.

Often only one dose is needed. However, the CDC recommends one or two additional doses for those with certain chronic medical conditions, so talk with your doctor.

HPV

HPV stands for human papillomavirus, which is a group of viruses that cause noncancerous warts. Some types of HPV can also lead to cancer of the cervix, anus, penis, vulva, vagina or throat. The HPV vaccine, which protects against infection with certain strains of human papillomavirus, can therefore help reduce your chances of developing these cancers.

The CDC recommends that everyone up to age 26 gets vaccinated against HPV. Adults require a series of three shots.

Tetanus (Tdap or Td)

Tetanus (commonly referred to as "lockjaw") is a non-contagious infection with the bacteria *Clostridium tetani*, which can be found in the soil, dust and manure. It enters the body when the surface of the skin is breached due to a cut, puncture wound, burn or other injury. Thanks to vaccination, this painful and potentially fatal disease is extremely rare in the U.S.

Adults need a tetanus booster shot every 10 years. This shot is typically given in the form of a Tdap vaccine (which also protects against diphtheria and pertussis) or Td vaccine (which also protects against diphtheria).

If you have questions about these vaccines or others, your *Good Neighbor Pharmacy* pharmacist can help.

Health & Fitness Three Tips for Setting Yourself Up for Self-Care

You may know you need to develop healthier habits and invest in taking better care of yourself, but life can get in the way of your good intentions. Creating a self-care plan transforms your intentions into concrete goals and helps you establish strategies to make them achievable. Here are some tips for successfully setting yourself up for self-care.

Cover All the Bases

While there may be one or two health goals you'd most like to focus on, your self-care plan should be comprehensive and include physical, mental, emotional, spiritual and interpersonal health.

Evaluate How You're Currently Doing

Start with a self-assessment to see how well you're doing now. You can create your own evaluation form, or you can find ready-made forms online by searching for free "self-care plan template" and "self-care plan worksheet."

Recognizing what you're doing right is important too. Give yourself credit if you're already eating lots of fresh fruit and vegetables or taking on fewer stressful tasks. Even small successes can be encouraging.

Set Goals to Get Better

After your self-assessment, figure out which areas need improvement. Then write out a plan to create a clear path for change.

To keep from feeling overwhelmed, start with a single goal for each category. For example, you might resolve to replace your usual lunchtime soda with a glass of water.

Setting simple goals will make self-care feel less like a chore and more like second nature, so aim for strategies you can easily incorporate into your daily life.



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Prep Time
30 minutes

Cook Time
4 hours

Total Time
4 hours 30 minutes

Serves
6

December Recipe

Red Wine-Braised Brisket With Horseradish Mashed Potatoes and Caramelized Brussels Sprouts

This rich brisket dish is perfect for a special family meal. Cook the potatoes and sprouts as the meat is finishing up, so that everything is ready to go at once.

Ingredients

Brisket:

3 pounds beef brisket, fat trimmed
1 tablespoon cumin
Salt and pepper
1 tablespoon canola oil
1 yellow onion, quartered
6 cloves garlic
2 cups red wine
2 cups chicken stock
1 six-ounce can tomato paste
2 sprigs rosemary

Potatoes:

3 pounds Yukon Gold potatoes, peeled, cut in one-inch pieces
1 cup whole milk
1 cup sour cream
3 tablespoons butter
2 tablespoons prepared horseradish

Sprouts:

2 pounds Brussels sprouts, halved
2 tablespoons canola oil
1 cup packed brown sugar

Tools

Chef's knife
Cutting board
Measuring cups and spoons
Large oven-safe pot or Dutch oven with lid
Large pot with lid
Colander
Potato masher
Sheet pan

Instructions

1. Cook the brisket

Heat oven to 350, and fit two racks on the bottom two rungs. Season brisket with cumin, salt and pepper. Heat oil in a large, oven-safe pot or Dutch oven over medium-high heat. Add brisket and sear 4 minutes per side. Add onion and garlic, then cook 2 minutes more. Add red wine, stock, tomato paste and rosemary. Stir to combine. Cover pot and roast 3 hours on upper rack, flipping halfway through. Uncover pot in the last 35 minutes of cooking to brown brisket on top.

2. Make the mashed potatoes

Fill a large pot with 6 inches of water. Boil. Add potatoes and boil 20 minutes, until fork tender. Drain. Return pot to low heat and add potatoes, milk, sour cream, butter and horseradish. Season with salt and pepper. Mash thoroughly. Cover pot and remove from heat.

3. Roast the Brussel sprouts

Toss sprouts, oil, and brown sugar on a sheet pan, season with salt and pepper and spread evenly. Roast on lower oven rack for 35 minutes while brisket finishes.

4. Serve

Cut hot brisket into 6 pieces. Plate with potatoes and sprouts, and finish with red wine sauce.

Hids Can!

- Mash potatoes.
- Toss Brussels sprouts.

Ask a Pharmacist What Are Some of the Risks of Not Getting Vaccinated?

According to the CDC, for Americans born between 1994 and 2013, it is estimated vaccines will prevent 322 million illnesses, 21 million hospitalizations and 732,000 deaths over the course of their lifetime.



Alissa Griffith
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Quik-Stop Pharmacy
Thorndale, Pennsylvania

This is known as community immunity. When enough people are vaccinated against a certain disease, the infection cannot spread as easily from person to person. Therefore, even if a small portion of the population are not able to get vaccinated, perhaps they are too young, have serious allergic reactions or a weakened or failing immune system, they will still be protected.

There are some diseases, small pox and polio for example, that still affect others around the world even though we don't see them here in the United States. Travelers who are unvaccinated could bring these diseases back into the United States, increasing the risk that they will spread.

Children who are not vaccinated face lifelong complications that could potentially put them at risk. There is no standard protocol for unvaccinated children, so staff may be unaware or untrained on how to treat these patients, which ultimately reduces the level of care they will receive. There are also social implications, such as exclusion from school or being subjected to quarantine if there was an outbreak of a disease.

Vaccinations are not just for protecting ourselves, and they are not just for today. They protect the people around us, and they also protect our children's children by keeping nearly eradicated diseases from making a comeback.

It is our social responsibility to use the medical knowledge and treatment at our disposal not only for our protection but for the protection of everyone around us.

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Local Love
Sullivan Pharmacy
BACLIFF, TEXAS

"Our customers keep coming back because we treat them like we want to be treated."



How many years has Sullivan Pharmacy been in business?

Sullivan Pharmacy opened its doors 32 years ago on August 28, 1988.

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

Our favorite way to get involved with our community is through some of our non-profit organizations. I am a lifetime member of our local fire department, which we support annually, and a 25-year member in our local Lions Club. We host the local Lions Club Annual Christmas parade and Extravaganza with Santa in our parking lot each year. We have supported youth sports for 30 years by sponsoring a little league or softball team each year and supporting car wash fundraisers in our parking lot. Over the years, we have become the information facility in the community when people want to know about elections, county services and other local concerns because we take the time to be informed about these things.

How do your patients and community shape your offerings? What keeps your patients coming back?

We are very responsive to the needs and requests of our patients and customers. We strive to be responsive to their requests for everything from insurance plans to over-the-counter products. Our customers keep coming back because we treat them how we want to be treated. We are kind, polite, compassionate and know most of our customers by their first names. We are now serving three generations in many families because we have been here for so long. Since we live on the Gulf Coast, we have been through several hurricanes over the years, and we always remain open to ensure people get the medications they need.

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

The customers love our friendliness and willingness to help them with all of their healthcare needs. They come here when they need over-the-counter recommendations because of our experience and knowledge of these products. We treat them like humans, we know their names and they are not just a number.

What does Locally Loved mean to you?

Locally Loved means not only that our customers love our local pharmacy and everything about it, but also that WE love our local customers who we have been serving for over 30 years.