

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Get Heart Smart:

Learn How to Manage Heart Disease Risk Factors

Each year, cardiovascular disease kills 610,000 people in the U.S. It's the leading cause of death for men and women, according to the Centers for Disease Control and Prevention. You can't control your age, gender, genetics, race or family history, but there are other major risk factors for cardiovascular disease that you can control.

First, if you have high blood pressure or high blood cholesterol, see your doctor to get these top risk factors under control. However, heart health is about more than just lowering those numbers. Tackling the following five health and lifestyle concerns will help you maintain optimal heart health.

Uncontrolled Diabetes. Adults with diabetes are up to four times more likely to die of heart disease than those without diabetes, according to the American Heart Association (AHA).

Take action: If you're older than 45 or have other risk factors for diabetes, get your blood glucose level tested. If you have diabetes, an A1C test, a blood test that measures your blood glucose levels over the last three months, can determine whether your blood sugar is under control. The American Diabetes Association recommends that adults aim for an A1C of 7 percent or lower (6 percent or lower if you're pregnant).

Smoking. Tobacco smoking is a major risk factor for coronary heart disease, according to the National Heart, Lung, and Blood Institute (NHLBI). Smoking damages the function and structure of your heart and blood vessels, increasing your risk of heart disease, heart failure and heart attack. Within five years of quitting, former smokers reduced their risk of heart disease by 38 percent, recent research by the AHA showed.

Take action: SmokeFree.gov offers resources to kick the habit, including live online chats and a phone helpline at 1-800-QUIT-NOW. Nicotine replacement products, such as gums and lozenges, have been shown to reduce the urge to smoke and help with quitting. The nicotine patch was found to be safe even for people hospitalized for heart disease, in a study reported in the *Journal of the American Heart Association*.

If those steps don't work, your doctor might prescribe medications to help you quit.

Being Overweight or Obese. Even if you don't have other risk factors, excess body fat increases your risk of heart disease. Having a higher than normal body mass index (BMI) — your weight relative to your height — and larger than normal waist circumference can increase your chances of developing metabolic syndrome, a cluster of health conditions that impact heart health.

Take action: Losing 5 to 10 percent of your body weight can reduce your risk of developing heart disease and type 2 diabetes, according to the NHLBI. There's no one-size-fits-all approach to weight loss. Your doctor can help you explore your options.

A Sedentary Lifestyle. Physical inactivity and sedentary time can increase your risk for diabetes, cardiovascular disease and all-cause mortality regardless of your weight or health, according to the 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Even among physically active people, sedentary time — prolonged sitting, reclining or lying down while awake — can negatively impact heart health, according to an AHA scientific statement.

Take action: The AHA recommends that you engage in one of the following: at least 30 minutes of moderate-intensity aerobic activity at least five days per week, at least 25 minutes of vigorous aerobic activity at least three days per week or a combination of moderate- and vigorous-intensity aerobic activity. In addition, the AHA suggests moderate- to high-intensity resistance training at least two days per week.

An Unhealthy Diet. What and how much you eat affect your heart and overall health. Foods high in saturated fats and trans fat, such as red meat, fried foods and high-fat dairy, can increase your "bad" cholesterol and risk of heart disease.

Take action: The AHA advises limiting saturated fats to 5 or 6 percent of calories daily — or 13 grams for a 2,000 calorie diet. Instead, focus on a diet rich in vegetables, whole grains, low-fat dairy products, poultry, fish, fruit and nuts.

Health & Fitness Tips for Good Dental Health and Hygiene

Study after study now show that maintaining your dental health does more than just keep your smile whole and bright. The Mayo Clinic has noted that good dental health is also linked to reduced risk of cardiovascular disease, rheumatoid arthritis and other serious health conditions. That's one more reason it's so important to take good care of your mouth, teeth and gums. Here are some tips to keep your mouth in top shape.

Brush, brush, brush! The American Dental Association (ADA) recommends brushing twice a day, after meals, for at least two minutes with a soft bristled toothbrush. Your choice of toothpaste also matters: Make sure to pick up a fluoridated product to help keep teeth strong and healthy.

Make an appointment. See your dentist regularly for professional cleanings and preventive care. For most patients, the ADA recommends visiting a dentist once or twice each year to help stop oral health problems before they start.

Ditch the tobacco. Tobacco products, including chewing tobacco and cigarettes, can do a number on your teeth and gums. It's best to avoid them altogether.

Ration sugary and acidic foods. Candies, cookies, sodas, coffee and even alcoholic beverages can strip your teeth of its protective enamel. To keep your choppers in fighting shape, limit consumption of sugary treats. The American Heart Association recommends no more than six teaspoons per day for women and no more than nine teaspoons per day for men.

Don't forget to floss! Although it's often the last thing people want to do after a long day, regular flossing helps not only to remove little pieces of food and plaque build-up but also to stimulate the gums and reduce inflammation.



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Prep Time
5 minutes

Cook Time
35 minutes

Total Time
30 to 45 minutes

Serves
2

February Recipe Chipotle Turkey Chili with Cucumber-Sumac Salad

Chili can be a surprisingly divisive dish, and regional variations abound. From Texas red chili to sweet Cincinnati chili, loyalists for each version claim theirs is the best. We've devised this chili to appeal to even the choosiest chili devotees. The optional but recommended chipotle chile powder brings some heat and lends an earthy smokiness. If you like a little spice but have never cooked with chipotle, start with half. Then add more to taste when the turkey is cooked through, and the chili is almost done. If you can't find chipotle chile powder in your local grocery store, try sweet smoked paprika. A crisp side salad of cucumber seasoned with citrusy sumac helps cool things off.

Ingredients

10 ounces ground turkey	¼ teaspoon granulated garlic
1 or 2 organic shallots	1 teaspoon chipotle chile powder, optional
1 organic sweet potato	1 cup diced tomatoes
1 tablespoon tomato paste	1 organic cucumber
1 ¼ teaspoons chili powder	4 or 5 sprigs organic fresh cilantro
½ teaspoon coriander	½ teaspoon sumac, optional
½ teaspoon cumin	kosher salt, freshly ground black pepper, to taste
½ teaspoon sweet smoked paprika	olive oil

Tools

Peeler (optional), large bowl, large sauce pot

Instructions

1. Prep the chili ingredients

- Transfer the ground turkey to a plate; pat dry with a paper towel.
- Peel and finely chop enough shallots to measure ¼ cup.
- Scrub or peel the sweet potato. Trim the ends and cut the potato in half lengthwise. Cut each half lengthwise into ½-inch-thick slices and then crosswise into ½-inch cubes.

2. Cook the chili

In a large sauce pot over medium-high heat, warm 1 to 2 tablespoons of oil until hot but not smoking. Add the turkey, season with salt and pepper, and cook, stirring to break up the meat, until lightly browned but not yet cooked through, 2 to 3 minutes. Add the shallots and cook, stirring occasionally, until softened, 2 to 3 minutes. Stir in the tomato paste, chili powder, coriander, cumin, sweet smoked paprika, granulated garlic and as much chipotle chile powder as you like. Cook until fragrant, about 1 minute.

Add the sweet potato, tomatoes and 2 cups of water and season with salt. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until the sweet potato is tender, the turkey is cooked through and the chili has thickened, 20 to 25 minutes. Remove from the heat and season to taste with salt and pepper.

When the chili is almost done, prepare the cucumber-sumac salad.

3. Make the cucumber-sumac salad

- Peel the cucumber, if desired, and trim the ends. Cut the cucumber lengthwise into quarters and then crosswise into enough ½-inch pieces to measure 3 cups.
- Coarsely chop the cilantro; set aside half for garnish.

In a large bowl, toss together the cucumber, sumac, 1 tablespoon of oil and half the cilantro. Season to taste with salt and pepper.

4. Serve

Transfer the chili to individual bowls and garnish with the remaining cilantro. Serve the cucumber-sumac salad on the side.



Enjoy healthy, easy recipes with organic produce and clean ingredients delivered to your door weekly. Get \$35 off your first Sun Basket delivery at bit.ly/gnpsunbasket.

Ask a Pharmacist What Can I Do to Reduce My Risk of Heart Disease?

Heart disease is the leading cause of death in the U.S., accounting for one in four deaths or about 610,000 deaths per year. Heart disease can run in families due to genetic and environmental factors, as well as shared behaviors and lifestyles. Although heart disease is not completely preventable, one of the best ways to decrease your risk is to be aware of the risk factors and to make lifestyle changes.

High blood pressure, high cholesterol and diabetes are all conditions that can increase your risk of heart disease. It's important to have annual checkups with your doctor to evaluate your health. If you're prescribed medications for these conditions, it's important to take the medications regularly. Using tobacco products also increases your risk. Several products are available to help those who want to quit smoking. Your pharmacist can help you determine which options are best.

You can also reduce your risk by being physically active and maintaining a healthy diet and body weight. The Surgeon General recommends at least 150 minutes of moderately intensive exercise each week. This can include walking, swimming, bicycling — anything to get your body moving! Doing something you enjoy makes it easier to stick with this important lifestyle change.

Dietary changes can also be key to reducing your risk. Eating foods high in fiber and low in cholesterol, saturated fats and trans fats can help prevent high cholesterol. Limiting salt can also lower your blood pressure. Avoiding excessive sugar in your diet can lower blood sugar levels to prevent or help control diabetes.

It's important to have a support system, including your team of health care providers, to help make these key changes. It's OK to start small. Every change you make is a step toward better health. As you make these lifestyle changes and stick with them, you can reduce your risk of heart disease.

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Sheroyl Kirby
Pharmacist
Fred's Pharmacy
Three Rivers, Michigan

Local Love

Cloney's Red Cross Pharmacy

EUREKA, CALIFORNIA

How many years has Cloney's Red Cross Pharmacy been in business?

Red Cross Pharmacy has been in business since 1902. Cloney's Prescription Pharmacy has been in business since 1962. Cloney's LTC Pharmacy has been in business since 2011, and Cloney's McKinleyville Pharmacy has been in business since 2014.

What role does your pharmacy play in your local community?

We are the pharmacy that services most of the skilled nursing facilities (SNFs) in our area. We are on call 24/7 for the SNFs, hospice, the mental health crisis unit and our local Programs of All-Inclusive Care for the Elderly (PACE) program. We work with insurance companies and get prior authorizations that other pharmacies will not. We work with local payees and offer charge accounts to make sure patients get their medications seamlessly and in a timely manner. We are also the go-to pharmacy in the area for specialty drugs and for clinicians who have patients who need extra care with their medications because they know we're the ones who can get the job done. In addition to all this, we support numerous local organizations, clubs and school activities throughout the year.

What sets you apart from your competition?

In addition to compliance packaging and medication synchronization services, we offer free delivery for our patients. We employ seven delivery drivers who make prescription and over the counter deliveries all day from Monday to Friday. We even deliver to clientele 70 miles away! In addition, during flu season, we send pharmacists into the community and set up vaccine clinics at local businesses and care homes.

What unique health needs do you have in your community?

We have a large transient population in our county and with it come issues such as mental health, opioid abuse and HIV/Hep C. We are the largest pharmacy providers for this population. Making the effort to get those prior authorizations, working with payees and making deliveries help this patient population because we give them access to their medications they otherwise wouldn't have if we were just a chain pharmacy attempting to service their needs.

What does Locally Loved mean to you?

Locally Loved means being counted on by patients and providers to provide the service, care and compassion needed to meet their health care needs. We have patients, care homes and SNFs that have been with us for years. Generations of families have used our pharmacies. If people love us, they will continue to look to us and rely on us for years to come.