



# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MARCH 2023

## Why You Need an Asthma Action Plan

If you or your child has asthma, you may worry symptoms will flare up without warning. But you don't have to live your life in fear.

Your healthcare provider can help you develop an asthma management plan, also known as an Asthma Action Plan. This is a set of written rules to help you prevent asthma attacks, along with steps to follow during an asthma attack. The plan also tells you when you should call your doctor and when you should call 911 or go to the emergency room.

If you or a loved one have asthma, here's what you need to know about an Asthma Action Plan.

### What's in an Asthma Action Plan?

While every Asthma Action Plan is different, in general they include:

- Your name and date of birth.
- Your asthma severity.
- Your asthma triggers.
- Your peak flow rate personal best. According to the American Lung Association, that's a measure of your ability to push air out of your lungs in one fast blow. You can take your measurement using a portable handheld device known as a peak flow meter.
- Your doctor's name and phone number.
- An emergency contact person, a backup contact person, and their phone numbers.
- Specific instructions on what asthma control medications to take and how many puffs of your rescue inhaler or quick-relief medicine to use depending on your symptom zone.
- Permission and instructions for school staff or other caregivers for your child to follow the instructions and for them to give your child the specific drugs listed based on their symptom zone.

The information on an Asthma Action Plan will help if someone needs to call a doctor — or 911 — for you or your child.

### How Is an Asthma Action Plan Organized?

Asthma Action Plans are often broken down into three color zones, like a traffic light for living your life with asthma. Each zone contains information specific to you, including what steps you should take when you're in that zone.

- **The green zone.** Your asthma is well controlled by taking your regular asthma control medicine. You don't have any coughing, wheezing, shortness of breath, or chest tightness. You sleep well at night. You can go on with your normal activities. Your peak flow is 80% of your personal best.
- **The yellow zone.** This is when you have one or more symptoms during the day or your asthma wakes you up at night. You can do some but not all of your normal activities. Your peak flow is 50% to 75% of your personal best. Within an hour of taking your rescue medications, you start to feel better. If symptoms don't improve — or if they get worse over 24 hours — follow the steps for the red zone.
- **The red zone.** When you're in the red zone, you have numerous and severe symptoms. You can't breathe well or do normal activities at all. Symptoms haven't improved or have gotten worse over 24 hours. Rescue medications don't help. Your peak flow is less than 50%. Call 911 if you experience any of the following:
  - You're having trouble walking or talking because you can't breathe.
  - Your lips or fingernails are blue.
  - You're still in the red zone after 15 minutes and following the medication advice for this zone.

### Why Sharing Your Plan Is Important

For an Asthma Action Plan to work, you need to follow it. If you or your child has asthma, keep your Asthma Action Plan in a place where everyone in your home can see it.

If your child has asthma, it's important that anyone who takes care of them has a copy of their Asthma Action Plan.

### Creating an Asthma Action Plan

Your doctor or asthma specialist will typically create an Asthma Action Plan specific to you or your child. You can also create an Asthma Action Plan for you or your child using an online tool at [www.lung.org](http://www.lung.org). After you create your own plan, share it with your healthcare provider to make sure it covers everything you or your child needs.

## HEALTH & FITNESS

### What Are the 4 Stages of Sleep?

When you sleep, your body and brain go through four sleep stages. Each plays a role in your physical and mental health. To support overall health and well-being, the American Academy of Sleep Medicine recommends adults get at least seven hours of sleep each night.

During seven hours of sleep, you will cycle through all four stages four or five times. When sleep is cut short or interrupted because of insomnia or other sleep problems, you may not get all the health benefits of a good night's sleep. As you move through the stages, it gets harder to be woken up.

#### The Four Stages of Sleep

**Stage N1.** This stage is when you first fall asleep and typically lasts one to five minutes. It's easy to be woken up during N1, so keep your sleep space free of noise, light, or other disruptions.

**Stage N2.** This stage lasts 10 to 60 minutes, getting longer with each cycle. Your body temperature, breathing, and heart rate begin to drop or slow. The majority of your sleep time is spent in this stage.

**Stage N3.** Also known as deep sleep or slow-wave sleep, this stage lasts 20 to 40 minutes. Your body fully relaxes as your pulse and breathing rate drop more. To wake up feeling refreshed, you need deep sleep. It may also play a role in learning and your immune system function.

**Stage R or REM.** REM stands for the rapid eye movement that takes place during this stage. This is when you dream. The percentage of REM sleep increases with each cycle. Sleep experts think that during REM sleep, your brain files away certain memories and information and gets rid of mental clutter.



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## MARCH RECIPE

# Spring Vegetable Frittata

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

A frittata is like a crustless quiche. It takes just minutes to prepare, so it's ideal for a fast and easy meal in a pinch. Full of high-protein eggs, calcium-rich cheese, and lots of spring vegetables for vitamins, this frittata satisfies for breakfast, lunch, or dinner.

### Ingredients

- 8 large eggs
- 1/4 cup milk (any kind)
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt, plus an extra pinch
- Pinch of ground pepper
- 8 ounces fresh asparagus, tough ends snapped off
- 1 cup grape or cherry tomatoes
- 2 medium leeks, light green parts only
- 1 tablespoon olive oil
- 1/2 cup shredded Swiss or Gruyere cheese

### Tools

- 10-to-12-inch oven-proof skillet (cast iron or nonstick works best)
- Mixing bowl
- Whisk
- Chef's knife
- Measuring cup and spoons

### Instructions

1. Preheat the oven to 400°F and set the rack to the middle position.
2. If your skillet does not have a nonstick finish, spray it well with cooking spray. Set the skillet aside.
3. In a large mixing bowl, combine the eggs, milk, Dijon mustard, garlic powder, salt, and pepper. Whisk well until the mixture is smooth. Set this aside.
4. Chop the asparagus into small pieces (about 1/2 inch long). Slice the tomatoes in half. Cut the light green part of the leeks into thin rings. You should have about 2 1/2 cups of vegetables.
5. Heat the olive oil in the skillet over medium-high heat. Add the vegetables and sauté for 4 minutes.
6. Spread the vegetables in an even layer over the bottom of the skillet. Pour the egg mixture over the vegetables. Give the pan a gentle shake to make sure the eggs settle in around the vegetables. Do not stir the eggs, or you'll scramble them.
7. Sprinkle the cheese over the eggs.
8. Place the pan in the oven and bake for 15 to 18 minutes or until the frittata is puffed and cooked through in the center and the edges are golden brown.
9. Let the frittata cool for 5 minutes before cutting.

### KIDS CAN!

- Whisk the raw egg mixture.
- Snap the tough ends off the asparagus.
- Sprinkle the cheese over the frittata before it goes in the oven.

## ASK A PHARMACIST

# Can I Take Supplements While Taking a Prescription Medication?

**Bianca Bradshaw**  
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Dietary supplements are vitamins or minerals found in food or produced by the body that are necessary for our cells to function. In the case of many herbal products, they may be a natural form of medicine.

In some cases, there are studies evaluating possible drug/supplement interactions, but unfortunately there are not studies looking at all possible drug/supplement interactions. Additionally, there are studies suggesting that patients taking certain prescription medications will benefit from certain supplements. For example, patients on statins often need to supplement with CoQ10, patients taking metformin are frequently deficient in vitamin B12, and patients on antibiotics often need to take a probiotic.

If you take prescription medications, it is always best to check with your pharmacist or physician before adding a supplement to your regimen. Your provider may not always have an answer whether the combination is safe due to the lack of studies examining safety, but they can often advise on known or suspected contradictions based on the nature of the supplement. For example, if the supplement is something you could probably get from your diet, the risk of a drug interaction is lower than if the supplement is an herbal product used to treat the same condition as the prescription product you already take.

Ultimately, for your own safety, you should treat anything you put into your body with the same level of precaution that you would take before starting a new prescription medication. Make sure you know what you are taking, why you are taking it, and adverse reactions that you should watch for. Do not assume that because something is not prescription it cannot cause harm.

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## LOCAL LOVE

# Middletown Family Pharmacy

Serving Middletown, New Jersey, for five years

“My favorite part of the day is greeting our patients. We are the first phone call most patients make for their healthcare needs, and we have developed a strong bond of trust.”

Brian Harris, Pharmacist and Partner

### 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 in our pharmacy has been more face-to-face time with our patients. We are more interactive with the patients and their healthcare needs rather than just dispensing their medications.

### What is your favorite thing about being a pharmacist?

My favorite part of the day is greeting our patients. We are the first phone call most patients make for their healthcare needs, and we have developed a strong bond of trust.

### What makes your pharmacy unique?

Our pharmacy has been a part of the community for almost five years, and we are already a part of our patients' families. We offer prescriptions, vaccinations, healthcare advice, and complimentary delivery service daily.

### 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 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 the Middletown 5K Family Run in the spring, Middletown Day and Mayor's Fun Run in the fall, and Middletown Helps Its Own Food Drive for the holidays, along with the Wreaths Across America Fundraiser.

### What excites you most about the future of independent pharmacy?

As the healthcare industry continues to change, we are on the ground floor for patient care. We offer vaccinations, point-of-care testing, diabetic footwear fittings, and counseling. We offer total patient care, and these services will only continue to grow in the future.

### What does *Locally Loved* mean to you?

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