



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | NOVEMBER 2021

Learning to Live With Diabetes

You may feel overwhelmed after a diagnosis of type 1 or type 2 diabetes. There are so many new lifestyle changes to make, from regular glucose checks to healthier food choices. But making the necessary changes doesn't have to completely take over your life. Here are some tips and tricks that can help you learn to live better with diabetes.

1. Eat out wisely.

Due to larger portion sizes and unexpectedly high amounts of sugar in some menu items, it's easy to end up with a high blood glucose level when you eat out. That said, planning ahead makes it easier to opt for healthier choices. If you plan on heading to a restaurant, check out the online menu first (and check the carb content, if nutritional information is posted), so you can choose your meal wisely and be less tempted, in the moment, to order something that will send your blood sugar sky high.

2. Sack it.

Bring your own lunch and snacks to work each day so you don't need to eat out or hit the vending machine. When you plan ahead, and have the healthy foods you enjoy on hand, you're less likely to (literally) bite off more than you can chew, glucose-wise.

3. Keep extra prescription meds and related supplies on hand.

Having extra supplies means you'll never go without medication or insulin when you need it most. Keep extra testing strips and medication at work and in your workout bag. Have an extra glucometer on hand, just in case your go-to stops working. When you have spare supplies, you'll always be able to stay on top of your glucose checks and management.

4. Stay active.

Moving your body is just as essential to managing diabetes as the foods you eat. According to the American Diabetes Association, physical activity not only helps you burn calories, it also helps to control blood sugar. To get the full benefit, you don't have to run a marathon or become a power lifter — just find reliable, enjoyable ways to move your body each day. Maybe walk the neighborhood with friends in the morning, or try a yoga or dance class.

5. If in doubt, test.

There may be times you're pretty sure your blood sugar is high (or low, for that matter) — but your guesses aren't always right. If you have any doubts, the American Diabetes Association recommends that you test your glucose level — especially before meals, before exercise, and when you're feeling a bit "off." Making testing a regular habit helps you identify small problems before they become bigger ones.

6. Don't be overly restrictive.

You've been given a list of all the foods you should eat to help you maintain control of your blood sugar. But that doesn't mean you have to deny yourself your favorite foods. Treat yourself once in a while — but make sure to exercise portion control and count your carbs so you know how to best manage the resulting sugar spike! You'll find that indulging on occasion can make many of the daily dietary changes easier to handle over the long term.

7. Find ways to de-stress.

Like carb-y foods, stress can wreak havoc on your blood sugar, according to the Cleveland Clinic. Stress hormones not only raise your blood pressure and heart rate but also your glucose level. Taking the time to find some calm, especially if you find yourself overwhelmed with your diabetes management, is always of benefit. Head out for a walk, do some breath work, meditate, or find a quiet place where you can just be.

Learning to live with diabetes can be a challenge — and, unfortunately, there's no one-size-fits-all solution. Everyone's body is different. What works for one person with diabetes may not work for someone else. That's why it's so important to educate yourself, talk to your doctor, and try new things to see if they'll help. Keep in mind that your mileage may vary, and when you find strategies that work for you, stick with them.

HEALTH & FITNESS

Complete This Checklist Before Leaving the Pharmacy

Picking up your prescription medication seems like a simple enough process. But taking a few extra minutes to run through this checklist can help prevent potential problems.

1. Confirm the drug and dose.

If you're picking up a new medication, read the label to confirm that the medication and dosage are what the doctor prescribed. Also confirm when, how often, and for how long you should take it. For medication renewals, check that it's the same dosage and medication that you've been taking.

A different drug name could mean the doctor allowed your pharmacist to switch from the brand name to a generic (which works the same and also saves you money). If supplies are low on a brand-name drug, your pharmacist may switch to another brand or to a generic. Your pharmacist should inform you ahead of time about the need to make the switch. But if anything looks different than expected, ask your pharmacist.

2. Review the medication guide.

Be sure that your prescription comes with an FDA medication guide. This paper handout lists common and serious side effects to watch out for. It also contains important information that will help you avoid serious food or drug interactions. If you're concerned about side effects or potential interactions, ask your pharmacist to review with you.

3. Confirm you have everything you need.

If it's a liquid medication, check that it includes approved measuring tools, such as cups or syringes. Using teaspoons from home can result in too much or too little medication.

4. Download the My GNP mobile app.

To help manage your medications, download the My GNP mobile app. It offers reminders on when to take and renew your medication.



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NOVEMBER RECIPE

Leftover Turkey and Sweet Potato Enchiladas

Prep Time	Cook Time	Total Time	Serves
10 minutes	40 minutes	50 minutes	4

Turkey sandwiches aren't the only way to use Thanksgiving leftovers. These turkey enchiladas also call for leftover roasted sweet potatoes, but you could substitute any cooked root vegetable. The enchilada sauce comes together quickly with spices you probably already have on hand.

Ingredients

3 tablespoons olive oil, divided
 2 tablespoons all-purpose flour
 1 tablespoon ground chili powder
 2 teaspoons ground cumin
 1/2 teaspoon garlic powder
 1/2 teaspoon dried oregano
 1/4 teaspoon salt
 2 tablespoons tomato paste
 2 cups chicken or turkey broth
 1 large red bell pepper, thinly sliced
 1 large yellow onion, thinly sliced
 1 cup leftover turkey meat, shredded
 1 cup leftover roasted sweet potatoes, cut in bite-sized cubes
 8 six-inch flour tortillas
 1/2 cup shredded cheddar
 Cilantro, to garnish

Tools

Cutting board
 Knife
 Measuring cups and spoons
 Medium pot
 Whisk
 Large mixing bowl
 Large oven-safe skillet

Instructions

1. Make the enchilada sauce

Heat oven to 350 degrees. In a medium-sized pot over medium heat, warm 2 tablespoons of oil. Add flour and all the spices and whisk constantly until the mixture is light brown, about 1 minute. Add tomato paste and whisk to combine. Add broth, whisking constantly until the mixture is smooth. Turn heat to low and continue to simmer 6 to 8 minutes, until the mixture has thickened slightly and coats the back of a spoon.

2. Cook the veggies

While the sauce simmers, heat a large, oven-safe skillet over medium-high heat. Add the remaining tablespoon of olive oil. When oil is hot, add bell pepper and onion. Cook, stirring occasionally, until the vegetables are soft, about 4 minutes.

3. Assemble the enchiladas

In a large mixing bowl, stir together turkey, sweet potatoes, cooked vegetables, and one-third of the sauce. Wipe out the large skillet and pour in one-third of the sauce. Place a tortilla in the skillet, top it with one-eighth of the chicken-veggie filling, roll it up, and nestle it in the skillet. Repeat with all the tortillas and filling. Pour the remaining sauce over top, and sprinkle the cheese on top.

4. Bake the enchiladas

Bake enchiladas in the oven for 25 minutes, until cheese is melted and sauce is bubbling. Cool 5 minutes, then garnish with chopped cilantro to serve.

ASK A PHARMACIST

What Steps Can I Take to Lower My Blood Pressure?

Just like any health concern, high blood pressure (hypertension) can sneak up on us. In our busy, everyday lives, we can forget to take care of ourselves. Remembering the basics of diet, exercise, sleep, and relaxation can help us stay on course in maintaining a healthy lifestyle. Here are five steps that can help you keep a healthy blood pressure.



Andrea Donaldson
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 Koehler Drug
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1. A nutritious diet featuring fresh fruits and vegetables that is low in sodium, fat, and carbohydrates is ideal. Avoiding fast food and processed or packaged food options is advisable.
2. Keeping hydrated with water throughout the day helps maintain fluid balance. Eight cups of water, if possible, is preferred. Watching and limiting caffeine and alcohol intake will also help in lowering blood pressure.
3. Exercising regularly and moving as much as possible is important. Taking the stairs instead of the elevator and parking further out in parking lots can help increase movement.
4. Sleeping with consistent sleep patterns and habits can keep your heart rate in check and, in turn, your blood pressure. A quiet room with a pleasant temperature and low interference from electronic stimulation is recommended to help improve sleep.
5. Finding relaxation techniques to help diffuse the stress in our busy, daily lives is beneficial. Yoga, meditation, walking in nature, or listening to music are all useful tools to keep stress to a minimum.

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LOCAL LOVE

Jones Drug Store Jackson, Missouri

“Our patients love us; it’s why we see generation after generation of families come into our pharmacy.”

Bryan Keifer & Brian Thompson, co-owners, Jones Drug Store

How many years has your pharmacy been in business?

We have been in business 150 years! Jones Drug Store first opened in the fall of 1871.

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?

Technology has been the most significant change within our pharmacy. It has allowed us to reach out to more patients to make sure they are getting the best healthcare services we can provide. It facilitates our communication with both our younger generation of patients and the older generation.

What is your favorite thing about being a pharmacist?

Our patients — no question about it! Most of our patients have known me since I was a kid. The interaction I have with them keeps me going. I want to make sure they are the healthiest they can be and find medications that work for them at the lowest cost possible. My patients are like an extended family — when they hurt, I hurt; when they are happy, I am happy.

What makes your pharmacy unique?

We recognize our patients the moment they walk through our door. We greet them with a smile and “how ya doing?” None of our patients are treated like they are a number. We believe in the personal touch. When you are a patient in our pharmacy, you are part of our family. Most of our patients know that our hours on the door don’t really pertain to them. We are always just a phone call away from coming into the store in the middle of the night to fill an emergency prescription for them.

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

I think our patients appreciate the trust we have built. They know that when they get prescriptions filled here that they’ll be correct and that we have the knowledge to counsel them about their medication. They also know that from the moment they walk into our pharmacy, they will be treated with the utmost respect and will usually enjoy a laugh or two. Sometimes laughter is the best medicine we dispense! We have almost no turnover with our employees, so when our patients walk in, they always recognize a friendly face. You don’t get that with the big chain stores that have different pharmacists working every day of the week.

What does Locally Loved mean to you?

Locally Loved means exactly that. We are local and we are loved. Our patients love us; it’s why we see generation after generation of families. We’ve been around for 150 years, and you won’t find that many places in this world that have been serving their communities for that long. We are looking forward to serving our community for the next 150 years!