



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | FEBRUARY 2021

Creating a Heart-Healthy Diet

What you eat impacts your heart health. The wrong diet can increase your risk of heart disease. A 2017 study published in the Journal of the American Medical Association found that bad diets are linked to 45% of deaths from cardiometabolic diseases, heart disease, stroke and type 2 diabetes.

Unfortunately, many Americans aren't making choices that align with the Dietary Guidelines for Americans for healthy eating. According to those guidelines, about 75% of adults in the U.S. have a diet that's low in fruits, vegetables and healthy fats. These tips can help you make heart-healthy choices.

Focus on nutrient-dense foods.

Nutrient-dense foods are foods that are packed with the nutrients you need to maintain a healthy heart: lean protein, complex carbohydrates and essential vitamins and minerals.

Nutrient-dense foods include fish, skinless poultry, lean meats, whole grains, fruits, vegetables, legumes, beans, nuts and seeds. To choose nutrient-dense packaged foods, read the nutrition label. These ingredients should be listed first. Another easy way to check is to look for foods with the American Heart Association's Heart Check certification.

Choose healthy fats.

Monounsaturated and polyunsaturated are healthy fats. They help lower your bad cholesterol while increasing your good (HDL) cholesterol. Monounsaturated fats include olive, canola, peanut, safflower and sesame oils. They're also found in avocados and nut butters. Polyunsaturated fats are found in corn and sunflower oils, nuts, seeds and cold-water fish, such as salmon.

Opt for lean proteins.

Saturated fat increases your body's bad (LDL) cholesterol. Saturated fats are found naturally in meat and dairy products. That's why meat eaters should focus on lean proteins, including fish, low-fat or fat-free dairy products, skinless white meat poultry and pork. Vegan options include beans, lentils, tofu and other soy products. If you need a red meat fix, the Mayo Clinic recommends eye of round roast and steak, sirloin tip side steak, top or bottom round roast and steak, and top sirloin steak.

Eat the rainbow of fresh produce.

Some produce packs a bigger heart-healthy punch. The Centers for Disease Control and Prevention

(CDC) calls these "powerhouse fruits and vegetables." For vegetables, choose chard, spinach, leaf lettuce, parsley, greens, kale, broccoli, cauliflower, brussels sprouts, carrots, red peppers, tomatoes, rutabaga, turnips, winter squash and sweet potatoes. For fruit, choose strawberries, blackberries, oranges and grapefruit.

Order out wisely.

Heart-healthy eating shouldn't stop at home. For fast food chains, read the nutritional label on the menu or online. When dining out:

- Limit portion sizes (ask for half your meal packaged to go in advance or split a meal with a companion).
- Skip the bread basket and free soda refills.
- Request substitutes for healthier alternatives (salad instead of fries).

Limit sugar, sodium and saturated fats.

What you don't eat is as important as what you do eat. While we can eat these ingredients in moderation, most Americans exceed the recommended daily allowance, according to the Dietary Guidelines. Here's what the AHA recommends for each:

- **Sugar.** Added sugars should be strictly limited. Women should limit added sugars to no more than 100 calories (about six teaspoons) daily. Men should consume no more than 150 calories (nine teaspoons) daily.
- **Sodium.** Adults should aim for 1,500 milligrams (mg) a day.
- **Saturated fats.** Limit saturated fat to no more than 5-6% of total daily calories. That's about 11 to 13 grams if you eat 2,000 calories a day.
- **Trans fats.** These unhealthy fats are found in processed foods. They pack a double whammy by lowering your good cholesterol and increasing your bad cholesterol. Trans fats are found in many baked goods and fried foods. On package labels, look for "partially hydrogenated oil." The AHA recommends eliminating trans fats entirely if you need to lower your cholesterol.

HEALTH & FITNESS

Four Facts You Need to Know about High Blood Pressure

Blood pressure is the measure of the force your blood exerts against your arteries as it circulates through your body. This force is necessary to keep your blood circulating, but sometimes, that force is too high. High blood pressure increases the risk for heart disease and stroke. The CDC reports that high blood pressure was a primary or contributing cause of death for almost half a million people in the U.S. in 2018.

Educate yourself on high blood pressure with these four facts:

- 1. High blood pressure is a common problem but not well controlled.** The American Heart Association estimates that almost half of adults in the U.S. have high blood pressure. Unfortunately, the CDC estimates that only 24% of adults with high blood pressure have the condition under control.
- 2. People of all ages can have high blood pressure.** However, the prevalence of high blood pressure increases with age. The CDC reports that 7.5% of U.S. adults aged 18 to 39 have high blood pressure, while the percentage rises to 33.2% for those between the ages of 40 and 59 and 63.1% among those who are 60 and over.
- 3. High blood pressure usually has no symptoms.** The only way you can tell if you have it is to get your blood pressure measured regularly. This can be done at a doctor's appointment or at your local pharmacy.
- 4. High blood pressure is a treatable problem.** Lifestyle changes such as quitting smoking, limiting alcohol and salt, maintaining a healthy weight and exercising regularly can help control blood pressure. When lifestyle changes aren't enough, medication can get your blood pressure under control.



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FEBRUARY RECIPE

Spiced Apricot and Ginger Granola with Pecans

| Prep Time | Cook Time | Total Time | Makes |
|------------|------------|------------|--------------|
| 15 minutes | 45 minutes | 1 hour | About 4 cups |

Most people don't realize how easy it is to make homemade granola. In this recipe, you'll make the granola base with oats and lots of spice, plus an egg white to help create those big granola clusters that everyone loves. Dried apricots, candied ginger and pecans make perfect add-ins, but any dried fruit or nut will work.

Ingredients

3 cups rolled oats
1 teaspoon ground ginger
1 teaspoon kosher salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup maple syrup
1/4 cup olive oil
1 large egg white
1 cup pecans
3/4 cup dried apricots
1/2 cup candied ginger

Tools

Measuring spoons
Measuring cups
Large mixing bowl
Small mixing bowl
Fork
Sheet pan
Parchment paper
Cutting board
Knife

Instructions

1. Make the oat granola base.

Heat oven to 300 degrees. In a large mixing bowl, stir together oats, ginger, salt, cinnamon and nutmeg. Pour in the maple syrup and olive oil, and stir until the oats are evenly coated. In a small mixing bowl, beat the egg white with a fork until it's bubbly on top. Pour the egg white over the oat mixture and stir to combine. Spread the oat mixture on the sheet pan in an even layer. Bake for 40 to 45 minutes, stirring every 15 minutes to help with even cooking, until oats are just starting to brown. The oats won't be crispy when they come out of the oven, but will crisp up as they cool.

2. Prepare the toppings.

While the oats cook, coarsely chop the pecans, apricots and ginger.

3. Finish the granola.

When the oat granola has cooled slightly, use your hands to break apart any big pieces. Add the pecans, apricots and ginger, and toss everything to combine. Store in an airtight container at room temperature for up to 10 days.

ASK A PHARMACIST

How Can I Lower My Cholesterol?

A healthy diet and lifestyle are your best weapons in the fight against high cholesterol. Follow these easy guidelines to help lower your cholesterol levels.

Diet. Buy groceries at the store and prepare your meals at home. Try to choose fresh, naturally flavored, unprepared foods without toxins or chemicals such as preservatives. When fresh foods are not available, choose frozen or canned vegetables and fruits in water without added sugars, salts, or saturated or trans fats. Try to eat organic and non-GMO when you can, and stay hydrated. You should aim to drink half your body weight in ounces of water per day.

Physical Exercise. The benefits of physical activity are proven and well documented. By exercising as little as 30 minutes a day, you can reduce your risk of heart disease, lower your bad cholesterol levels and increase your good cholesterol levels.

Weight Management. Between 60 and 70% of Americans are either obese or overweight. This puts you at a higher risk for health problems such as heart disease, stroke, high blood pressure and diabetes. Losing weight means changing the balance of calories in and calories out; if we eat fewer calories than we use, we lose weight. Avoid sugars, starches, processed foods and white flour products.

Stress Management. Stress hormones help us fight or flee when we are in danger, but our body's stress response can become a problem when it constantly signals danger about issues that are not a threat, or when it grows to the point of overwhelming our health, well-being or clear thinking. There are supplements available to improve your stress levels.

Quit Smoking. Smoking is the most important preventable cause of premature death in the U.S. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis, which can lead to coronary heart disease, heart attack and stroke.

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LOCAL LOVE

Duffey Drug Franklin, Texas

"I never want to overlook the relationships that have been formed from patients who have become like friends and family."

How many years has your pharmacy been in business?

Duffey Drug was established in rural Franklin, Texas in 1894, and since then, it has been a mainstay for both hometown people and visitors. As the sixth owner of Duffey Drug, we have remained committed to the local community, serving the needs of the area where healthcare options remain scarce.

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 came when I purchased the pharmacy in October of 2018. I dedicated time to cleaning and sprucing up the look of the store. I changed out the gift lines and refreshed everything. I upgraded the logo and technology in the pharmacy system, phone system, website and app. Each of these things have allowed us to better serve and engage with our customers, which is always the goal.

What is your favorite thing about being a pharmacist?

I love solving problems and interacting with my patients on a daily basis. I never want to overlook the relationships that have been formed with patients who have become like friends and family. I enjoy (and sometimes forget) having the opportunity to make an impact in their healthcare. I will never forget when an elderly customer came to me to help him make a decision regarding chemotherapy. We sat and had a frank conversation about the pros and cons, and I remember thinking it was such a privilege that my guidance could give him some peace of mind in his decision.

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

I believe our patients love our hometown service where everyone is treated like family. We also have the charm of a small town pharmacy, but with the latest in technology and services and added shopping options. It is our sincere desire that our patients sense our love for community and feel welcomed in our store.

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

We have sponsored, bought and attended just about everything we can (much like all small business do). I really enjoy using social media to highlight offerings from other small businesses and opportunities from churches and the Chamber of Commerce. Any chance we get to promote our "community," we take!