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**Take this Test to Find Out!**

Naps are not just for kids—they can keep adults from becoming cranky, too. What’s more, napping can relieve stress, boost alertness and improve mood. On the other hand, some naps can leave you feeling groggy and make it harder to sleep that night. So what’s the best time, place and way for you to nap? Take this quiz and get the answers for siesta success.

**What’s the best pick-me-up when you’re feeling sluggish?**

Napping is a natural (and calorie-free) way to reboot. An afternoon nap can rev your energy level without the cost to your wallet (and waistline) of a snack...and the likelihood of a sugar crash later on. Also keep in mind: The caffeine in any coffee drink late enough in the afternoon can negatively affect your nighttime sleep...and not sleeping at night may contribute to your midday lethargy. That’s a merry-go-round you want to get off.

**If you’ll be staying up beyond your regular bedtime, an afternoon nap beforehand will...**

A planned nap (also called a preparatory nap) is what many people do on New Year’s Eve, and it works just as well if you’ll be burning the

**Quiz: Should You Take Naps?**

midnight oil for less festive reasons. A 20-minute nap will give you the energy you need without affecting your normal sleep schedule. Other types of useful naps: According to the National Sleep Foundation, emergency napping works if you’re suddenly overcome by fatigue and can’t function without a rest, like the driver who pulls to the side of the road to catch a few ZZZs. Habitual napping or taking a short nap at the same time each day, like after lunch, helps some people feel refreshed and ready to take on the rest of the day.

**To get the most from a nap, which one of the following should you not do?**

Exercising too close to a nap (as well as too close to bedtime) can leave you too wired to drift off. It’s better to exercise at least two hours before napping. And to make your nap even dreamier, make your surroundings more conducive to napping—silence your phone, dim the lights, slip off your shoes and clear your mind. Keep the room at a comfortable temperature—it should be cool enough that you’ll want to slip under a blanket. If you don’t doze off right away, try a fast head-to-toe de-stress. Moving from your neck and shoulders down to your feet, tense and then release the muscles of each body part.

**The worst place to take a nap is...**

Falling asleep on your desk, especially

with your head cocked to one side, puts a lot of strain on your spine. You could wake with back and neck pain, muscle cramping and impaired circulation—not the intended outcome of some shuteye. If a quick snooze desktide is your only option, try it facedown with your forehead propped up on your crossed arms. This allows for better breathing. Napping on a couch is much better—but don’t, as many people do, lie with your neck bent up by the arm of the couch—that’s also a recipe for pain!

**When is the best time of day to nap?**

A nap needs to happen early enough so that it won’t impact nighttime sleep but not so early that your body isn’t really ready for it. Most people find that sometime between 2:00 PM and 4:00 PM is perfect. If you don’t work the usual 9 to 5, adjust nap time accordingly. One rule of thumb is to slot it in seven hours after you wake up.

**How long should a nap last?**

The sweet spot for nap length is between 10 and 30 minutes. A small study published in *The Journal of Clinical Endocrinology & Metabolism* found that a 30-minute nap could reverse the negative effects of not getting enough sleep. For a simple refresh, 10 minutes can often be enough, according to a research

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## Let's Talk

Dr. Jerry Shapiro

This month's column is different due to the health crisis facing our city, state, and nation today. We hope you are well, safe, and taking good care of yourselves during these unsettling times.

The Governor of California imposed a shelter at home rule. This is an important step to bring us closer to the solution for the virus running through our society and causing major impacts and dislocations in our lives. If we come together as a people and

society we will be moving closer to the end of this challenging chapter in our history. It is very important to follow the directions of the Medical Health Community regarding self-isolation, washing hands, not touching your face and of course social distancing when we must venture outside. Please stay at home and follow the direction of medical experts. These are the only actions shown to help slow and prevent the virus. If we all do our part and stay at home, that will help us to get to the other side of these challenging times quicker and without as much threat to our health and communities. We realize these times are scary, unpleasant, and unprecedented. Our goal is to help you take care of your mind, body, and spirit as we traverse these uncharted seas! The medical part of what we do will always be our focus and that part will remain volatile until we have more clarity on the impact of the virus. We're in the middle of the storm currently but the seas will calm again. Our strong belief during previous challenging times and this current crisis is...This Too Shall Pass. It always does...it just doesn't seem like it will at the moment.

### Keep Yourself Safe and Healthy

As we have already suggested, the best thing you can do is take this time to stay home, read, exercise, sleep, take a walk, meditate, and enjoy your loved ones. If you venture outside we encourage you practice social distancing and the recommended six feet apart. With that said, we know you still need to get food and essentials and with all the chaos at grocery stores, this may be causing you stress. Did you know there are several ways to get your food in a safe and less chaotic manner? Here are just a few suggestions.

**1. Shop during senior hours.** Many of our clients are retired and many stores in our community have created "senior shopping times." The goal of these stores is to provide you a better and safer shopping experience.

**2. Food delivery services or curbside services.** There is a

long list of services to help bring food to your front door and are extremely helpful. Now may be the time to give them a try. Most large grocery chains offer home delivery. Some grocery stores are allowing you to order online and do curbside pick-up as well. Please do your best to stay away from busy times and large groups of people. If you prefer a meal from your favorite restaurant, there are several delivery services to bring it to you or also offer curbside service. You can Google "home food delivery" service.

**3. Meal delivery services.** A meal delivery service is a very useful service that delivers ready-prepared meals to your home. They are an ideal service for people who find it difficult to shop or cook for themselves.

### Take Care of Your Mind, Body, and Spirit

Eating well is crucial to healthy living and even more important during this stressful time. Equally important is exercise and other activities for a healthy mind that keep your spirit positive and uplifted. Sleep and rest are also crucial components to helping you stay healthy and lower your stress levels. Below are some great apps and ideas to help you.

**1. Keep a daily routine.** The UCLA Longevity Center put out a long list of activities to stay healthy. A major takeaway for us was the importance of keeping a routine.

**2. Meditate.** You can go to YouTube and search for meditations.

**3. Home workout.** Get a great workout at home. Go online and find a site.

**4. The Best Books** to elevate your Reading List in 2020. Are you ready to get lost in a new book?

**5. Yoga/Down Dog.** This app allows you to do yoga at home. With Down Dog you get a brand-new yoga practice every time you come to your mat or chair. Unlike following pre-recorded videos, Down Dog won't make you do the same workout repeatedly.

**6. Sleep.** Make sure you get extra sleep. Sleeping is necessary for a healthy mind and body and can help greatly in reducing stress.

**7. Limit social media.** Social media can be a great outlet to keep in touch with friends but right now it is filled with fear and non-factual opinions that can cause excessive stress and anxiety.

**8. Laugh.** Laughter is the greatest medicine. Try searching on YouTube "funny videos" or "videos to make you laugh" to get the giggles going!

**9. Don't forget jigsaw puzzles!**



## Gardening Tips

- When starting your garden seedlings indoors, plant the seeds in egg shell halves. Simply crack the shells around the roots of your plants and transplant them

## Hints

### from JoAnn

outdoors—the shell is a natural fertilizer.

- Are cockroaches in your home driving you mad? Try this tested trick. Fill a large bowl with cheap wine and leave it under the sink. The pests will drink it, get drunk, fall in the bowl and drown.
- Ants, ants, ants everywhere. Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march—see for yourself.
- To keep those pesky insects away from your plants, combine one bulb of garlic, one small onion and one tablespoon of cayenne pepper in the blender. Mix with one quart water and let stand for one hour. Then add one tablespoon Ivory liquid and mist your plants.

- The Worm Turns—Plant dill around your tomato bed. It's a great way to keep tomato horn worms from getting the better of your plants.

- When to Pick—The best time to harvest fruits and vegetables for maximum flavor is in the morning.

## First Aid Tips

- Next time you need a quick ice pack, grab a bag of frozen vegetables out of your freezer—no watery leaks from a plastic baggie.
- Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
- To get rid of itch from mosquito bite: try applying soap on the area for instant relief.
- When you or your child gets a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters and spines painlessly and easily.
- Poison Ivy all over the place...how do you get rid of it? Mix 3 pounds of salt with a gallon of soapy water; spray the solution on the plant's leaves and stems.

## Outdoor Tips

- Getting out the patio furniture? For aluminum furniture, apply a layer of paste wax to tubular aluminum to avoid pitting. Plastic furniture, clean with bleach and water on a sunny day—the sun helps bleach out the furniture.
- Wicker furniture, wash with a mild salt water solution to avoid yellowing.
- Wash wicker outdoors and let the sun dry it to tighten up sagging seats. Wrought iron furniture, remove rust with steel wool, apply a layer of aluminum paint before covering with outdoor paint. When paint dries, add a layer of paste wax.
- Outdoor cooking—Fast Starter—Stuff a crumpled sheet of newspaper under your coals, then roll another sheet of newspaper into a cone and poke it through the coals to the paper to form a chimney. Ignite the paper. It will carry the fire into your charcoal.
- Make cleaning easier—To make cookout cleanups easier, take a preventive step and spray the cooking grill with nonstick spray before placing the grid over the coals. Food won't stick nearly as much as it does on an untreated grill.

## Some snazzy optional car features could cost you big later

Some cars have headlights that swivel as the car turns to better illuminate around corners...multizone climate control that lets the front-seat passenger and even rear passengers set different temperatures than the driver... multifunction electronic displays that combine features such as a music system, navigation and backup camera into one unit...and side-view mirrors that include lights, heaters, motors and sensors that detect surrounding vehicles and send warning signals to the driver. These all are very nice features...and all very expensive to replace. A high-end headlight assembly easily can cost \$1,000 to \$2,000...multizone climate-control repairs often are more than \$1,000...a multifunction electronic display unit can run \$3,000 or much more...and even a side mirror can cost well over \$500.



## COPD SYMPTOMS

Many smokers and former smokers have COPD symptoms well before they are diagnosed with the disease. The symptoms of chronic obstructive pulmonary disease (COPD) include shortness of breath, coughing and difficulty exercising. If you have these symptoms and are a smoker or a former smoker, see your doctor without delay. COPD is the third-leading cause of death in the US.

*Study of 2,723 current or former smokers led by researchers at University of Michigan Women's Health Program, Ann Arbor, published in New England Journal of Medicine.*

## BLOOD PRESSURE

### YOUR POSTURE MATTERS.

Sometimes your blood pressure might be high at the doctor's office but not when you monitor yourself at home. That could be due to "white-coat hypertension," a spike in blood pressure that can occur if you get nervous at your doctor's office—although it could also signal a risk of developing high blood pressure long term. Or your physician or nurse simply may not take your blood pressure correctly, Goldberg says. Here's how to do the test right, whether at home or in the doctor's office.



Double check your drugs. Certain medications, such as over-the-counter decongestants, prescription amphetamines, and the steroid prednisone, can increase blood pressure. So make sure your physician knows all of the drugs you take.

Go to the bathroom first. A full bladder can raise blood pressure by as much as 15 points systolic (the top number) and 10 points diastolic (the bottom number). Sit correctly. Your back should be straight and supported, with you seated on a chair rather than, say, on the examining table. Your feet should be flat on the floor, with your legs uncrossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Measure twice. If your blood pressure reading is high, your doctor or nurse might measure your pressure again at the end of the exam, when you're usually more relaxed, Goldberg says. The lower reading is usually more accurate. Remain quiet. Talking can raise your blood pressure by up to 10 points on either the top or bottom number.

Check the cuff. Measurements taken over clothing or with too small a cuff can boost blood pressure by as much as 50 points.

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review published in the Journal of Sleep Research. Beyond 30 minutes, you're more likely to feel foggy... and tempted to go back to sleep, though tempted to go back to sleep, though other research has found sharper-thinking benefits to naps of a half-hour and more.

**Despite its benefits, napping can have a downside. Which one of the following is not a potential downside of napping?**

Although scientists don't yet know why, studies have found a connection between daily napping for more than an hour and developing metabolic syndrome (thought to lead to diabetes), diabetes itself and even heart disease and mortality in general. But while you do expend more energy (calories) taking a walk than a nap, sleeping itself does not cause weight gain. A more immediate concern: A long nap can leave you feeling disoriented, a condition called sleep inertia. It's short-lived, lasting less than 30 minutes, but long enough to keep you from performing at your best after waking. And if you regularly have a hard time

## Social Security Number Scams

A letter requesting your social security number might be sent to you by your credit card company if the social security number is missing on your account, even if you have had the credit card for years. But don't answer the letter until you are sure that it is legitimate. Call the credit card issuer using the phone number on the back of your card—not any number in the letter itself—to be sure that the letter is not a scam.

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