

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



Cancer Screenings: What You Need to Know

You hear it all the time. Early detection is a key component of surviving – and thriving – in the face of a cancer diagnosis.

In fact, the World Health Organization has found that regular screenings for breast, cervical, colon and lung cancers increase survival rates. That's because such screenings can help catch these cancers early (before any physical symptoms of the illness show), which, in turn, increases the odds that the cancer can be successfully treated.

To determine which screening tests are truly beneficial (as well as who should get them and how often), the U.S. Preventative Services Task Force (USPSTF) conducted a thorough review of cancer mortality rates, as well as the medical and psychological risks involved with false-positive screening results. Based on the findings, this independent panel of medical experts developed guidelines for routine cancer screening.

Here's the lowdown on four common cancer screening tests the USPSTF recommends.

Colon Cancer. Colon cancer is the second leading cause of cancer death in the U.S. The USPSTF recommends that everyone between the ages of 50 and 75 get screened every five years for colon cancer. The most common screening procedure is the colonoscopy, a procedure that allows the doctor to look for – and remove – precancerous lesions and early tumors in the colon. Fecal tests, where patients give their physicians stool samples to test for signs of cancer, can also be used for screening, but they usually can't detect colon cancer until the disease has progressed. There has been a noted drop in colon cancer incidence in the past decade, which the American Cancer Society (ACS) says is likely due to increased screenings.

Lung Cancer. The USPSTF recommends annual lung cancer screenings for everyone between the ages of 55 and 80 who is currently a smoker or was a smoker within the last 15 years. A low-dose computed tomography (LDCT) scan, which is similar to an X-ray, provides images of the inside of your lungs, allowing physicians to detect potential tumors. Studies suggest that lung cancer deaths decrease by about 20 percent when patients at high risk for the disease receive LDCT screens.

Breast Cancer. When it comes to breast cancer screenings, the USPSTF recommends that women between the ages of 50 and 70 without a family history of breast cancer get a mammogram every two years. According to the ACS, breast cancer rates have been declining significantly since 1989 in the U.S., thanks, in part, to mammography screening. A mammogram is like an X-ray of the breast. A radiology technician places your breast between two clear plastic plates, flattening the breast. This allows the mammography machine to gather images of the breast's interior. Women who have a family history of breast cancer, as well as women who test positive for any gene that's linked to breast cancer (like BRCA), should talk to their healthcare providers about the right mammography schedule for them. Women under 50 should expect to receive a breast exam during their annual gynecological exam, where the gynecologist visually and manually checks for lumps or other irregularities in the breast tissue.

Cervical Cancer. The USPSTF recommends that women between the ages of 21 and 65 get a Pap smear every three years. This simple test, which involves having a gynecologist swab your cervix, can detect precancerous and cancerous cells. For women between the ages of 30 and 65, the USPSTF also recommends getting tested once every five years for the human papillomavirus (HPV), a virus that has been linked to the development of some types of cervical cancer. Over the past 30 years, clinicians have seen a drop in cervical cancer mortality rates to the tune of 50 percent, according to the ACS, which credits regular screenings for the drop.

It may surprise you to learn that the USPSTF does not recommend regular screenings for pancreatic, prostate, testicular, ovarian and thyroid cancers. The reason? The tests have a lower accuracy rate, and studies have not shown that screening significantly decreases cancer deaths. In addition, because these cancers have a lower incidence rate, routine screening of the general population would lead to many more false positives than actual positives – which could lead to unnecessary (and often invasive) procedures and treatments.

Health & Fitness 3 Secrets to a Satisfying Snooze

Good sleep is essential for your well-being, but it isn't always easy to achieve. The secret to snoozing well starts with being mindful of the choices you're making earlier in the day. That's why developing healthy sleep habits is key. In honor of National Sleep Awareness Week, which starts on March 3, 2019, here are three strategies to help you get a better night's rest.

1. Wake up at the same time each day. Getting up at the same time every day, even on weekends, helps you establish a regular sleep schedule, according to the American Academy of Sleep Medicine. A regular sleep schedule allows you to sleep more and have a more restful, satisfying night's sleep. Aim to go to bed seven to eight hours before your designated wake-up time.

2. Fit in exercise during the day. A study published in the journal *Advances in Preventative Medicine* found that exercise improves sleep quality and duration by enhancing activity of the parasympathetic nervous system, which is responsible for slowing your heart rate and relaxing your muscles. A morning cardio workout can lead to even better rest, according to the National Sleep Foundation, because early morning exercise regulates blood pressure to the ideal level for deep sleep later on.

3. Say no to screen time. Nighttime exposure to blue light – a type of wavelength emitted by electronic devices – can disrupt your sleep. More than other types of light, blue light boosts alertness and suppresses the secretion of melatonin, the hormone our bodies make in the evening to help us fall asleep. Experts at Harvard Medical School recommend going tech-free two to three hours before bed.



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Prep Time
10 minutes

Cook Time
15 minutes

Total Time
20 to 35 minutes

Serves
2

March Recipe

Steak Fajitas with Roasted Red Peppers and Cucumber Salsa

Cucumber and cilantro make an exceptionally crisp and fresh salsa for these Tex-Mex fajitas. A blend of sautéed bell peppers and onions is a traditional accompaniment, perfect for wrapping up in the tortillas with the beef.

Ingredients

- | | |
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| 2 top sirloin steaks (about 6 ounces each) | 1 organic cucumber |
| ½ teaspoon cumin | 4 or 5 sprigs organic fresh cilantro |
| 1 teaspoon dried Mexican oregano | 1 organic lime |
| ¼ teaspoon ancho chile powder | 6 Mi Rancho Artisan tortillas |
| ¼ teaspoon granulated garlic | ¼ cup Greek yogurt |
| 1 organic green bell pepper | kosher salt and freshly ground black pepper, to taste |
| 1 organic yellow onion | olive oil |
| ¼ pound roasted red peppers | |

Tools

Peeler (optional), 2 medium bowls, large frying pan

Instructions

1. Sear the steak

- Pat the steak dry with a paper towel and slice into ½-inch-thick strips; season generously with salt and pepper.
- In a medium bowl, toss the steak with cumin, oregano, chile powder and granulated garlic and season generously with salt.

In a large frying pan over medium-high heat, warm 2 to 3 teaspoons oil until hot but not smoking. Working in batches if needed, add the steak and cook, stirring occasionally, until browned but not yet cooked through, 2 to 4 minutes. Transfer the steak to a plate to rest. Do not clean the pan.

While the steak cooks and rests, prepare the bell pepper, red peppers and onion.

2. Prep and cook the bell pepper, red peppers and onion; finish the steak

- Remove the stem, ribs and seeds from the bell pepper; cut the bell pepper and red peppers into ¼-inch-wide strips.
- Peel and cut the onion into ½-inch-thick slices, enough to measure 1 cup.
- Scrape off any seeds from the roasted red peppers; thinly slice any large pieces.

In the same pan used for the steak, if dry, add 1 to 2 tablespoons oil. Warm over medium-high heat until hot but not smoking. Add the bell pepper and onion, season with salt and cook, stirring occasionally, until the vegetables are softened, 3 to 5 minutes.

Add the steak and any accumulated juices and cook, stirring occasionally, until the steak is cooked through, 2 to 3 minutes for medium. Remove from the heat, stir in the roasted red peppers and season to taste with salt and pepper. Transfer the steak-pepper mixture to a plate. Wipe the pan dry and set aside for the tortillas, if desired.

While the vegetables and steak cook, make the cucumber salsa.

3. Prepare the salsa

- Peel the cucumber, if desired, and trim off the ends; cut the cucumber in half lengthwise and then crosswise into ¼-inch-thick half-moons.
- Coarsely chop the cilantro.
- Juice half the lime; cut the other half into wedges for garnish.

In a medium bowl, stir together the cucumber, cilantro and 1 tablespoon lime juice. Season to taste with salt.

4. Warm the tortillas

On the stovetop directly over the flame, or in the same pan used for the bell pepper, over medium heat, warm the tortillas until just pliable and warmed through, about 30 seconds per side.

5. Serve

Transfer the tortillas to individual plates. Top with the steak-pepper mixture, salsa and yogurt. Serve with the lime wedges.

Kids Can!

- Juice the lime.
- Stir together the salsa.
- Serve the meal.

Ask a Pharmacist Should I Consider Taking Supplements Like Vitamins or Herbal Medicines?

Ed Emde, Pharmacist
Hometown Pharmacy
Gainesville, Texas

A balanced, high-quality diet of fresh fruits, vegetables and protein is enough to deliver the vitamins and mineral nutrients the body needs. However, other factors can help determine the need for supplementation. Some people have a high caloric or processed food intake and are not including sufficient nutrients in their diet such as absorbable forms of magnesium, calcium, potassium and vitamins A, C and E. Food sensitivities, food allergies and lactose intolerance can also limit nutrient intake. Individuals on restrictive diets should supplement with the vitamins and minerals they are not consuming from foods.

Vegetarian and vegan diet followers may need to take extra vitamin B₁₂, as this is found only in animal products. If your eating preferences do not include meat, dairy or other animal products, you may need supplements with extra zinc, iron, calcium and vitamin D₃.

It is not uncommon for patients over 50 years of age to supplement with vitamin B₁₂ due to the decreased ability to absorb nutrients from foods. Older adults, people with dark skin and individuals who get insufficient exposure to sunlight should consume extra vitamin D₃ from fortified foods or supplements. Vitamin D₃ appears to offer a protective effect against cancer, although the exact mechanism of action is not known. Low vitamin D levels have also been associated with an increased risk of heart attacks.

Omega-3 fatty acids are the most frequently recommended supplement today due to their positive effects on high-density lipoproteins (HDL) and triglyceride levels and decrease inflammation and blood pressure symptoms. They also increase brain-derived neurotrophic factor (BDNF) and appear to be beneficial for memory.

If you are not consuming the best-quality food available or have other underlying health conditions, you may be deficient in the proper nutrients to maintain optimal health. Taking supplements can help with this. Your *Good Neighbor Pharmacy* pharmacist can help you determine which supplements would be most beneficial.

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Local Love

CollegeCare Pharmacy & Medical Supply

VENTURA, CALIFORNIA

What has been the most significant change within your pharmacy over the past five years?

The use of technology has been the most significant change. The ability to use technology to call and text patients has really helped strengthen the communication methods at our disposal.

What is your favorite part of owning an independent pharmacy?

Our favorite part is the people. They are unique customers who are loyal to our pharmacy. They come to us for a higher level of care, and our amazing employees love helping our customers in any way they can.

What role does your pharmacy play in your local community?

We provide many unique services that our patients rely on. We offer free home delivery, provide special compliance packaging and have a drive-thru window that makes things just a little bit easier for patients with complicated medications and busy schedules.

What makes you unique and sets you apart from your competition?

What makes us unique is our commitment to finding a solution. We love to help patients with challenging cases and issues. It gives us deep pride and satisfaction when we help someone who has not been able to get the proper care elsewhere.

What unique health needs do you have in your community?

I'm not sure if it is unique, but patient adherence is a huge issue. Helping patients take the right medication at the right time and regularly is a challenge. By implementing various technologies and the efforts of our caring staff, we hope to make a difference in this area.

What does *Locally Loved* mean to you?

It means putting a smile on someone's face. Visiting a pharmacy may not be the highlight of a customer's day. We try to interact with our patients in a way that they feel like they are coming in to see old friends, making the pharmacy experience a more positive part of their day. If you do this enough, you will develop a reputation locally of being loved.



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.