



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JULY 2024

How to Manage Common Medication Side Effects

Whether you have a short- or long-term illness or medical condition, it's important to take your medications as directed. But when medications cause side effects, you may want to stop taking them. Don't stop taking your medication without talking to your doctor or pharmacist first so they can help you taper off the medications safely. Here are some tips that can help you prevent and manage common medication side effects.

Dehydration

Perhaps the most important tip when taking any medication or supplement is to stay well hydrated. Side effects can often happen — or worsen — when you don't drink enough fluid during the day. Adults should aim for 8 to 10 cups of clear liquid every day, according to the National Library of Medicine (NLM).

Nausea

Nausea or upset stomach are common side effects of taking new medications or increasing your dosage. This often happens shortly after taking the medication. Common medications that cause nausea include antibiotics, digoxin, opioid painkillers, and non-steroidal anti-inflammatory drugs. Antidepressants, such as selective serotonin reuptake inhibitors (SSRIs), may cause dizziness, which can trigger nausea.

To prevent or reduce nausea, the NLM offers these tips:

- Unless you need to take medications on an empty stomach, take all your medications and supplements with some bland food.
- Stay upright and seated after taking your medication. Lying down or moving around right away may make the nausea worse.
- Sip on fruit juices. Or try flat soda, like ginger ale. Leave the bottle or can open long enough that the bubbles stop.
- Eat several smaller meals throughout the day.
- Suck on sugarless hard candy.
- Take SSRIs at bedtime to reduce the dizziness that triggers nausea.

Headaches

Using prescription and over-the-counter (OTC) pain medication too often can cause rebound

headaches. The medical term is medication overuse headache (MOH). This includes prescription drugs like ergotamine and triptans for migraine pain and opioid and barbiturate painkillers. It also includes OTC drugs like acetaminophen, ibuprofen, naproxen sodium, and decongestants to unblock a stuffy nose.

To prevent MOH, don't use any prescription or OTC painkiller or decongestant for more than three days per week.

Diarrhea

Taking antibiotics to treat bacterial infections can disrupt your gut microbiome and cause diarrhea. To manage diarrhea related to antibiotics or other medications, follow these steps:

- Take a probiotic supplement (to avoid killing the good bacteria, take it halfway between the time you take your antibiotics) or eat foods rich in probiotics, such as yogurt.
- Continue taking probiotics for at least a week after you stop the antibiotic or as long as your doctor or pharmacist advises.

Drowsiness

Medications for allergies, pain, and mental health issues (such as anxiety or depression) can often cause drowsiness. If a medication causes drowsiness, there will be a warning on the medication label. These tips can also help:

- When possible, take these medications before going to bed. That way, you can sleep off the drowsiness.
- Take a nap during the day.
- Get some fresh air and physical activity, such as walking outdoors.

Sometimes you have to take these medications during the day. The first time you use them, don't drive or use any heavy machinery so you can see your reaction to them.

What to do if side effects don't go away

If you still can't manage your side effects at home — or if your side effects are sudden or severe — call your doctor. Your doctor can often prescribe a different medication — or a lower dose of the medication you're taking — to reduce medication-induced side effects.

HEALTH & FITNESS

What Is Antibiotic Resistance?

Antibiotics are medications that have dramatically improved human health by fighting bacterial infections. It's estimated that the use of antibiotics has added about 23 years to the life expectancy of people today. Although antibiotics are beneficial and can even be lifesaving, their use isn't always problem-free. One of the biggest problems is that bacteria can become resistant to the medications that were once able to kill them. This is known as antibiotic resistance. Antibiotic-resistant bacteria are harder to treat and therefore more likely to spread before the infection is under control.

One of the biggest ways bacteria can become resistant to antibiotics is when people fail to take antibiotics as prescribed. Improper prescribing (e.g., using antibiotics to treat a virus) also contributes to the problem.

How to prevent antibiotic resistance

Sometimes people stop taking antibiotics because they feel better and assume they don't need to finish the prescription or because they're experiencing uncomfortable side effects.

Either way, if you fail to take the entire prescription, you risk fostering antibiotic resistance. That's because the bacteria that were most susceptible to the antibiotic will have been killed, while those that were less susceptible will still remain. Once you stop taking the antibiotic, the remaining "stronger" bacteria will start to reproduce.

To prevent antibiotic resistance, take the entire prescription your doctor gave you, even if you feel better. If you're experiencing antibiotic side effects, contact your doctor for guidance. If your side effects are more serious (e.g., hives or anaphylaxis), your doctor can address those side effects and prescribe a different antibiotic.



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JULY RECIPE

Summer Stuffed Sweet Bell Peppers

Prep Time	Cook Time	Total Time	Serves
30 minutes	30 minutes	60 minutes	6

Stuffed sweet peppers are a favorite summer dinner and an ideal way to use fresh vegetables from the farmers market. These are stuffed with lean ground turkey, whole-grain quinoa, zucchini, and onions for a nutritious, high-protein meal. This recipe doubles easily, so you can keep a batch in the freezer for a quick dinner.

Ingredients

- 1/2 cup quinoa
- 6 medium to large sweet peppers
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 small zucchini, diced
- 3 medium cloves garlic, minced
- 1/2 pound ground turkey
- 115-ounce can tomato sauce
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 cup lightly packed fresh basil, sliced thin (divided)

KIDS CAN!

- Measure the quinoa and spices
- Stuff the peppers
- Sprinkle the basil over the baked peppers

Tools

- Fine mesh strainer
- Medium saucepan with a lid
- Casserole or baking dish (approximately 8" x 8")
- Measuring cup and spoons
- Sauté pan
- Chef's knife and cutting board
- Spatula

Instructions

- Place the quinoa in a fine mesh strainer and rinse it under cold running water for about one minute. This removes any bitter or soapy flavor from the raw quinoa.
- Add the rinsed quinoa to a saucepan with 1 1/2 cups of cold water. Bring the water to a boil, cover the pot, and reduce the heat to medium-low. Simmer the quinoa for about 15 minutes or until most of the water is absorbed and the quinoa is tender. Turn off the heat and let the quinoa sit.
- Preheat the oven to 350°F.
- Prepare the peppers. Cut about one inch off the top of each pepper and remove the core and any seeds from the inside. Reserve the tops for snacking or to top the peppers as they cook.
- Place the peppers, cut side down, in the baking dish. Add 1/4 cup of water to the bottom of the pan. Cover with plastic wrap and cook the peppers for four minutes in the microwave on high. This will partially cook and soften the peppers, reducing the amount of time they need to bake time in the oven. Carefully remove the plastic and let the peppers cool.
- Heat the olive oil in the sauté pan on medium-high heat. Add the onion, zucchini, and garlic. Sauté for five minutes or until the vegetables soften and start to turn golden brown.
- Add the turkey to the pan with the vegetables. Break it up with a spatula and cook until it's no longer pink.
- Add the tomato sauce, oregano, salt, and cooked quinoa to the pan. Stir to combine everything. Add about half the basil. Taste the mixture and adjust any seasonings.
- Drain any liquid from the casserole dish with the peppers and stand the peppers upright. Fill each pepper with the turkey-quinoa mixture. If desired, cover each pepper with its top. Cover the casserole dish with foil and bake for 30 minutes or until the peppers are tender and you can easily pierce them with a knife.
- Sprinkle the remaining fresh basil over the top of the peppers before serving.



For more recipes, scan this QR code or visit www.mygnp.com/recipes.

SUMMER SAFETY

Tips for Traveling with Medications



01

Make a list of all the medications you take.



02

See your pharmacist as soon as you book your trip to get their recommendation.



03

Set an alarm for time-sensitive medications.



04

Be sure to have enough doses of your medications for the entirety of the trip.



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Product Spotlight



Before you set off on summer vacation, stock up on OTC essentials from Good Neighbor Pharmacy. We carry everything you need to ensure your summer is fun and stress-free.

Summer Safety Tip

Protect your skin from harmful UV rays by applying a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours or more often if you're swimming or sweating. Also, wear protective clothing, a wide-brimmed hat, and sunglasses to shield your skin and eyes.