



# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MAY 2025

## Why Mental Healthcare Matters for Men

Although caring for your mental health is as important as caring for your physical health, many men don't prioritize it.

A 2023 MENTION It survey by the Cleveland Clinic found that 83% of men had experienced stress in the past six months, but most were hesitant to seek professional help. While most men reported following a healthy lifestyle, 44% said they didn't prioritize their mental health.

According to the Anxiety and Depression Association of America, men who struggle with symptoms of mental illness are less likely than women to seek mental health care or obtain a diagnosis. Here's why that matters and what you can do about it.

### Why mental health care matters for men

For men, the consequences of untreated mental illness are dire. According to the Centers for Disease Control and Prevention, men are four times more likely than women to die by suicide.

Some populations face specific mental health risks. Male veterans, for example, experience nearly twice the rate of alcohol and drug use as women veterans, according to Mental Health America (MHA).

Untreated mental health disorders can worsen over time and increase the risk of substance use disorder and physical health problems, such as heart disease and stroke.

### Help break the stigma

For many men, the stigma of mental illness can prevent them from getting the care they need. They may believe they need to "man up" or "tough it out" when it comes to mental health symptoms. Even if they seek care, they may not always follow through on treatment, such as medication or therapy.

### Signs of mental health problems in men

When men don't seek mental care, it's up to family and friends to recognize the signs of mental health problems, which often differ from women, and urge them to get professional help.

According to MHA, depressed men are more likely to report fatigue, irritability, or loss of interest in work or hobbies rather than feeling sad or hopeless. Over six million men struggle with depression, but most go undiagnosed.

According to the National Institute of Mental Health, other common symptoms of mental health disorders in men include:

- Anger and aggression.
- Problems concentrating or sleeping, sleeping too much, or changes in appetite or energy level.
- Engaging in high-risk activities, including substance abuse.
- Unexplained pain, headaches, and digestive problems.
- Increased worry, stress, or restlessness.
- Inability to feel positive emotions.
- Thoughts or behaviors, including obsessive thinking or compulsive behaviors, that disrupt work, family, or social life.
- Thoughts of death or suicide, or attempting suicide.

### Where to go for help

If you have concerns for yourself or someone you know, seek help.

Make an appointment with a primary care provider (PCP). You may be overdue for a regular checkup (the Cleveland Clinic survey also found that 44% of men don't get an annual checkup for preventive care).

Your PCP will rule out physical conditions that may cause mental health issues. Low testosterone, for example, is linked to depression, stress, and mood swings, especially in older men, according to MHA.

According to the Urology Care Foundation, doctors can treat low testosterone with testosterone replacement therapy. That's just one of the reasons you need to speak up and get help if you're feeling down or not your usual self.

Sometimes you may need mental health care to help you manage emotions and behaviors that impact your life. Your PCP can refer you to a mental health professional that best fits your needs.

Untreated or poorly treated mental disorders may lead to a mental health crisis. If you or someone you know is at risk of suicide or harming yourself or others, get help right away. Contact the 988 Suicide and Crisis Lifeline. Call or text 988 or chat online.

## HEALTH & FITNESS

### Antihistamines or Decongestants: Which Should You Take for Allergies?

If you suffer from allergies, selecting the right over-the-counter (OTC) medication can feel overwhelming. The two main types are antihistamines and decongestants, but they work in different ways and have different side effects. Your local pharmacist can help you decide which medication is right for you.

#### Antihistamines

Antihistamines treat allergy symptoms by blocking histamine, a chemical your immune system makes when exposed to an allergen. Histamine causes itchy eyes, sneezing, and a runny nose.

Some antihistamines (such as chlorpheniramine, clemastine, and diphenhydramine) can cause drowsiness. But other antihistamines, such as cetirizine, desloratadine, and loratadine, are much less likely to do so.

Start taking them a couple of weeks before symptoms start. Since each works differently, if one doesn't work well for you, try another.

#### Decongestants

Decongestants help treat a stuffy, blocked nose by reducing the swelling of blood vessels in your nose and airways. Common decongestants include phenylephrine and pseudoephedrine. Sometimes, these are found in OTC products that also contain an antihistamine or pain reliever.

For faster relief, you can try decongestant nasal sprays, but talk to your pharmacist first. Limit your use of these sprays to no more than three days. Otherwise, you risk a rebound reaction where your congestion comes back worse.

You can take antihistamines and decongestants together. You shouldn't take decongestants if you have high blood pressure, heart problems, or prostate problems. Ask your doctor or pharmacist for an alternative option.



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## MAY RECIPE

# Cauliflower Risotto with Asparagus and Mushrooms

Prep Time	Cook Time	Total Time	Serves
15 minutes	15 minutes	30 minutes	6

Cauliflower stands in for arborio rice in this low-carb, high-fiber, vegetable-packed version of mushroom and asparagus risotto. Like the Italian favorite, it's still creamy, cheesy, and flavorful. But using cauliflower instead of rice makes it lower in calories and better for your blood sugar. This fast, easy recipe makes a delicious side dish for your favorite protein — or a satisfying vegetarian dinner.

### Ingredients

1 pound cauliflower florets (from one medium-sized cauliflower, about 1 1/4 pounds) NOTE: If you do not have a food processor to rice the cauliflower, use frozen riced cauliflower.

1 tablespoon olive oil

1 large shallot, minced

1 pound baby bella mushrooms, stems removed and sliced

1/2 pound asparagus, tough ends snapped off and cut into 1-inch pieces

1/2 teaspoon salt (divided)

1/2 teaspoon dried thyme

1/2 cup chicken stock, or use vegetable or mushroom stock for a vegetarian option

2 tablespoons heavy cream (or more to taste)

3 tablespoons grated Parmesan cheese (or more to taste)

### Tools

Food processor

Measuring cups and spoons

Cutting board

Chef's knife

Large sauté pan

Spatula or mixing spoon

### KIDS CAN!

- Measure the ingredients
- Pulse the cauliflower florets in the food processor
- Stir the ingredients

### Instructions

1. Place the cauliflower florets in the food processor and pulse them about 30 times or until they are broken down and resemble rice. Depending on the size of your food processor, it may be easier to do this in two batches. Set the riced cauliflower aside.
2. In a large sauté pan, heat the olive oil over medium-high heat. Add the shallots and mushrooms. Sauté them for about 10 minutes or until any liquid from the mushrooms has evaporated and the shallots are golden. Stir the vegetables occasionally so they cook evenly.
3. Add the asparagus, 1/4 teaspoon of salt, and the dried thyme. Stir everything together and let the asparagus cook for another two minutes.
4. Add the riced cauliflower to the pan and mix all of the vegetables together.
5. Add about 1/4 cup of the stock and stir the cauliflower rice mixture until it evaporates. Taste the cauliflower, and if it is still hard or raw, add the remaining 1/4 cup of stock. Let it simmer until the liquid has evaporated.
6. Add the cream and Parmesan cheese and stir again. Taste the risotto and add the remaining salt, cream, or Parmesan cheese as needed.



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## MENTAL HEALTH

# 5 Ways to Support a Friend or Family Member With Mental Illness



| 01

Practice empathy.



| 02

Watch your words.



| 03

Understand the symptoms.



| 04

Promote outside support.



| 05

Take care of yourself.



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## Product Spotlight



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