



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MARCH 2024

5 Common Types of Allergies

An allergy is when your immune system overreacts to an otherwise benign trigger, like pollen or pet dander. If you encounter one of these triggers — called an allergen — you may experience a range of symptoms, from sneezing, coughing, itchy eyes, or a runny nose to rashes, hives, asthma attacks, or severe trouble breathing.

In rare cases, people can die from allergic reactions to triggers like food, insects, or medications. This is a result of anaphylaxis, and left untreated, anaphylaxis can be fatal. Signs of anaphylaxis include:

- Swelling of the throat and tongue, so much that it is hard to breathe
- A very rapid heartbeat
- A large drop in blood pressure
- Dizziness, faintness, or loss of consciousness
- Hives
- Gastrointestinal problems (like severe vomiting or diarrhea)

If you — or someone you're with — is experiencing any of these symptoms, call 911.

Learn more about the common types of allergies, along with allergy symptoms, complications, and treatments.

Airborne allergies

Airborne allergies are allergies to things you encounter in the indoor or outdoor air. These triggers create problems when you breathe them in or get them in your eyes. Common symptoms include itchy eyes, a runny nose, and sneezing. In people with allergies and asthma, some airborne allergens may trigger asthma attacks.

Airborne allergens include molds, pet dander, dust, and pollen from trees, weeds, and grasses. People often call pollen allergies seasonal allergies. More than 25% of adults and almost 20% of children in the U.S. suffer from seasonal allergies.

Skin allergies

Skin allergies are allergies that you experience when your skin comes into contact with an allergen. Common triggers include plants, latex, and certain types of metal. Some people may be triggered by chemicals in personal care products, laundry soaps, or fabric softeners.

Symptoms of exposure to a skin allergen include rashes, hives, and eczema. Symptoms may not appear

immediately after contact but may instead appear hours or days later, sometimes making it tricky to pinpoint the trigger. Roughly 20% of people experience skin allergies from contact with a skin allergen.

Food allergies

Most food allergies are caused by one of these nine foods: milk, soy, eggs, wheat, peanuts, tree nuts, sesame, fish, and shellfish.

Symptoms of food allergies can include skin problems, gastrointestinal problems, respiratory issues, dizziness, or even fainting. For some people, food allergies can cause anaphylaxis.

The FDA requires that food manufacturers clearly disclose on their labels when any of these nine common food allergens appear in their products.

Insect allergies

About 5% of the population has an allergic reaction to stings and bites from certain insects, especially bees, wasps, and ants. People with insect sting allergies are at risk of anaphylaxis if they are stung. Every year, roughly 100 people in the U.S. die from anaphylaxis due to insect bites.

Drug allergies

The most common drug allergy is to penicillin, with roughly 1% of people experiencing a true penicillin allergy. Symptoms of a drug allergy can be moderate, like hives and rashes, but such allergies can also cause anaphylaxis.

Drug allergies are the most common causes of death from anaphylaxis.

Allergy treatments

If you're experiencing less severe allergic reactions — or struggle with chronic or seasonal allergy symptoms — talk to your doctor or an allergist. Allergy testing can help pinpoint your allergy triggers so you can develop an allergy management plan, which may include reducing exposure to known triggers, taking over-the-counter allergy medications, and getting regular allergy shots.

Those who have severe allergies and are at a high risk for anaphylaxis may receive a prescription for injectable epinephrine (also known as an EpiPen), a potentially lifesaving drug that can temporarily reduce symptoms of anaphylaxis until you get to the ER.

HEALTH & FITNESS

Understanding Different Types of Asthma Medications

Asthma is a chronic respiratory disease that causes inflammation in the airways, making it hard to breathe. Sometimes, people with asthma have asthma attacks, in which their symptoms suddenly get worse. During an asthma attack, a person may wheeze or cough, feel extremely short of breath, or feel pain or tightness in the chest.

While there's no cure for asthma, you can work with your doctor to make an asthma action plan to manage the disease. Managing your asthma well typically involves avoiding known triggers (when possible), taking medication, and knowing when to seek urgent help.

There are two main types of medications that doctors may prescribe to help control asthma: short-acting and long-acting medications.

Learn more about how these two types of medications can support your asthma action plan.

Short-acting asthma medications are medications that you can take to help you breathe when you're having an asthma attack. These medications open up your airways quickly, making it easier for you to breathe. You take these medications using a device called an inhaler.

This will allow you to breathe in the medication and get it directly to your lungs for fast relief.

Long-acting asthma medications are medications that you take daily to help prevent asthma attacks. These are often medications that are taken with an inhaler, but they can also be oral medications. Some work by reducing inflammation, and others are long-acting medications that help keep your airways open.

If you're newly diagnosed with asthma and your doctor recommends an inhaled medication, ask your local pharmacist for help with learning how to use it.



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MARCH RECIPE

Lemon Pasta with Spring Vegetables

Prep Time	Cook Time	Total Time	Serves
10 minutes	15 minutes	25 minutes	4

This fast and easy vegetarian pasta dish is perfect for a family dinner but also special enough to serve when you're having company. With a light, bright, lemony sauce, fresh seasonal asparagus, and sweet peas, it's a delicious way to welcome spring.

Ingredients

- 8 ounces dried pasta (fettuccini, linguine, or thick spaghetti)
- Salt (for the pasta water and to season)
- 1 medium leek (light-green part only), washed well to remove any dirt inside the layers
- 8 ounces thin asparagus
- 2 tablespoons olive oil
- 3/4 cup frozen petite peas
- 2 tablespoons lemon zest (from 1 lemon)
- 3/4 cup pasta water
- 1/4 cup heavy cream
- 2 tablespoons fresh lemon juice
- 2 tablespoons grated Parmesan cheese (plus additional for serving, if desired)
- 3 tablespoons fresh minced parsley
- Fresh ground pepper

Tools

- Large saucepan
- Cutting board and chef's knife
- Sauté pan
- Colander
- Spatula or large mixing spoon

KIDS CAN!

- Snap the tough ends off the asparagus
- Measure the peas
- Juice the lemon

Instructions

1. Fill the saucepan with 3 quarts of cold water. Bring the water to a boil, and add 1 tablespoon of salt. Add the pasta, and boil on medium heat, stirring occasionally. Test the pasta 1 to 2 minutes before the packaging says it should be ready; you want the pasta to be cooked al dente because it will absorb extra liquid from the sauce. Reserve 3/4 cup of the pasta water before you drain the pasta.
2. While the pasta cooks, prepare the sauce. Slice the light-green part of the leek into thin rounds. Snap the tough ends off the asparagus, and cut the spears into 1-inch pieces.
3. Heat the olive oil in the sauté pan over medium-high heat. Add the leeks, the asparagus, and a pinch of salt. Sauté the vegetables for about 3 minutes or until the leeks start to caramelize.
4. Add the peas and lemon zest. Sauté for one more minute. Reduce the heat to medium.
5. Add the reserved pasta water and cream to the sauté pan. Bring the sauce to a simmer (you may need to turn up the heat a bit), and allow it to thicken for about 30 seconds. Turn the heat off, and add the lemon juice. Sprinkle the Parmesan cheese over the sauce, stirring as you add it so it melts evenly and is evenly distributed throughout.
6. Add the hot pasta to the sauce, and stir well to combine. Top with fresh parsley and ground pepper to taste. Serve immediately with extra Parmesan if desired.



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

5 Ways to Minimize Spring Allergies



| 01

Switch up your schedule to limit your hours outdoors to late afternoon and evening, when pollen counts are lower.



| 02

Dress to protect your face and eyes by wearing a wide-brimmed hat and sunglasses.



| 03

Allergy-proof your home by changing your air conditioner filters frequently and using a vacuum with HEPA filtration.



| 04

Update your medicine cabinet and get a head start on symptoms by taking antihistamines.



| 05

Eat the right foods, such as those that are antioxidant rich to ease inflammation in your nasal passages.



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Product Spotlight



Stock up before you get stuffed up! Shop our over-the-counter allergy solutions to ensure that you have everything you need to be prepared and find relief this allergy season.