



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | FEBRUARY 2026

Beyond Chest Pain: Heart Attack Symptoms You Shouldn't Ignore

When you think of heart attack signs, chest pain — the most common sign — may come to mind. However, heart attack symptoms can go far beyond chest pain and may affect other parts of your body, making them easier to overlook. You may also feel pain in your arms, back, shoulders, neck, or jaw.

While it's more common to feel pain on the left side, where your heart is located, heart attack pain can also radiate or travel to the right side of your body. It often lasts 20 minutes or longer, but may also come and go. Recognizing these warning signs and acting quickly can save your life by preventing serious heart damage or death.

Beyond chest pain: other heart attack symptoms

Not everyone who has a heart attack gets sudden chest pain. It's common for women, older adults, and people with diabetes to have no or mild chest pain, according to MedlinePlus.gov.

Some people may have signs of a heart attack that are mild or less obvious, or get worse over time. These include the following:

- **Discomfort in your chest, arms, shoulders, neck, jaw, or upper back:** Instead of sharp or severe pain, a heart attack may feel like fullness, squeezing, or uncomfortable pressure in these areas. Some people describe it as a weight sitting on their chest, or as if their arms are carrying a heavy load.
- **Fatigue or unusual tiredness:** Feeling unusually tired or exhausted for no apparent reason may be a sign of a heart attack.
- **Feeling anxious, dizzy, or lightheaded:** A heart attack affects blood flow to your brain. When there's a sudden drop in blood flow to your brain, you may even faint.

- **Palpitations:** You may feel like your heart is beating too fast or skipping a beat.
- **Shortness of breath:** Oftentimes, shortness of breath happens with chest pain or discomfort. You may feel like you have trouble breathing. You can also feel short of breath before any chest discomfort happens or even on its own. It's still one of the major signs of a heart attack.
- **Stomach issues:** You may have bad heartburn, indigestion, or nausea. You may even start vomiting or throwing up. It's more common for women to exhibit these heart attack warning signs, but men can also experience them.
- **Sweating:** You may break out in a cold sweat. Often, the sweating is severe and lasts for a prolonged period.

Call 911 right away

If you have one or more of these heart attack symptoms, the American Heart Association recommends calling 911 instead of having someone drive you to the emergency room. The reason: Emergency medical services (EMS) can begin treatment immediately upon arrival. If your heart has stopped, they are also trained and have electric shock/defibrillator equipment to resuscitate you. People who come to the ER in an ambulance may also get faster treatment. If someone's heart stops before EMS arrives, you can use cardiopulmonary resuscitation, or CPR. The American Red Cross has CPR steps on its website at www.redcross.org. If there's an emergency defibrillator nearby, ensure the person is lying down on a firm, flat surface and follow the directions.

HEALTH & FITNESS

Is a Weighted Vest Right for You?

Weighted vests have become a popular exercise trend in recent years. You may have wondered if there's any research to back up this trend. A few pilot studies (involving small groups of women) suggest that using a weighted vest may have particular benefits for menopausal women.

How weighted vests help women in menopause

- **Bone health and osteoporosis prevention:** Osteoporosis (weakening of the bones) is a common problem for women entering menopause, leading to bone fractures later in life, especially in the hips. A five-year pilot study published in the *Journal of Gerontology* found that women who did lower-body strength training and jumping exercises three times per week with weighted vests (7-15 lbs) had stronger bones in their hips and femurs than similar women who were just physically active.
- **Improved balance and fall prevention:** Weighted vests may also reduce fall risks. One study found that women who walked on a treadmill with a weighted vest showed improved balance compared to those who walked without one.
- **Strength and stability:** Another study found that menopausal women who performed regular lower-body strength-training exercises with a weighted vest built more strength and improved their stability compared to those who didn't wear a weighted vest.

Choosing the right weighted vest

Need help figuring out which weighted vest is right for you? Consider your activity level and the material, fit, and weight of the vest.



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02/2026



FEBRUARY RECIPE

Muffin Pan Turkey Meatloaf With Mashed Parsnip Potatoes

Prep Time	Cook Time	Total Time	Serves
25 minutes	20 minutes	45 minutes	4-6

When comfort food calls, this lighter take on meatloaf and mashed potatoes delivers all the flavor without the extra calories. Turkey meatloaf muffins cook faster and are lower in fat than traditional meatloaf recipes made with ground beef. Mashing parsnips with potatoes and Greek yogurt provides a healthier alternative to butter and cream — and adds protein, fiber, and nutrients.

Ingredients

1 tablespoon olive oil
1 cup minced onion (1/2 medium onion)
2 medium garlic cloves, minced
1 cup minced crimini mushrooms (about 6 medium mushrooms)
1 large egg
1/2 teaspoon dried thyme
1 teaspoon salt (divided)
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
3/4 cup Greek yogurt (divided)
1/4 cup old-fashioned oats
1 pound ground turkey
2 medium Yukon gold potatoes
2 medium parsnips
2 tablespoons minced fresh parsley (divided)
2 tablespoons minced fresh chives (divided)

Tools

Chef's knife and cutting board
Measuring cups and spoons
Sauté pan and saucepan
Large mixing bowl
Spatula
Potato masher
6-well nonstick muffin pan that holds 6 ounces per well

Instructions

1. Preheat the oven to 350°F and spray a 6-well muffin pan.
2. Heat olive oil in a sauté pan over medium-high heat. Add the onions, garlic, and mushrooms, and cook until softened (about 7 minutes).
3. While the vegetables cook, combine the egg, thyme, 1/2 teaspoon of salt, Worcestershire sauce, Dijon mustard, 1/4 cup of Greek yogurt, and oats in a large mixing bowl and mix. Add the ground turkey and sautéed vegetables and mix again.
4. Divide the mixture into the muffin pan and bake for 18 minutes or until the internal temperature is 165°F. If desired, broil for 45 seconds to brown the tops.
5. Remove the meatloaf from the oven and sprinkle about one teaspoon of mixed minced parsley and chives.
6. While the muffins bake, prepare the mashed parsnip potatoes. Peel and cut the potatoes and parsnips into 1-inch pieces. Place them in a large saucepan and add enough water to cover the vegetables.
7. Bring the potatoes and parsnips to a boil over high heat, then reduce the heat to medium-low, cover the pot, and let the vegetables simmer for about 15 minutes or until tender.
8. Drain the potatoes and parsnips and return them to the pot. Add the remaining 1/2 cup of Greek yogurt and 1/2 teaspoon of salt, and mash everything well until smooth. Stir in the remaining chopped parsley and chives. Taste and add extra salt as needed.
9. Serve a scoop of about 1/6 of the potato/parsnip mash alongside one meatloaf muffin.



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

KIDS CAN!

- Measure the ingredients
- Portion the turkey into the muffin pan
- Sprinkle the herbs onto the turkey muffins and into the parsnip potatoes

SMOKING CESSATION

Six Nicotine-Free Ways to Manage Nicotine Cravings



| 01

Work it out with exercise.



| 02

Practice deep breathing.



| 03

Distract your mouth with sugarless gum or hard candy.



| 04

Avoid triggers like secondhand smoke and places where smokers gather.



| 05

Limit alcohol and caffeine.



| 06

Use technology. Smokefree.gov offers a free 24/7 text messaging program to help you quit.



Looking for more inspiration for living well?

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Product Spotlight



Give your heart a fresh start this new year. Take the first step toward quitting with smoking cessation products from Good Neighbor Pharmacy. Ask our pharmacist which options may be right for you.