



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JULY 2025

4 Tips for Preventing Cancer

The idea of getting cancer scares many people. After all, according to the National Center for Health Statistics, cancer is the second leading cause of death in the U.S. after heart disease. Rather than feeling helpless, you can do some things now to prevent cancer or reduce your risk. Follow this advice from the National Cancer Institute (NCI):

1. Get vaccinated

Human papillomavirus (HPV) and hepatitis B are viral infections that can lead to cancer.

According to the Centers for Disease Control and Prevention (CDC), HPV can trigger cancers of the cervix, vagina, and vulva in women and cancer of the penis in men. In both women and men, it can trigger cancer of the anus or back of the throat, which is called oropharyngeal cancer.

Hepatitis B is a leading cause of liver cancer, according to the National Library of Medicine.

A simple way to reduce your risk of HPV and Hep B is by getting vaccinated against these viruses. The CDC recommends two doses of HPV vaccine for kids starting at age 11 or 12. If you didn't get the HPV series as a child, you can still get it until age 26. Because HPV exposure happens during sexual contact, you need to get vaccinated before becoming sexually active to protect yourself the most.

Hep B vaccines are part of early childhood vaccinations. The CDC also recommends Hep B vaccines as part of the adult immunization schedule. Your doctor or pharmacist can help you decide which vaccines are right for you and when to get them.

2. Treat infections

Hepatitis C is another infection that is a leading cause of liver cancer. There's currently no vaccine to prevent Hep C infections. But some treatments can help cure Hep C infections. Without treatment, most people develop lifelong Hep C infections, according to the CDC.

Another curable infection that increases cancer risk is *H. pylori*, according to the NCI. It can increase your risk of stomach cancer.

H. pylori is a type of bacteria that spreads through eating contaminated food or water or engaging in direct mouth-to-mouth contact. If you have stomach problems, your doctor can detect *H. pylori* with a special breathing test. They can treat an infection with antibiotics.

3. Make lifestyle changes that lower your risk

Some risk factors for cancer — like age, sex, and family history — are out of your control. But others are within your control. Changing these things can lower your risk of cancer.

- **Quit smoking:** Lung cancer is the leading cause of cancer death, according to the NCI.
- **Practice sun safety:** According to the CDC, skin cancer is the most common cancer overall.
- **Maintain a healthy weight:** Obesity increases the risk of several types of cancer, especially endometrial and esophageal cancer, according to the NCI.
- **Avoid or limit alcohol:** The CDC reports that alcohol may increase the risk of cancers of the mouth, throat, esophagus, colon, rectum, liver, and breasts. The American Cancer Society recommends avoiding alcohol or having no more than one drink per day for women or two per day for men.
- **Avoid or limit red and processed meat:** Both are linked to an increased risk of colorectal cancer and possibly stomach, pancreatic, and prostate cancer.

4. Get screened for cancer

Cancer screening increases the chance that you'll find cancer early, when it's easier to treat. The U.S. Preventive Services Task Force recommends routine screening for breast cancer, cervical cancer, lung cancer (for those at high risk), and colorectal cancer.

Colorectal cancer screening can help prevent colon and rectal cancers. That's because, during a colonoscopy, doctors can remove growths, called polyps, before they turn into cancer.

HEALTH & FITNESS

3 Tips for Avoiding Supplement Side Effects

Vitamin and herbal supplements are seen as "natural" products — but that doesn't mean they can't make you sick. According to the New England Journal of Medicine, an estimated 23,000 emergency department visits each year are linked to side effects of dietary supplements. Here's how you can prevent adverse or dangerous reactions:

Understand UL and RDA

The tolerable upper limit (UL) is the maximum upper amount of a vitamin you can take that is unlikely to cause adverse health effects.

Some supplements are sold in doses higher than the UL.

The recommended daily allowance (RDA), is the average daily level you need to meet nutrient requirements. When counting UL and RDA, be sure to include food sources of these nutrients.

Don't take certain supplements on an empty stomach.

Iron supplements, and multivitamins with iron, are often hard to digest.

Fat-soluble vitamins — A, D, E, and K — need fat to be absorbed better by your body. Side effects of taking these on an empty stomach can include nausea and stomach pain. Eat a small meal or snack when taking these.

Ask your pharmacist about vitamin/medication interaction.

Supplements can impact how medications work, stop them from working, or increase their side effects. Some supplements marketed for brain health can cause dangerous — and sometimes fatal — reactions when taken with certain mental health drugs. It's a condition called serotonin syndrome.

Tell your doctor about all the supplements you take. Remember, the U.S. Food and Drug Administration does not approve dietary supplements for treating specific conditions.



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JULY RECIPE

Tofu Veggie Breakfast Scramble

Prep Time	Cook Time	Total Time	Serves
15 minutes	10 minutes	25 minutes	6

Crumbled tofu sautéed with a rainbow of vegetables makes a tasty, plant-based, high-protein breakfast that tastes surprisingly like scrambled eggs. A dash of turmeric gives the tofu a gorgeous egg-yellow color and provides a healthy dose of antioxidants.

Ingredients

14 ounces firm tofu
1/2 medium onion
1 small Roma tomato
1/2 red pepper
3 large mushrooms
2 broccoli stems, trimmed
2 garlic cloves
1 tablespoon olive oil
1 teaspoon dried turmeric
1/2 teaspoon salt (or to taste)

Tools

Colander or strainer
Chef's knife
Cutting board
Measuring spoons
Frying pan or sauté pan

Instructions

1. Remove the tofu from the package and drain the liquid. Place the tofu block in a colander or strainer and lay a folded piece of paper towel on top. Gently press the tofu block to remove excess liquid. You can also place a pot on top of the tofu to weigh it down and extract more liquid.
2. While the tofu drains, prepare the vegetables. Dice the onion, tomato, and red pepper. Slice the mushrooms, cut the broccoli into 1/2-inch pieces, and mince the garlic cloves. Place the vegetables in a frying or sauté pan.
3. Add the olive oil to the pan and turn it to high heat. Sauté the vegetables for about four minutes or until they start to wilt and turn golden.
4. Using your fingers, crumble the block of tofu into the pan with the vegetables. Stir it well to combine and break up any large pieces. Add the turmeric and salt.
5. Reduce the heat to medium-high and sauté the mixture, stirring frequently, for about six minutes or until any remaining liquid evaporates and everything is heated through. Taste and add extra salt if necessary.



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KIDS CAN!

- Add the vegetables to the pan
- Crumble the tofu

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