



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JUNE 2025

Beyond Sunscreen: Tips for Summer Health

After a long, cold winter, summer has finally arrived. But how do you stay healthy while enjoying the heat, the sun, and the great outdoors? You probably know the importance of protecting your skin from the sun. But applying sunscreen and wearing hats aren't the only precautions you should take to enjoy summer safely.

Wear proper sunglasses

If you're going to be out in the sun, sunglasses are a must. They protect the delicate skin around your eyes and your eyes themselves. The sun's UV rays can cause a variety of eye problems, from cataracts and macular degeneration to growths and deposits in the eye.

Wear sunglasses that block both UVA and UVB light. For extra protection, choose a design that has thick side arms to provide a physical barrier from the sun's rays. Consider prescription and non-prescription sunglasses with a lens tint that will adjust based on the strength of the sun.

Prevent mosquito bites

Mosquito bites are common in summer, and they aren't just uncomfortable. They can transmit diseases. While cases of mosquito-borne illness are low in the U.S., there are still annual cases of malaria, dengue, and West Nile resulting from mosquito bites. In addition, some people may be allergic to mosquito saliva and develop very large welts from bites and even fevers.

Mosquitos are most active from dusk to dawn, especially near standing water and in cool, shady woods. To protect yourself, stay indoors during peak times, wear protective clothing, and use insect repellent with one of these active ingredients recommended by the Centers for Disease Control and Prevention (CDC): DEET, oil of lemon eucalyptus, or picaridin.

Prevent tick bites

Tick-borne illnesses are more common than those from mosquitoes. Ticks are small (sometimes

head-of-a-pin small) bugs that latch onto your skin and can transmit serious diseases, such as Lyme disease, Rocky Mountain spotted fever, anaplasmosis, babesiosis, and Powassan. Tick bites can also trigger a life-threatening allergy to red meat called alpha-gal.

Protect yourself from ticks and tick-borne illnesses:

- Avoid tall grass and woody or shrubby areas. If hiking, stay in the center of the trail.
- Protect your skin with tick repellents, including DEET, picaridin, and oil of lemon eucalyptus, which will also protect you against mosquito bites.
- Treat clothing with permethrin, buy pre-treated clothing, or mail clothing to companies that will treat it for you. Permethrin kills ticks on contact.
- Check clothing and gear for ticks before going inside.
- Shower as soon as you come inside; then perform a tick check. Use a mirror to search in places you can't otherwise see.
- Remove any attached ticks promptly. The sooner you remove any ticks, the less likely you are to catch an illness, even if the tick is infected.
- Call your doctor if you have any concerns and seek medical help immediately if you develop a fever, rash, or difficulty breathing after a tick bite.

Avoid rashes from poisonous plants

To avoid getting rashes from poisonous plants, avoid having them touch any part of your body by wearing proper clothing.

Learn to identify and avoid contact with the poisonous plants in your area. Common poisonous plants include poison ivy, poison oak, poison sumac, and wild parsnip. Be sure you know what the plant looks like, how it grows (weed, vine, shrub, etc.), and where it grows (sun or shade, wet or dry).

HEALTH & FITNESS

Prostate Cancer Screening: What You Should Know

Finding any cancer early, before it has spread, can help save lives. But unlike definite screening guidelines for colorectal cancer, prostate cancer screening guidelines are less direct.

The biggest challenge with prostate cancer screening is that it can yield abnormal results — saying you have cancer when you don't (false positive) or saying you don't have cancer when you do (false negative).

That's why the American Cancer Society (ACS) doesn't recommend that all men get screened for prostate cancer. Instead, the ACS recommends that men discuss the benefits, limits, and risks of screening with their healthcare providers.

When to discuss prostate cancer screening with your doctor

The ACS recommends that men talk to their doctors about prostate cancer screening at the following ages based on their personal risk factors.

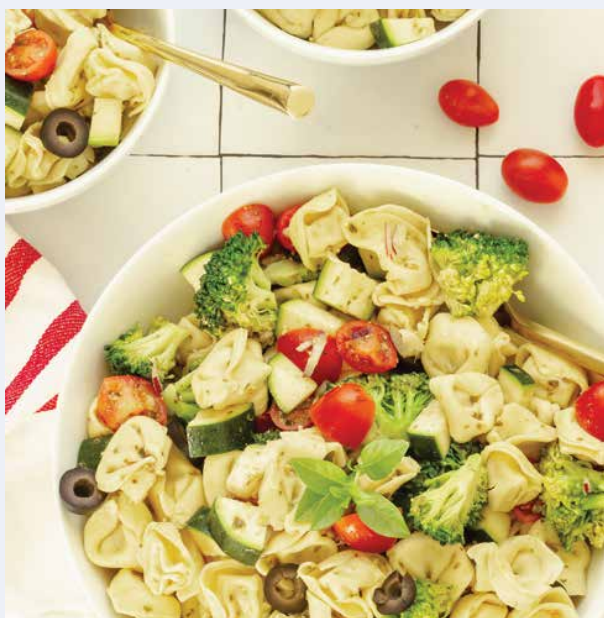
- **Age 40 for men at highest risk:** This includes men with more than one first-degree relative — father or brother — who was diagnosed with prostate cancer at an early age (younger than 65).
- **At age 45 for men at high risk:** This includes men who have a first-degree relative who was diagnosed with prostate cancer before age 65. It also includes African American men since they're more likely to get prostate cancer and twice as likely to die from it than other men, according to the CDC.
- **At age 50 for men at average risk:** This includes men who are expected to live at least 10 more years and don't have any first-degree relatives who were diagnosed with prostate cancer before age 65.



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JUNE RECIPE

Summer Tortellini Salad with Pesto Vinaigrette

Prep Time	Cook Time	Total Time	Serves
10 minutes	5 minutes	15 minutes	6

This fast and easy summer tortellini salad is a recipe you'll want to have on repeat all summer. Made with fresh cheese tortellini; crisp, colorful, seasonal vegetables; and a simple pesto vinaigrette dressing, it's a light, vegetarian dinner or a satisfying side salad to share at a cookout. Serve this warm or cold or personalize it with other vegetables from your garden.

Ingredients

- 20-ounce package of fresh cheese tortellini (from the refrigerated pasta section)
- 1/2 teaspoon salt
- 3 cups broccoli florets (small, bite-sized pieces)
- 1 medium zucchini
- 1 cup grape or cherry tomatoes
- 1/4 cup minced red onion
- 1/4 cup sliced black olives
- 1/4 cup prepared pesto
- 1/4 cup red wine vinegar
- 1 tablespoon olive oil

Tools

- A large saucepan to cook the tortellini
- Colander
- Large mixing bowl
- Spatula
- Chef's knife and cutting board
- Measuring cups and spoons

Instructions

- Fill a large saucepan with three quarts of water and bring it to a boil over high heat. Add 1/2 teaspoon of salt to the water.
- Add the tortellini to the boiling water and cook for three to four minutes or until it floats to the top and is tender. Add the broccoli florets and let them cook with the pasta for about 30 seconds. The broccoli should still be bright green and fairly crisp.
- Drain the tortellini and broccoli in a colander and rinse them with cold water. Place them in a large mixing bowl and set them aside to cool.
- Dice the raw zucchini into small, bite-sized pieces, about 1/2-inch square. You don't have to peel it. Add the diced zucchini to the bowl with the tortellini and broccoli.
- Cut the tomatoes in half or quarters, depending on their size. Add these to the bowl.
- Add the minced red onion and sliced olives to the bowl.
- In a small mixing bowl, combine the pesto, red wine vinegar, and olive oil. Stir it well and pour the dressing over the salad.
- Gently toss everything to combine. Serve immediately or refrigerate the salad until ready to serve.



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

SUN SAFETY

Be Sunscreen Smart! Five Mistakes You Might Be Making



01

Not using enough.



02

Not reapplying throughout the day.



03

Neglecting sensitive areas.



04

Not applying it on cloudy days.



05

Putting on sunscreen after you're dressed.



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Product Spotlight



This Men's Health Month, take a moment for self-care. Whether you're staying active or managing discomfort, Good Neighbor Pharmacy has the products you need to feel great.