



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | OCTOBER 2025

Worried About Pneumonia? Here's How To Prevent It

Anyone can get pneumonia, an infection in one or both lungs that causes the air sacs to fill with fluid or pus. Doctors can usually treat pneumonia with antibiotics or antiviral medications. Serious cases may require hospitalization and even lead to death. Even less serious cases can take weeks or months for full recovery.

Here's some common pneumonia symptoms and tips for prevention:

Pneumonia symptoms

Depending on your age, health, and what causes your pneumonia, you may have mild or severe symptoms, including:

- Chest congestion and pain that gets worse when you cough.
 - Coughing, often with mucus that is yellow, green, or bloody.
 - Fever and/or sweating and shaking chills.
 - Loss of appetite.
 - Low energy and fatigue.
 - Shortness of breath, rapid breathing, or wheezing.
- Older adults may have confusion, weakness, and a lower-than-normal body temperature instead of a fever. Babies may have restlessness, vomiting, low energy, and trouble breathing.

Risks of pneumonia

Each year, pneumonia causes some 1.4 million visits to the emergency department and more than 41,000 deaths, according to the Centers for Disease Control and Prevention (CDC).

Children age 2 and younger, adults over 65, and those with other health issues are more likely to develop serious pneumonia, according to the National Heart, Lung, and Blood Institute.

What causes pneumonia?

According to the American Lung Association (ALA), more than 30 types of germs can cause pneumonia. Bacteria and viruses are the most common causes, while fungal infections can also cause pneumonia.

Pneumonia spreads through the air through coughs and sneezes, and from touching contaminated surfaces and then touching your mouth, nose, or eyes.

When to see a doctor for pneumonia?

If you have any symptoms of pneumonia, call your doctor. The ALA recommends that you see a doctor or get care right away if you have:

- Trouble breathing.
- High fever.
- Chest pain.
- Cough with mucus that's severe or gets worse.
- Get a bluish color on your lips and fingertips.

Top tips to prevent pneumonia

- **Wash your hands often.** Especially before eating, cooking, or caring for someone sick.
- **Sneeze and cough properly.** Cover your mouth with a tissue or use your elbow when coughing or sneezing.
- **Clean and disinfect well.** The CDC recommends washing high-touch surfaces with warm, soapy water and using a disinfecting spray to kill bacteria and viruses.
- **Practice social distancing.** Avoid people who are sick, and avoid socializing when you are sick.
- **Avoid cigarette smoke/smoking.** Smoking makes it harder to fight off infections.
- **Get vaccinated against bacterial infections.** According to the CDC, the Hib, pneumococcal, and whooping cough vaccines protect against bacterial pneumonia.
- **Get vaccinated against viral infections.** Some viruses also cause pneumonia. To help prevent these infections, get vaccinated against the flu, COVID-19, RSV, measles, and chickenpox.

Your doctor or pharmacist can help you decide which vaccines are appropriate for you and your family and when you need them. Some are part of routine childhood immunizations, while others are among the most important vaccines for older adults.

HEALTH & FITNESS

Urinary Incontinence in Women: Causes and Treatments

Urinary incontinence, the involuntary loss of urine, affects about 13 million adults in the U.S. Women are about twice as likely as men to experience it, especially after childbirth or during menopause.

The two most common types are:

- **Stress incontinence** occurs when there's extra pressure on the bladder, such as when exercising, sneezing, coughing, laughing, or lifting heavy objects.
- **Urge incontinence:** When the urge to urinate comes on so quickly that you don't have time to get to the bathroom.

Incontinence can happen due to weakened pelvic muscles, childbirth, changes during menopause, and dementia. Or from urinary tract infections, vaginal infections, or constipation.

How to treat urinary incontinence

Simple lifestyle changes can help, including:

- **Strengthening pelvic muscles.** Practice Kegels by contracting and relaxing the same pelvic floor muscle you'd use to stop the flow of urine.
- **Avoiding triggers.** Cut back on caffeine, alcohol, and carbonated drinks.
- **Quitting smoking.** Chronic coughing from smoking weakens pelvic muscles.
- **Making timed bathroom trips.** Visit the bathroom at regular intervals to prevent accidents.
- **Losing weight.** Reducing excess weight can relieve pressure on your bladder.

If lifestyle changes aren't enough, check your local pharmacy for products like protective underwear or panty liners. You can also ask your doctor about any medical treatments that could help.



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OCTOBER RECIPE

Vegetarian Chipotle Sweet Potato Chili

Prep Time	Cook Time	Total Time	Serves
15 minutes	40 minutes	55 minutes	6

No one will miss the meat in this flavorful vegetarian chipotle sweet potato chili. It's rich, hearty, and packed with fiber and nutrients from colorful vegetables and beans. With a mild kick from chipotle peppers, this vegetarian chili will warm you from head to toe — and the leftovers taste even better the next day.

Ingredients

1 tablespoon olive oil
 1 medium onion, diced
 1 medium red pepper, diced
 3 medium garlic cloves, minced
 1 teaspoon cumin
 1 teaspoon dried oregano
 128-ounce can of crushed fire-roasted tomatoes (regular crushed tomatoes may be substituted if fire-roasted is unavailable)
 2 cups of low-sodium vegetable stock
 115-ounce can of pinto beans, drained and rinsed
 115-ounce can of black beans, drained and rinsed
 1 pound sweet potato (one large), peeled and cut into one-inch cubes
 1 chipotle pepper in adobo sauce, minced (available in small cans in the Mexican foods aisle; add more for extra heat but taste the chili before adding)
 1/2 -1 teaspoon salt (to taste)
 4 green onions, chopped (plus additional for garnish, if desired)
 3 tablespoons minced cilantro (plus additional for garnish, if desired)
 1 medium avocado, cut into cubes (to garnish)
 1 fresh lime, cut into wedges

Tools

Chef's knife and cutting board
 Strainer
 Measuring cups and spoons
 Stockpot or Dutch oven

Instructions

1. Heat the olive oil in a stockpot over medium heat. Add the onions, peppers, and garlic. Sauté for 10 minutes or until the vegetables are soft and lightly golden.
2. Add the cumin and oregano to the pot and stir for about 30 seconds. Add the tomatoes, vegetable stock, pinto and black beans, sweet potato, chipotle chili pepper, and about 1/2 teaspoon of salt.
3. Bring the chili to a boil, then reduce the heat to medium-low. Simmer for about 30 minutes, stirring occasionally, until the sweet potatoes are tender. Don't overcook the chili, or the sweet potatoes will start to fall apart.
4. Taste the soup and season to taste with more salt and additional minced chipotle pepper for more heat.
5. When the sweet potatoes are tender, add the green onion and cilantro.
6. Garnish each bowl with avocado cubes, lime wedges, and extra green onions and cilantro, if desired.



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

KIDS CAN!

- Measure the vegetable stock
- Rinse the beans
- Stir the chili

Demystifying the Vitamin Aisle: What You Need at Every Age

Age 20s and 30s:

Focus on bone-boosting supplements like calcium, magnesium, and vitamin K.

Age 40s:

Add omega-3 fatty acids from fish oil to help fight inflammation and support brain health.

Age 50s and 60s:

Get B12 from fortified foods and dietary supplements, which are easier to absorb.

Age 70+:

Check your vitamin D intake. Adults over 70 need at least 800 IU a day.



Looking for more inspiration for living well?

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Good Neighbor Pharmacy has been named Retailer of the Year by Chain Drug Review!

As a proud member of the *Good Neighbor Pharmacy* network, we're honored to be part of a community of independent pharmacies that go above and beyond for their patients every day.

Thank you for trusting us with your care. We're grateful to serve this community as your neighborhood pharmacy.

Product Spotlight



Don't let cold and flu season catch you off guard. Make sure you're prepared with over-the-counter options from *Good Neighbor Pharmacy*.