



# The Best Years

**Focus on Your Health**

**Winter 2021**

**A special supplement from  
Napa Valley Publishing**



# RELIEVING CHRONIC PAIN

There are many different alternatives to alleviating pain

TOMMASO79

**LISA IANNUCCI**  
CTW Features

According to the Centers for Disease Control and Prevention, an estimated 20.4 percent of U.S. adults had chronic pain, and 8.0 percent of U.S. adults had high-impact chronic pain in 2016. Chronic pain has been linked to restrictions in mobility and daily activities, dependence on opioids, anxiety and depression, and poor perceived health or reduced quality of life.

Chronic pain can be caused by injury, cancer treatments, severe arthritis, digestive disorders and other diseases. Some people don't even know the cause of their pain. Those who suffer from chronic pain

might want a more non-traditional way to cope.

Times are changing, and patients are open to alternatives and more natural approaches to reduce their pain, including acupuncture, meditation and the use of cannabis and CBD," said Andrew Kerklaan, DC, of Montreal Quebec, who has spent 20 years in complementary health care. "CBD is a more natural approach you can take that's better for your system because of its low toxicity."

Some consumers don't understand the ABCs of CBD — what it is, how it differs from marijuana, what CBD products they can use for what ailment and whether or not they are actually safe. CBD stands for

cannabidiol, one of the main compounds found in the cannabis plant, but it is not marijuana, although marijuana contains CBD. Marijuana also contains tetrahydrocannabinol, or THC, which is what gives you the 'high' when it is smoked or used in cooking.

But how does it help pain? "THC and CBD are the most well-known natural cannabinoids when treating pain," said Jodi Chapin RN and Director of Nursing for GreenNurse Group. "There are many compounds in the cannabis plant, and each one has their benefits. It's referred to as The Entourage Effect, which refers to the combined effect of the cannabinoids, terpenes, and other chemical compounds

in the cannabis plant."

According to Dr. Kerklaan, cannabis and CBD help chronic pain of all intensities. "When you have chronic pain, you lose the ability to be active and it can lead toward depression and an inability to sleep," he said. "Treating chronic pain really needs a multi-pronged approach to break that cycle. Acupuncture and massage and exercise therapy would all be an important part of it while CBD also offers the potential to reduce pain and improve sleep, improve mood."

There are oral and topical CBD products. "Topical products act at the surface of the skin, but doesn't get into the bloodstream," said Dr. Kerklaan. "If you

have more chronic pain, you can try an ingestible or an oil drop.”

Ann Marie Cavanaugh started having pain in her hands about 10 years ago. She tried cortisol injections, but they stopped working. The doctors advised against a daily regimen of over-the-counter painkillers, so Cavanaugh tried a CBD tincture. “It helps with the pain and with sleep,” said the 54-year-old Fishkill, New York resident. “I also use the cream, and it definitely takes the edge off.”

Sammi Turano is a 36-year-old writer who was diagnosed with fibromyalgia in 1999 and has used CBD oil for about a year. “It’s the only thing that helps without adverse side effects,” said the Pennsylvania resident. “It also helps calm the anxiety that comes with the disease.”

Chapin said that each person’s CBD and cannabis dosage is different, and many adjustments may be needed to target the dose that controls pain with minimal side effects. “It’s very important to start on a low dose of THC and CBD and gradually titrate to the lowest effective dose,” she said.

#### Acupuncture

A few years ago, Candy Harrington was on the floor, crawling to the bathroom. She was in agonizing pain from a chronic sciatica issue, which is typically caused by a herniated disc. That crawl was enough for her. She needed help, but she didn’t want to pump her body with traditional medications that would be harsh on her system. Instead, she decided to try acupuncture.

According to the Mayo Clinic, acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. It can be used to relieve pain from chemotherapy-induced and postoperative nausea and vomiting, dental pain, headaches, low back pain, neck pain and more.

“I chose Eastern medicine, where they treat the cause instead of the symptoms,” said the now-62-year-old Northern California resident, who opted for weekly acupuncture visits that each lasted about 1-1/2 hours. “Slowly, I felt relief from the pain, and after about two months, I was much better. These days, I go in for a wellness visit about every 6 to 8 weeks. Today, I am pain-free and I can physically do things today that I couldn’t before treatment. Acupuncture truly gave me a better quality of life.”

Although there are few complications from acupuncture, patients who have a bleeding disorder, a pacemaker or are pregnant may not be able to use acupuncture. The National Center for Complementary and Integrative Health advises patients to check the credentials

### CBD guidelines

Interested in trying CBD, but don’t know where to start? Here are three tips from owner Meridith Coyle from ANEU Catering, Kitchen and Juicery and Approach located in Paoli, Rosemont and soon King of Prussia, Pennsylvania.

If there is anything besides Organic, Non-GMO Hemp and MCT oil in it, then don’t take it. No natural flavors, etc.

If it says 500 MG on one line of the description on the bottle and then CBD oil on another line, do not buy it. It means there is 500 mg of something in the bottle, but not CBD.

Know the source of your CBD and make sure you discuss with your provider how much is right for you.



of the acupuncturist. Most states require a license, certification, or registration to practice acupuncture. Most states require a diploma from the National Certification Commission for Acupuncture and Oriental Medicine for licensing.

Finally, meditation is another way to help combat pain. There’s more to the benefits than just a good “ooohhmm.” Mindfulness meditation has been shown in clinical trials to reduce chronic pain by 57 percent. It soothes the pain by altering the structure of the brain itself, so patients no longer feel pain with the same intensity. It is said to be modeled after the Mindfulness-Based Stress Reduction program created in 1979 by Jon Kabat-Zinn to help counter – among other things – stress, chronic pain, and other ailments. According to an article in the U.S. News and World Report, mindful meditation has been shown in clinical trials to reduce chronic pain, with some experienced meditators able to reduce it by over 90 percent.

Just remember that what method works for everyone else may not work for you. “Everybody is unique and different, and just like a prescription, it doesn’t work for everyone,” said Dr. Kerklaan. “These options are natural, low-risk and are well tolerated.”



## CATHY ZELLER ERICKSON

### AREAS OF EMPHASIS

- Trusts
- Wills
- Trust Administration
- Probate

# ZELLER, HOFF & ZELLER INC. ATTORNEYS AT LAW

Providing our clients with Personal, Professional Attention

**(707) 252-6633**

929 Randolph Street, Napa, CA 94559

[czeller@zhzlaw.com](mailto:czeller@zhzlaw.com)

# The good and the bad about NSAIDs

Here are a few things you may not know about the popular anti-inflammatories

**LISA IANNUCCI**  
CTW Features

When Jeremy L. Knauff suffered injuries in the Marine Corps, he relied on pain relief medications like ibuprofen (Motrin, Advil) and naproxen (Aleve), otherwise known as non-steroidal anti-inflammatory drugs (NSAIDs). Today, he doesn't go a day without chronic pain thanks to an autoimmune condition he's now suffering from, but this time, he wouldn't even think of using NSAIDs for relief.

According to the Merck Manual, pain is considered chronic if it lasts for more than 3 months, lasts for more than one month after the injury or disorder that initially caused pain has resolved, recurs off and on for months or years, or is associated with a chronic disorder (such as cancer, arthritis, diabetes or fibromyalgia) or an injury that does not heal. All the patients know is that they want to feel better.

"Every cell of my body is in constant pain, but I stopped taking NSAIDs about five years ago

after taking them for more than 20 years because I learned that they were actually hurting me," said the 43-year-old Tampa, Florida resident. "Ironically, while NSAIDs are supposed to reduce inflammation, they also cause inflammation in the intestines, which makes autoimmune conditions worse."

There are benefits to using NSAIDs. They reduce the sensation of pain. At higher doses, they reduce the inflammation that often accompanies and worsens the pain. Some patients, like Diane Reeder, depend on it. "I would sooner run out of bread, milk or eggs than my Aleve," said Diane Reeder of Kingston, New York. "It's the only thing that helps with my inflammation so I can sleep."

"NSAIDs reduce the immediate pain by inhibiting the formation of hormones known as eicosanoids," explains Dr. Barry Sears, the author of the Zone Diet book series, and president of the Inflammation Research Foundation. "However, they also inhibit the formation of hormones known as resolvins that heal the damage caused by the inflammation. That's why they have side effects."

These side effects include the risk of digestive bleeding, and studies released over the last few

years have shown that there is also an increased risk of heart and blood vessel disorders with long-term use. "Over time, NSAIDs can affect normal functions of the body — including the GI system, heart, liver and kidneys," said Harrison Linder, MD, a pain management specialist with The Center for Interventional Pain Medicine at Mercy Medical Center in Baltimore, Maryland.

"Anti-inflammatories also alter the blood flow to the kidneys, which increases the stress on the kidneys," said Linder.

For four years, Sueann Souter McIntyre took daily naproxen to help combat her chronic arthritis pain. That is until her doctor

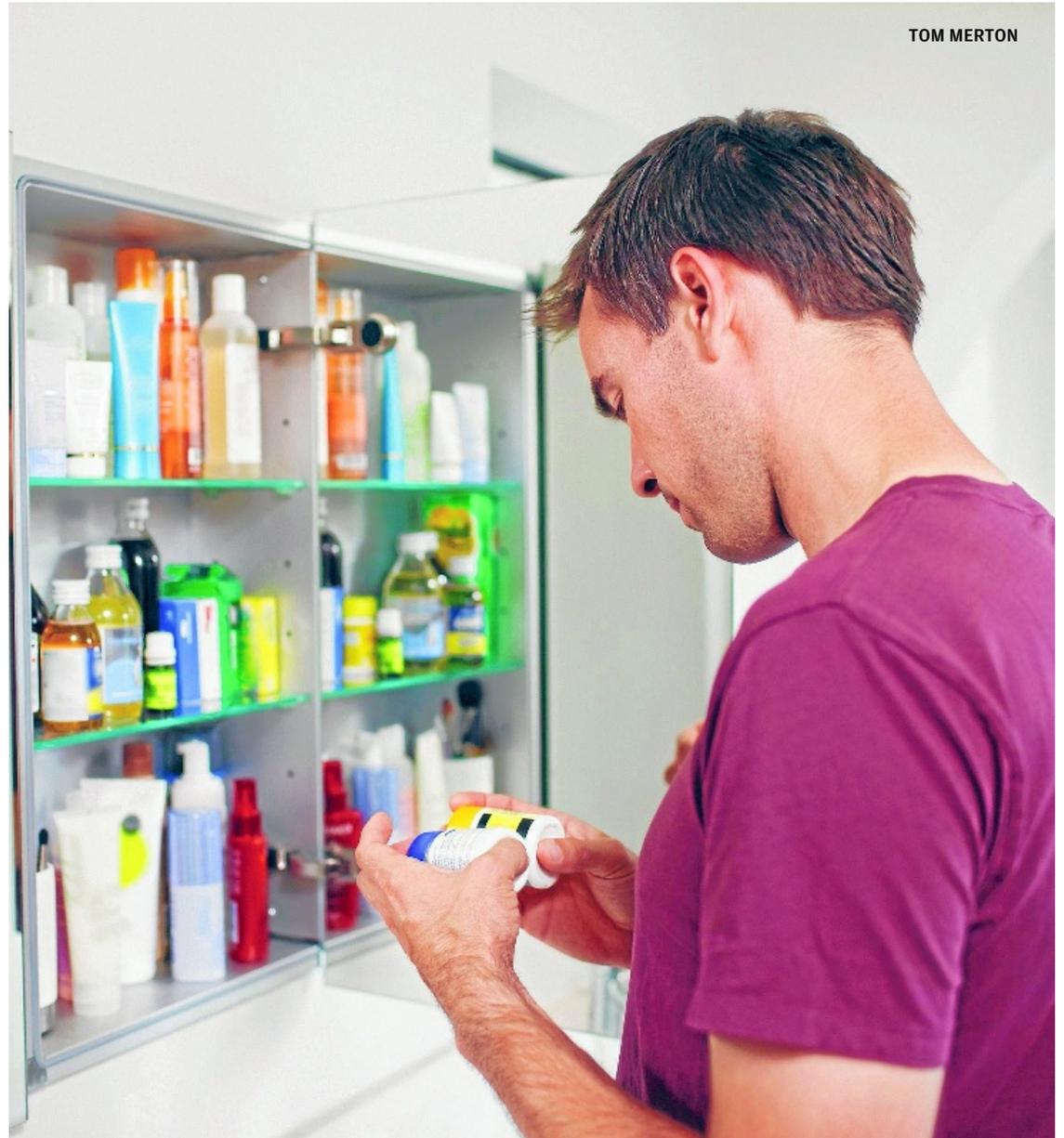
told her that she was in third-degree kidney disease. "Luckily, my damage was reversible," said Souter McIntyre, a resident of Fishkill, New York.

In addition to cutting back, what should chronic pain patients use to relieve their pain? "There are different pain relief options — depending on the location of the pain — so there are spinal injections, muscle relaxants, nerve blocks and physical therapy, but we avoid opioids if we can," said Linder.

According to the National Institute on Drug Abuse, roughly 21 to 29 percent of patients who are prescribed opioids for chronic pain, such as OxyContin and Vi-

codin, ultimately misuse them. Between 8 and 12 percent of opioid users will develop an opioid use disorder, and more than 115 people in the United States will die every day from an opioid overdose.

Since deciding to quit NSAIDs, Knauff has tried to rely on natural anti-inflammatories, stretching, and hot and cold therapies. If you still want to use NSAIDs, Linder urges patients to be careful how often they use them and to give their bodies a break — even just for a few days — if they are using them on a daily basis. "You can alternate NSAIDs with acetaminophen, but Tylenol can affect the liver too, so be careful," he said.



TOM MERTON

# Silverado Orchards Retirement Community **NOW RENTING...**



**Private or Virtual Tours Available**

**CALL TODAY...  
(707) 963-3688**



Follow us on...

facebook



Instagram

@silveradoorchards

601 Pope Street

St. Helena, CA 94574

[www.SilveradoOrchards.com](http://www.SilveradoOrchards.com)



*Family Owned Since 1978*



# Chronic pain and exercise

Studies show that working out may help reduce certain pain

LISA IANNUCCI  
CTW Features

Edward Garofolo suffered from chronic pain for two years as a result of a herniated disc in his back. During this time, the 50-year-old was advised to sit, put some heat on it and give his back time to heal. But rest didn't help, and on top of everything, the pounds piled on from sitting around so much, which made the stress on his back even worse.

Eventually, Garofolo consulted another doctor who completely changed his treatment plan. After a few months of walking short distances and several physical therapy sessions each week, he finally started to feel a bit better. "It's going to take more time, and I'm not sure my chronic pain will ever completely go away; but for me, exercise has become a big part of my healing," said the New York resident.

"With anybody who is experiencing chronic pain — there is going to be movement that makes the symptoms worse and some that make it better," said Justin Feldman PT, DPT, at Feldman Physical Therapy and Performance in Poughkeepsie, New York. "Our goal is to determine the difference between the two and provide them with a strategy to begin exercising with weights, resistance bands or body-weight movement exercises."

Most importantly, Feldman urges those patients in physical therapy to continue the exercises at home. "You have to do the exercises five to six days a week, and we found that the less you go to physical therapy, the less likely you're going to do the exercises in between sessions," said Feldman.

In his book, "Do You Really Need Spine Surgery?", David Hanscom M.D. writes, "Tight muscles and joint contractures are painful. As the injured area approaches full range of motion, your body warns you with pain signals. Becoming more protective of these tissues, your pain grows with less motion. As you decrease your level of activity, your weakened body finds it harder to support your spinal column."

To help prevent this, Dr. Hanscom suggests working toward a full range of motion for all of your painful joints with 3 to 5 hours of resistance exercises per week.

The National Institute on Aging explains that each type of exercise provides specific benefits to those in chronic pain. For example, strength exercises can help



JOVANMANDIC

maintain or add to your muscle strength. Strong muscles support and protect joints. Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Finally, flexibility exercises help to keep joints moving, relieve stiffness, and allow for more freedom of movement for everyday activities.

But Dr. Hanscom says that exercise is only part of chronic pain treatment.

"Chronic pain is an embedded memory, so it has to be erased," he said in an interview. "Lack of sleep, stress, all contribute to the pain. Exercise and medica-

tions all work a little, but nothing works completely. You have to take control of all of the variables that are affecting you personally, but exercise is mandatory to make progress."

This is especially important as you age. "Muscles atrophy when you get older and weight training stops and reverses it," he said.

If your joints hurt too much to walk or carry weights, consider aquatic therapy as a form of exercise to get you started. When you step into the water, the buoyancy provides less stress on your joints

and makes it less painful to move. Some physical therapy centers provide aquatic therapy, or you may find a gym that offers aquatic therapy classes.

Perhaps you would prefer doing the downward dog to a water jog? If yoga is your thing, studies have also shown that yoga can reduce pain perception and have the opposite effect on the brain, as does chronic pain. There are many types of exercises to consider when trying to combat chronic pain, and it just might be as simple as finding one that's right for you and taking that first step.



## **Live life without limits. Experience Luxury Senior Living at The Lodge at Glen Cove**

With over 50 years of combined experience, The Lodge at Glen Cove offers the best of care when it comes to independent living, assisted living, and memory care. Our community provides luxury experiences along with energizing activities, exceptional care tailored to your needs, and lavish amenities.

### **The quality care you deserve**

At The Lodge at Glen Cove, our highly experienced care team is dedicated to providing you the quality support you and your family deserve. You will have access to 24-hour on-site staff, medication management, daily living assistance.

### **Our amenities provide you the freedom to soar**

Getting older shouldn't take away the freedom you've worked so hard for. That's why we're proud to provide you with a luxury senior living experience you can only get at The Lodge at Glen Cove. Our lavish amenities include daily activities, restaurant-style dining with meals prepared by our executive chef, an on-site salon with a licensed beautician, and much more.

**Contact us to experience The Lodge at Glen Cove. Call 707-653-4728**



LIGHTFIELDSTUDIOS

## Accepting your body and diagnosis is one of the first steps in healing

LISA IANNUCCI  
CTW Features

**T**ara Mandarano has been suffering from chronic pain for more than a decade after being diagnosed with fibromyalgia and endometriosis. It's been a long road for her to accept her condition and learn how to live her best life, but she's getting there.

"Coping with a chronic illness is an ongoing process, and every person deals with it differently," said the 41-year-old. "For me, it's about trying to keep my stress levels in check, since there is a significant connection between our mind and our physical health."

In an article published in *Practical Pain Management*, associate editor Steven Aliano compares the stages of chronic pain acceptance to the Kübler-Ross model, which

outlines the progression of the emotional stages of grief — shock and denial, anger, bargaining, fear and anxiety, depression and acceptance, and hope.

"Acceptance does not mean willfully accepting the pain, but rather, means that you are ready to accept yourself — and your diagnosis — without judgment," he writes. "Some patients come to grips with accepting their chronic pain fairly quickly, while others may never reach this crucial step."

When she has good days, Mandarano makes sure to get out and do things that she enjoys, like having coffee, browsing in a bookshop or enjoying a family activity. "I make the most of these moments since I know the following day I could be bed-bound and alone, just trying to stay ahead of the pain," she said. "Some days it's a struggle to remain optimistic. I go to therapy, take medication and write my way through it."

She said that writing helps her to process her experiences. "The silver lining is that by publishing or posting about my life, other



MONKEYBUSINESSIMAGES

people with chronic illnesses feel seen and heard," said Mandarano. "My mission is to validate and spread awareness of how these invisible illnesses affect ordinary lives."

Gwenn Herman was dropping off her daughter at preschool when another car

rear-ended her, causing a concussion and spiraling her into 24 years of chronic neck pain. "I've never had pain like that in my neck before, and it went into my head and felt like a power drill was in there," said Herman.



She became furious at her own body, the woman who hit her and the fact that her husband had to take over everything. "I lost a lot of confidence in myself, and my social work friends left me after my operation, so it became isolating," she said. "People thought I looked normal when I was out but didn't realize I was in the house for a whole week. This pain was ruining my whole life."

She finally found a neurologist who said that she needed a team approach. "He talked to me so much that I started to cry," she said. "Nobody else seemed to be listening."

After new medication to help her sleep and undergoing a treatment that reduced her nerve pain just a little bit, Hermann started to feel a bit more "normal."

Hermann started a support group to help others with chronic pain to share their feelings, now works with the U.S. Pain Foundation, and penned a book, "Making the Invisible Visible: Chronic Pain Manual for Health Care Providers". The U.S. Pain Foundation keeps a list of local support groups, specialized classes, a speaker series on treatment modalities, training and supervision of mental health professionals on

chronic pain, a newsletter on chronic pain issues, information and referrals, and community outreach and education and more.

Hermann calls the sixth stage of chronic pain 're-creation.' "There was you before the pain and you how are now, but you can't stay in the past," said Hermann. "When you accept your body the way it is now and focus on what you can do, that's acceptance. You clear out your head so you can deal with it and pace yourself better until the level of pain goes down."

Hermann also suggests trying different treatments – such as acupuncture, acupressure and guided imagery and see how it can help. "Learn self-care," she said. "The pain is not controlling you; you're controlling it."

Chronic pain is not an individual condition. It affects the rest of the family too. "Encourage family members and significant others to come to support groups or be on calls where they can learn more about chronic pain. The more people who learn and listen, the better it is for you."

For more information on the US Pain Association, visit <http://www.painconnection.org>.

## WOMEN'S HEALTH 2021

### What's New, What's Next?

With a lot going on, how do we connect the **3 C's** for women?

- **COVID-SAFE VISITS**...only one patient in the office at a time.
- **CANCER AVOIDANCE**...through detection of pre-cancers and early-stage cancers.
- **COST OF CARE**...accepting Medicare and most insurances.

Be sure to get the ESSENTIAL care you need in a timely fashion.

We specialize in office-based ultrasound for screening and diagnosis of breast, uterine, tubal and ovarian cancers.

*Enjoy comprehensive full-service gynecology and women's healthcare with an extra focus – a truly life-saving difference.*

 A woman is lying down, and an ultrasound probe is being used on her abdomen. The image is partially obscured by text and a pink ribbon.
 

### ULTRASOUND BREAST & OVARIAN CANCER SCREENING OF THE NAPA VALLEY

in the office of  
**John T. Armstrong Jr. MD MS and Staff**

3434 Villa Lane, Suite 360  
Napa, CA 94558  
707 257-4317

UCSF trained, 5 Star Reviews

Visit: [JohnArmstrongMD.net](http://JohnArmstrongMD.net)

# Is your favorite food helping or harming you?

Controlling inflammation through your diet looks a lot like controlling for weight gain

**STEPHANIE HARVIN**  
CTW Features

No look at chronic pain would be complete without considering the foods we eat. Not surprisingly, the same foods that contribute to a healthy diet are the ones recommended by experts to help control inflammation.

Although the experts vary on exactly what foods may have more or less inflammatory effects on the body, a Harvard study suggests an anti-inflammatory diet should look like a Mediterranean diet, which consists of:



RAWPIXEL

## Caring for Our Community Thru... Fires, Floods, Earthquakes And Now... COVID-19

*Our Agency is Essential to the Health of Our Community*

We're available 24 hours a day, 7 days a week! Our Agency Never Closes.



30 Years of Caring  
Camie Bianchi  
OWNER

**Your  
Home...**

**Homemakers/Caregivers  
Licensed Nursing Services**

*God Bless All Our  
Health Partners!*

Napa  
224-7780  
963-4913

Sonoma  
996-4135

Benicia/Vallejo  
642-4711  
Vacaville/Fairfield  
428-5733  
Yolo County  
530-753-7478

**Our Caregivers follow all safety guidelines  
for the protection of our Patients and Families**

[www.YourHomeNursing.com](http://www.YourHomeNursing.com)



BROTHERS91

- Tomatoes
- Olive oil
- Green leafy vegetables, such as spinach, kale and collards
- Nuts like almonds and walnuts
- Fatty fish including salmon, mackerel, tuna and sardines
- Fruits such as strawberries, blueberries, cherries and oranges.
- And the study revealed that the foods to avoid are the same culprits that have been shown to give you an increased risk of type 2 diabetes and heart disease:
  - Refined carbohydrates, such as white bread and pastries
  - French fries and other fried foods
  - Soda and other sugar-sweetened beverages
  - Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
  - Margarine, shortening and lard.

Dr. Frank Hu, professor of nutrition and epidemiology in the department of nutrition at the Harvard School of Public Health, says that while unhealthy foods contribute to weight gain, several studies have suggested that even taking excess weight into account, there was still a link between foods and inflammation.

“Some of the food components or ingredients may have independent effects on inflammation over and above increased caloric intake,” Hu says.

Controlling your weight gain and inflammation at the same time can reduce

flare-ups of chronic pain, even if it doesn’t control the pain entirely.

Some experts have suggested that berries may have an active role to play in fighting the inflammation that leads to chronic pain.

Eating antioxidant-rich berries may help your body combat inflammation that could lead to heart disease, according to Dr. David Heber, director of the UCLA Center for Human Nutrition at the University of California, Los Angeles. And they may also lower your chance of developing colon cancer, protect your eye health and help keep your memory sharp as you age. Berries are a good source of the soluble form of fiber, which helps lower cholesterol, according to Dr. Heber.

All berries have substances in common that make them a valuable part of your diet. The vibrant berry colors signal their health benefits, according to Ruth Frechman, MA, registered dietitian and spokesperson for the American Dietetic Association.

“When you see color, you know there will be antioxidant properties [in the berries],” says Frechman.

It’s not just the antioxidants that give you a lift. Those tiny crunchy seeds that give berries their characteristic texture also provide a health boost. The seeds and the skin contain dietary fiber. In fact, a cup of berries has more fiber than a slice of whole wheat bread.

## MIND BOOSTERS

A fun workout for your brain!



Worried about memory loss for yourself or a loved one?

Increase your brain fitness and minimize memory loss in our twice-monthly, online Mind Boosters class.

Find out more today!

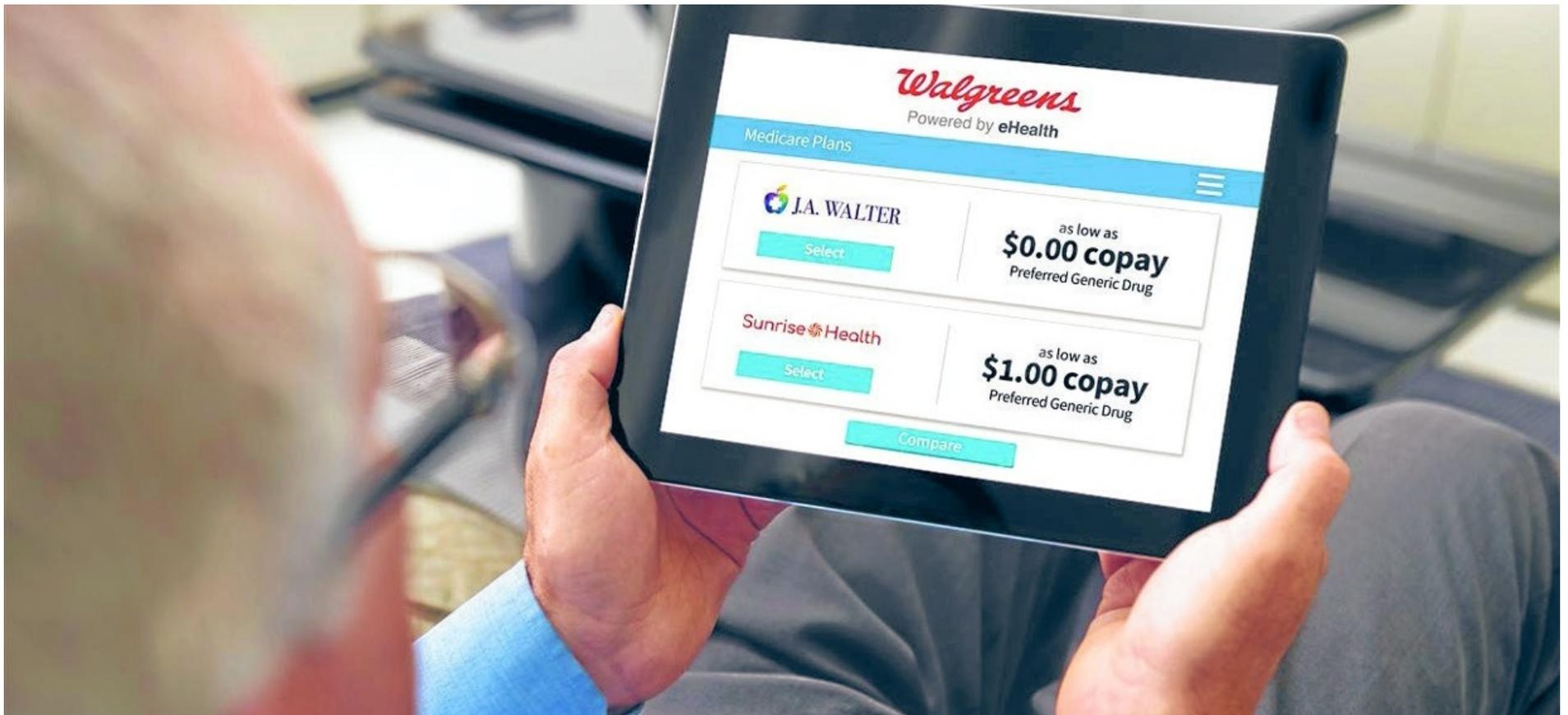
707.258.9080

[collabriacare.org](http://collabriacare.org)



Collabria Care

*We're here for you*



## 4 Things to Know When Shopping for a Medicare Prescription Drug Plan

(BPT)—About 10,000 Americans turn 65 every day and by 2050, seniors will represent more than 20% of the population.[i] If you are 65 or older, staying healthy is more important than ever. One step includes picking a Medicare prescription drug plan during Open Enrollment, which began Oct. 15.

If you pay out-of-pocket for your prescription drugs, a Medicare prescription drug plan may help save money. Each plan provides a list of covered medications, which is available through the plan's website and customer service center.

With the right tools and a trusted partner to provide guidance, it can be a simple process. Read the following tips to help pick a plan:

### #1: Consider a stand-alone or combination plan.

In addition to examining out-of-pocket costs and what your plan covers, a good place to start when considering your options is to research a Prescription Drug Plan (PDP) and Medicare Advantage Prescription Plan (MAPD). A PDP is a stand-alone plan that only covers prescription drugs. A MAPD

combines Part A (hospital insurance), Part B (medical insurance) and usually Part D (prescription drug) into a single plan.[ii]

### #2: Evaluate the plan each year.

Your Medicare prescription drug plan benefits can change yearly, including prescription drug coverage, premiums, deductibles and pharmacy benefits. Even if you're keeping your plan, it's important to evaluate if it continues to fit your needs. And for the six in 10 Americans living with at least one chronic condition[iii] that may

*Proudly Serving the Napa Community for over 160 years.*

- ~ Affordable Burial and Cremation Services
- ~ Pre-Need Available
- ~ Reception Hall / Chapel
- ~ On-Site Crematory
- ~ Non-Profit Cemetery

Please call us for temporary COVID-19 guidelines.

*Tulocay* [www.tulocaycemetery.org](http://www.tulocaycemetery.org)

Si hablamos español

**CEMETERY ~ FUNERAL HOME ~ CREMATORY**

LIC # COA 9      LIC # FD1786      LIC # CR113

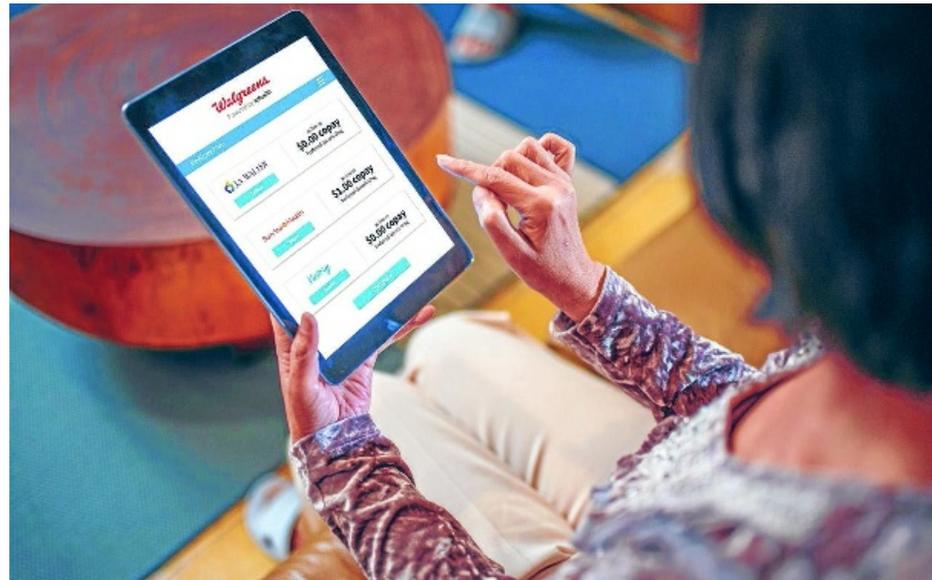
411 Coombsville Rd. | Napa, California | 707.252.4727

require multiple daily medications, having a plan with minimal copays can be critical. Talking to an independent insurance broker can help assess your individual needs. Walgreens has teamed up with eHealth\*, an independent, fully licensed health insurance broker offering free, personalized advice with no obligation to enroll. People found an average savings of \$710 annually when using eHealth.[iv]

### #3: Ensure your selected plan works with your preferred pharmacy.

Check if your pharmacy of choice is in the plan's preferred network to save on copay costs. Pharmacists also understand individual medication needs to help you navigate your Medicare prescription drug plan options.

Pharmacists play a pivotal role in communities, and in these times, are highly accessible resources to ask health-related questions. Walgreens pharmacists have stepped up in incredible ways to support people throughout the pandemic, whether it's spending additional time over the phone to address questions or combining prescription refills to fit busy schedules and reduce trips to the pharmacy.



### #4: Explore ways to lower costs at the pharmacy.

Check whether your brand-name prescription has a generic alternative, and then talk with your doctor to see if this would be a good option for you. If your brand-name prescription doesn't have a generic alternative, there may be lower-cost brand-

name prescriptions used to treat the same condition. Ask your pharmacist, and then talk with your doctor to see if switching brands makes sense in your situation.

Open Enrollment for Medicare began on Oct. 15 nationwide. As a pharmacy that people know and trust, Walgreens has a number of tools available in store and online to help you research what pre-

scription drug plan works for you and your loved ones. Visit [Walgreens.com/medd](https://www.walgreens.com/medd) to learn more and get started. To talk with an eHealth licensed insurance broker, call 1-844-973-1713 TTY users 711 or visit [ehealthmedicare.com/Walgreens](https://ehealthmedicare.com/Walgreens).

*\*eHealth is a licensed insurance broker. No commissions are paid to Walgreens. No obligation to enroll.*

*[i] The Aging Readiness & Competitiveness Report. AARP International. <https://arc.aarpinternational.org/File%20Library/Full%20Reports/ARC-Report--United-States.pdf>*

*[ii] How do Medicare Advantage Plans work? Medicare.gov. <https://www.medicare.gov/sign-up-change-plans/types-of-medicare-health-plans/medicare-advantage-plans/how-do-medicare-advantage-plans-work>*

*[iii] About chronic diseases. National Center for Chronic Disease Prevention and Health Promotion. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/chronicdisease/index.htm>*

*[iv] eHealth's Medicare Choice and Impact report examines user sessions from more than 11,000 eHealth Medicare visitors who used the company's Medicare prescription drug coverage comparison tool in the fourth quarter of 2019, including Medicare's 2020 Annual Election Period (October 15–December 7, 2019).*



**LIFE  
PROFILE**  
SENIOR HELPERS

**BETTER ASSESSMENT. BETTER CARE PLAN.**

**BETTER OUTCOME.**

Senior Helpers LIFE Profile combines compassionate care with technology to create the most comprehensive in-home care plan for your loved one. Our proven programs and trained caregivers make it easier for families to:

- Address areas of concern including Independence, Burden of Care, Safety Risks, Quality of Life and Medical Condition Management
- Create a safe, comfortable care environment at home
- Provide the specific assistance and support needed for successful aging at home

**SENIOR  
Helpers**

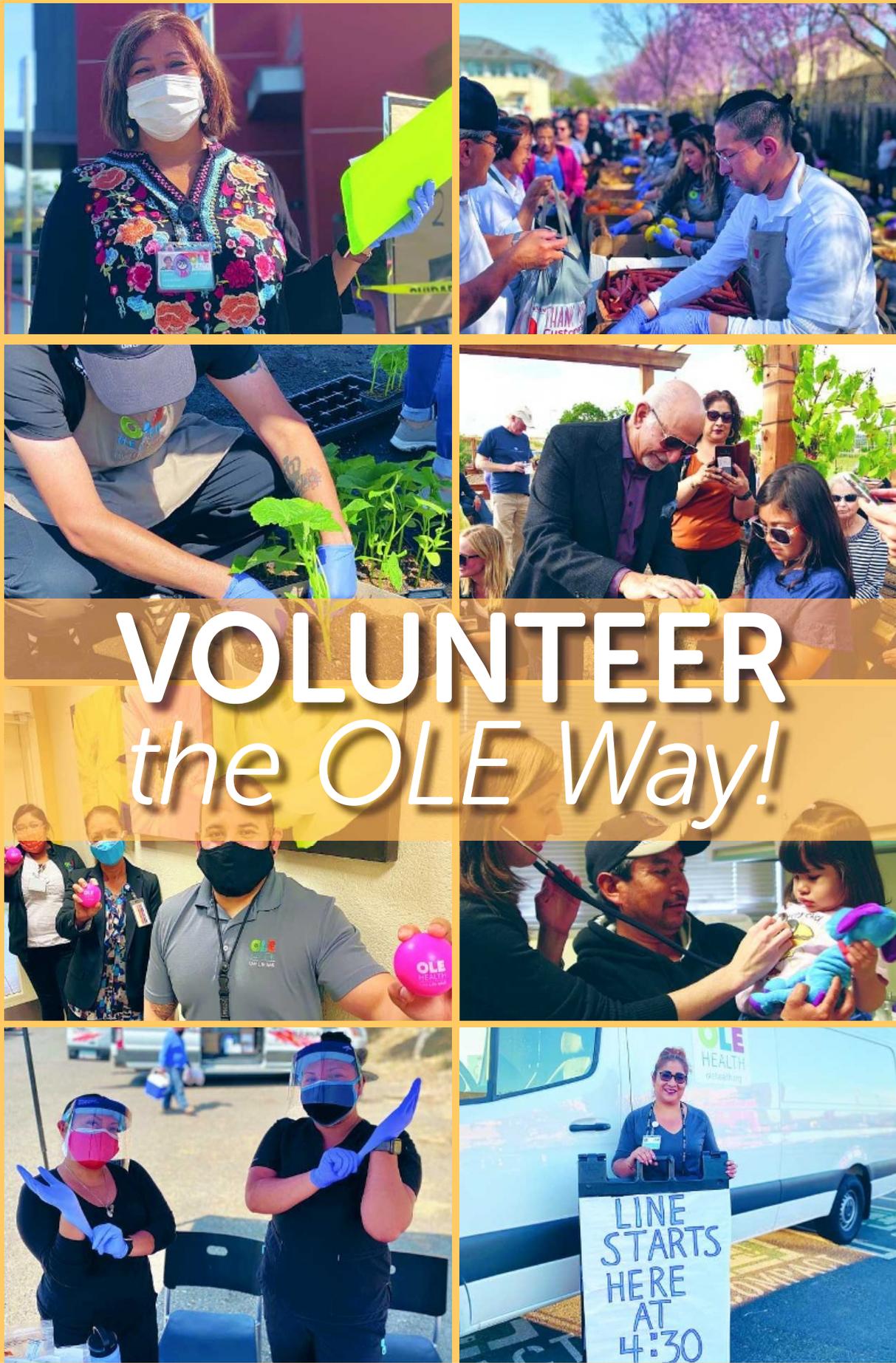
Care and comfort at a moment's notice.

**Contact us today to learn more:**

**707.200.6665 | [seniorhelpers.com/NAPA](https://seniorhelpers.com/NAPA)**

HCO #284700002

All rights reserved. Senior Helpers locations are independently owned and operated. ©2020 SH Franchising, LLC.



**VOLUNTEER**  
*the OLE Way!*

**If interested  
 in making a  
 difference in the  
 lives of the  
 Napa Valley  
 community +  
 beyond,  
 email**

**[volunteer@olehealth.org](mailto:volunteer@olehealth.org)  
 or  
[voluntario@olehealth.org](mailto:voluntario@olehealth.org)**

**OLEHEALTH**  
 VOLUNTEER PROGRAM

**[olehealth.org](http://olehealth.org)**

300 Hartle Ct, Napa

**707.254.1775**

Hablamos Español

# Your COVID-19 Vaccination Questions, Answered

(BPT)—With COVID-19 vaccination underway in the United States, many Americans are preparing to get the vaccine to protect themselves and help slow the spread of COVID-19. If you're able to get the vaccine, you probably have a lot of questions. Knowing what to expect and how to properly prepare for your appointment can help put your mind at ease.

## COVID-19 vaccine basics

COVID-19 vaccines are now available in the U.S., and according to the Centers for Disease Control and Prevention (CDC), the vaccines approved in the U.S. do not contain the live virus that causes COVID-19 and therefore you cannot contract COVID-19 from them. The CDC states these vaccines have been carefully evaluated in clinical trials and are deemed safe and effective by the U.S. Food & Drug Administration (FDA) with a full advisory committee meeting review for all vaccines.

## Preparing for the COVID-19 vaccine

Getting a vaccine not only protects you, but also the people around you, especially those who are unable to get vaccinated. The CDC offers guidance summarized below to help you prepare for your vaccination, whether it's your first or second dose:

1) If you're approved to get a vaccine, talk to your healthcare provider ahead of time. You may be going to a vaccination clinic where your healthcare provider is not directly administering the injection, so if you have questions, speak with them before your appointment.

2) Do not schedule any other vaccinations within two weeks before your COVID-19 vaccination. If you feel ill before your appointment, call the vaccination clinic and ask if you should still come in or reschedule.

3) Get good rest the days prior



to the appointment, especially the night before. Eat a light meal or snack before your appointment and stay hydrated. Rest and good nutrition help prepare your immune system for the vaccination.

4) Ask about side effects. While some people have no symptoms, others may experience headache, muscle/joint pain, chills, fever and fatigue that generally subside after 48 hours. Plan for several low-key

days following your vaccination.

5) Plan ahead for post-vaccination care by having the essentials on hand in your medicine cabinet. According to the CDC, over-the-counter medications (like Advil) can reduce pain, fever or discomfort associated with post-COVID-19 vaccine, including mild aches or arm soreness. According to Dr. Jeffrey Fudin, B.S., Pharm.D., FCCP, FASHP, FFSMB,

“Aches and fever are common side effects of coronavirus vaccination, and can easily be treated with a pain reliever like Advil.”

6) If your vaccine requires two doses, consult with your vaccination clinic or pharmacy to schedule your second dose.

While millions in the U.S. have received the COVID-19 vaccine, availability is currently limited and you may not be able to get it right away. Continue to take smart safety measures such as washing your hands frequently with soap and water, wearing a mask when out in public, avoiding large crowds, and appropriate social distancing. When it is time to get your COVID-19 vaccination, these preparatory steps will help you feel empowered as you take an important step to end the pandemic. For more information about how to prepare for the COVID-19 vaccine visit [www.cdc.gov](http://www.cdc.gov), and visit [www.Advil.com](http://www.Advil.com) for more information on Advil.



## NAPA VALLEY ORTHOPAEDIC



MEDICAL GROUP, INC.



**Experience. Expertise. Technology. Results that Restore Your Active Lifestyle.**

*We provide advanced noninvasive treatment and minimally invasive surgery for enhanced results.*

*Our state-of-the-art treatment center offers subspecialty care areas, onsite digital X-ray, casting room, procedure room.*



**Highly specialized care including:**

*Joint Replacement  
Hand and Upper Extremities  
Foot & Ankle  
Spine Center  
Shoulder Surgery  
Advanced Arthroscopy  
Pain Management*

*Major Insurance Accepted & Se Hable Español*

**The premier multidisciplinary orthopaedic center servicing Napa, St. Helena, and surrounding areas**

**Read more at [www.NapaValleyOrtho.com](http://www.NapaValleyOrtho.com) - Call 707-254-7117 today!**

# SIMON EYES

— NAPA VALLEY —

## Dr. David P. Simon MD, FACS

### Eye Physician & Surgeon

- Board-certified ophthalmologist with over 20 years of experience
- Accepting Medicare and most insurance plans
- Following strict COVID protocols for your safety

### Services include:

- Routine Eye Exams
- Glaucoma and Macular Degeneration Care
- Diabetic Retinopathy Screening and Care
- Cataract Surgery
- Dry Eye Treatment
- Eyelid Surgery
- LASIK Surgery
- BOTOX
- JEUVEAU®



*Now Accepting New Patients!*

**707-256-5000**

[simoneyesmd.com](http://simoneyesmd.com)

3260 Beard Road #5, Napa • Near Queen of the Valley Medical Center