

# HEALTHY LIVING

YOUR EXCLUSIVE GUIDE TO MODERN HEALTH  
SPRING/SUMMER 2023

## Meet the pharmacist

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### DIRECTIONS

- Pour cocoa powder into your cup, then pour in coffee. Stir well.
- Pour ice into cup until it is 3/4 full of ice.
- Fill the rest of the cup with protein shake & stir until mixed. Enjoy!





# Welcome

SPRING/SUMMER 2023

Welcome to the Spring/Summer edition of Healthy Living! With the weather warming up, it's a great time to prioritise your health.

In this issue, we take you inside our Costco Pharmacy with manager Jackie Chun. He explains how members can make the most of this great healthcare service on page 4. We also give a run-down on why it's important to keep an eye on your children's vision health on page 8.

Keep reading to find an article on how to make sure you're getting enough vitamin D on page 10, some simple tips on how to manage stress on page 14, and an introduction to FODMAP food intolerance on page 19.

*The Healthy Living Team*

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# MEET THE PHARMACIST

Get to know our Costco Pharmacy manager, Jackie Chun.



For Jackie, becoming a pharmacist was a natural step. Experiencing the challenges involved in the healthcare system growing up motivated him to aspire towards a more positive future. "Navigating it all, especially as a child, was rather daunting but it encouraged me to become a healthcare professional," he explains. "Pharmacy was a good fit because I enjoy being part of the community and the patient interaction that comes with it."

Having been a pharmacist for almost a decade, he has experienced a range of challenges that come with the job, including juggling the work of dispensing with the time to offer personalised advice and build lasting relationships with his patients. "Here at Costco Pharmacy, I have the time and opportunity to engage with our patients. Being able to dedicate

more time to ensuring my patients get the help they need has reignited my passion for pharmacy," he explains.

He finds that the community he works with and serves is the most rewarding part of the job. "I enjoy being able to create a positive work environment and I hope to establish Costco Pharmacy as a place that provides both excellent patient and staff care." He also credits the positive environment that this kind of member-focused service creates. "We are very lucky to have such a wonderful patient base... we have a passionate team that provides excellent patient-centred care."

Although the key function of the Costco Pharmacy is to dispense and compound medications, he stresses that the full role of pharmacists is much further-reaching.

"Pharmacists have useful clinical knowledge of medicines and medical conditions. No one can know everything, so pharmacists are an important safety check when it comes to patient health. We help doctors and patients navigate the healthcare system and better understand the funding system for medicines," he explains. "It is important that pharmacists, doctors and patients work together to ensure the patient is on the right medication, right dose and at the right time."

So, Jackie encourages members to ask for help when they visit. "We provide excellent healthcare advice, vaccinations, pharmacist-only consults, minor ailment services, early care telehealth services and more," he says. The pharmacy team also offers



**Stop by for a chat.** Whether you're picking up medication or need some healthcare advice, Jackie and our pharmacy team are available to help.





consultations for UTIs, men's and women's health, and enquiries about over the counter medications. "Minor ailment services and early care is also very useful if you're having difficulty booking in to see your doctor." However, he notes that members take less advantage of these services than the others. "Don't be shy to ask for help, be it about your medication, medical conditions or wellbeing," he advises. "We are here to help!"

## ABOUT JACKIE

Costco Pharmacy manager and pharmacist.

- **Role.** Costco Pharmacy manager and pharmacist.
- **Experience.** Bachelor of Pharmacy and nearly 10 years as a pharmacist.
- **Mission.** To support the community of members who visit the Costco Pharmacy with professional and helpful healthcare advice.



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Item 136036

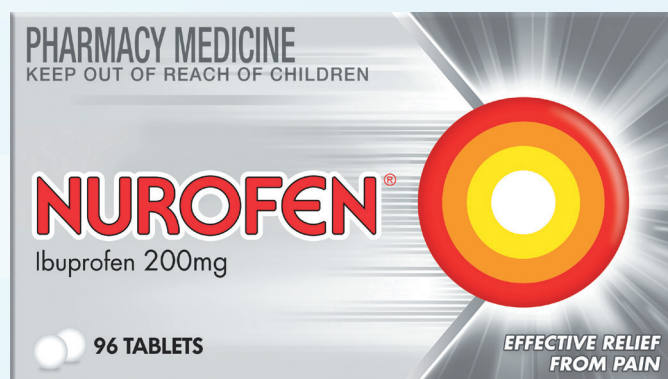
# Symptom relief

Talk to the Costco pharmacists about whether these options could help to ease your general pain and inflammation or sinus trouble.



### Maxigesic Double Action Pain 100 Tablets

Always read the label. Use only as directed. Incorrect use can be harmful. If symptoms persist see your healthcare professional. Do not use if you have asthma or a stomach ulcer. AFT Pharmaceuticals, Auckland. Patent No. 552181 Item 135592 TAPS: MR8875



### Nurofen 200mg 96 Tablets

For the temporary relief of pain and inflammation. Always read the label. Use only as directed. Incorrect use could be harmful. Do not use Nurofen if you have a stomach ulcer. If symptoms persist see your healthcare professional. Reckitt Benckiser, Auckland.  
Item 135850 TAPS: DA2249CO

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP19824



# First focus

Keep an eye on your child's vision health by starting regular exams early.



**E**arly detection of eye conditions is pivotal when it comes to minimising long term harm – whether that be for an eye health or vision issue. While blurred vision is very common in children – and babies aren't born with sharp vision – there are a number of factors parents should be aware of when it comes to the eye health of their kids.

## Early impact on development

Like adults, children are at risk for a wide range of eye and vision disorders, so they need regular, comprehensive eye examinations beginning in infancy.

"Infants are born with an underdeveloped visual system and childhood is a crucial time for developing healthy vision," says Dr Srujana Sahebjada, an optometrist and senior research fellow at the Centre for Eye Research Australia.

"Symptoms of eye problems in children can sometimes be obvious and other times may be more subtle. It is important to detect and treat issues early, while vision is still developing."

"In addition to this, children rarely report vision problems. They assume everyone sees the same way as they do. Good vision is critical to a child's early educational, functional and social development. So regular eye examinations for children can help protect your child's vision as they grow."

Visual disturbances in infancy and childhood can lead to permanent vision loss and learning disabilities. However, early detection can make a huge difference to a child's life for many eye conditions.

"Good eyesight forms the basis for successful schooling and developing lifelong skills," Dr Sahebjada continues. "As parents, even if you're not quite sure there is a problem, have your concern checked out. It's better that your child's eyes are normal and healthy than an eye problem is left undiagnosed. Untreated problems can lead to serious vision loss and even blindness."

She also advises parents to follow "RSVP", which stands for redness, sensitivity to light, vision change and pain. "If your child experiences any one of these, it's a good idea to seek medical advice," she says.

## Reducing screen time

With more screens, such as smartphones and tablets, in our lives than ever before, it's important to monitor and regulate children's screen use from an early age. According to the World Health Organization, children under the age of one should not have any screen time, and limited time for several years afterwards.

"There are many reasons for parents to be thoughtful about how much screen time they allow their children," Dr Sahebjada says. "The amount of screen use per day has been associated with developmental outcomes, obesity, poor sleep quality and eye development. Research from Canada has also found that preschoolers who had more than two hours of screen time per day had a nearly eight-fold increase in ADHD."

## Eye exam importance

Getting glasses is only one of the reasons to get regular eye care examinations. An eye care provider can find eye diseases early – many of which have no symptoms – and start a treatment and follow-up plan to help preserve a patient's vision. Eye exams safeguard overall health by enabling the eye doctor to detect more than 270 serious health conditions, including diabetes, high blood pressure, autoimmune diseases and cancers.



**Children's vision health.** The Ministry of Health's free children's vision checks do not test for everything. Book an optometrist appointment if you have any concerns.





## COMMON CONDITIONS

Common eye conditions in young children include:

- **Lazy eye (amblyopia).**  
Even if your child's eyes appear normal, the muscles surrounding an eye might not be working properly. This can be caused by crossed eyes or a large difference in refractive error between two eyes. If left untreated, permanent visual loss is possible.
- **Keratoconus.**  
This is an imperfect curvature of the cornea that results in a problem with how light is focused, in the eye. Vision can become progressively blurred and potentially lead to blindness.
- **Farsightedness (hyperopia).**  
This is poor near-distance vision.
- **Nearsightedness (myopia)**  
This is poor far-distance vision.
- **Strabismus.**  
This is a misalignment of the eyes and can be responsible for lazy eye.



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\*Compared to oral antihistamines for allergic rhinitis.



# Get an A in vitamin D

Getting the right amount of vitamin D is important for supporting good health.

THIS ARTICLE WAS WRITTEN BY LISA A. BEACH AND ORIGINALLY APPEARED IN JANUARY 2023 US COSTCO CONNECTION. THIS VERSION HAS BEEN ADAPTED FROM JUL/AUG 2023 AU COSTCO CONNECTION.

Research shows that vitamin D plays a variety of roles in supporting normal immune function and can be part of the body's first line of defence against foreign invaders. It supports calcium absorption (which helps build strong bones) as well as normal muscle and nerve function. Did you know it also supports the immune system to fight off bacteria and viruses? Whether it's during flu season or a pandemic, it's more important than ever to ensure you're getting enough vitamin D.

## Increasing your intake

You can get your daily vitamin D requirement from three sources: food, the sun and dietary supplements. To get more vitamin D, combine these dietary and exercise approaches.

## Eat more vitamin D-rich foods

"The best natural source is fatty fish, which is why many health experts recommend two to three servings of fatty fish per week," says Julie Stefanski, a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

Not a seafood lover? It's also in eggs, milk and liver, as well as some fortified foods in New Zealand. These include margarine, some low-fat dairy products, plant-based dairy substitutes, and liquid meal replacements. Make sure to check the ingredients list when you're shopping – fortified foods will list vitamin D as an ingredient.

## Get outside

Spending time in the sun can pose challenges, since dermatologists recommend using sunscreen to protect against skin cancer.

"Sunscreen with SPF 15 or higher blocks the UVB rays that are responsible for making vitamin D in the skin," explains Mira Illic, a registered dietitian. The time of day, geographical latitude, seasons and amount of exposed skin all affect how much vitamin D the body can make from the sun.

Stefanski advises going outdoors without sunscreen for just 20 minutes, three to four times a week. Besides boosting your vitamin D, being outside in the fresh air and sunshine elevates



**Supplement your intake.** Stop by the pharmacy counter for expert advice on the best vitamin D supplement for your needs.





your mood and provides opportunities for physical activity.

"Sun makes us feel good – an important part of human health," says Stefanski.

### Take a vitamin D supplement

"Your doctor can order a blood test and, based on the results, let you know if you need to [take a] supplement and in what amount," says Ilic.

"Too much vitamin D can cause the body to absorb too much calcium, which can potentially lead to kidney stones or damage."

And Stefanski points out that, when taking a supplement, you should choose vitamin D3: "Sometimes food can be fortified with vitamin D2, but it's not as well absorbed by the body."











## ARE YOU D-FICIENT?

Vitamin D deficiency stems from a variety of causes: a diet low in vitamin D-rich foods, limited exposure to sunlight and certain health conditions. Deficiency symptoms can range from mild to severe and include:

- Fatigue.
- Bone or joint pain.
- Mood changes.
- Muscle cramps, weakness and pain.
- **In infants and children:** Vitamin D deficiency causes rickets, which can show up as skeletal deformities, delayed growth, incorrect growth patterns, delayed motor skills, muscle weakness and bone pain.
- **In adults:** Vitamin D deficiency causes progressive loss of bone mineral, which can lead to softening of bones, bone pain and increased risk of brittle bones.

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# Stress relief

Simple steps to cope when you're feeling overwhelmed.

**H**ow we manage stress has a crucial role in our physical and psychological wellbeing. Simple choices may yield powerful benefits.

## Move your body

Find an activity you enjoy and move regularly. Regular physical activity is associated with lower levels of anxiety and depression. One of the best ways most of us can promote psychological wellbeing is to get moving.

Exercise reduces your body's stress hormones, including cortisol, and can also trigger the release of endorphins, chemicals that may improve your mood and act as natural painkillers.

## Make space for quiet time

Take regular breaks from computer, phone and TV screens.

Getting away from the news and social media may help reduce stress levels. Another approach to getting stress relief is mindfulness. Try box or square breathing (see "Square breathing").

## Get sleep

Insomnia is a common disorder related to stress. The 2021/22 New Zealand Health Survey found that 25.7% of adults were not getting the recommended amount of sleep. Proper sleep hygiene includes maintaining a regular sleep schedule, keeping the bedroom lights dim and reducing exposure to outside sound. Good sleep practices also include a comfortable temperature, with 18.3°C considered ideal.

Avoid electronics in the hour before sleeping, as some emit a blue light that



can interfere with sleep. Watch your caffeine and alcohol intake, and try to avoid large meals before bed.

## Connect

Many people across the world are still feeling the impacts of isolation after COVID-19 lockdowns. However, strong ties with family or friends may help you

navigate through stressful times and lower any anxiety or stress you are experiencing.

There are many ways to cultivate greater connection with others, which can be as simple as taking up hobbies that align with your interests, such as joining local sporting groups, book clubs or volunteering with a charity.



**Monitor your mental health.** If you or someone you care about is in need of mental health support, call Lifeline on 0800 54 33 54.





# Happy Gut for a happy gut

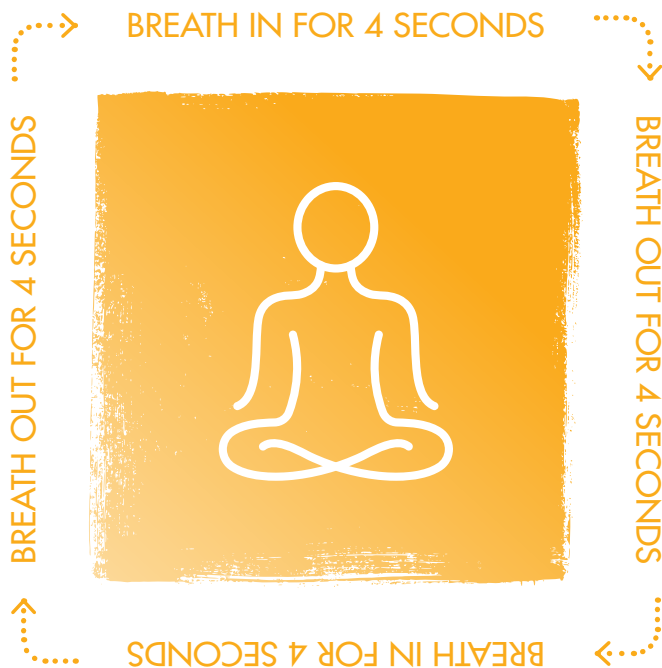
Help soothe bloating and support digestion with Happy Gut

3g Glutamine per Serve

Organic Ingredients

Soothing Herbs

Prebiotic Fibre



## SQUARE BREATHING

Focusing on breathing can reduce stress and may help improve sleep:

- Breathe in as you count to four slowly. Feel the air fill your lungs.
- Hold your breath for four seconds.
- Breathe out slowly through your mouth for four seconds. Hold for four seconds.
- Repeat these steps until you feel centered.



[twoislandsco.com](https://twoislandsco.com)

Always read the label and use as directed. If symptoms persist consult your healthcare professional. Two Islands Co. NZ Ltd, Auckland. TAPS MR9388



# Health & beauty

Whether it's to support overall health and beauty or for those times when you're unwell, you'll find options in our pharmacy.



## Ozi Choice A2 Milky Bites Vanilla/ Strawberry 100x3

Ozi Choice Milky Bites are delicious, cow shaped calcium bites packed with 100% A2 Protein Australian milk. Support for bones and growing kids. Australia's First Choice, Australia. Also available in vanilla flavour.  
Item 119702 TAPS: NP19517



## Gaviscon Dual Action 2x48 Tablets

For the temporary relief of heartburn and indigestion Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Reckitt Benckiser, Auckland.  
Item 45185 TAPS: DA2249CO



## Metamucil Smooth Orange 114D x 2

Metamucil is a multi-health fibre made with 100% Natural Psyllium. Take Metamucil daily to help maintain regularity and improve your health. Always read the label and follow the directions for use. If symptoms persist see your Healthcare professional. Diplomat NZ, Auckland.  
Item 33667 TAPS: NP19587

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP19824



5

**Phloe Zyme 50 Capsules**

Natural support for regularity, a healthy gut and normal digestive function. Includes a multi-enzyme complex to support the normal digestion of fat and dairy products.

Item 141120 TAPS: MR9597

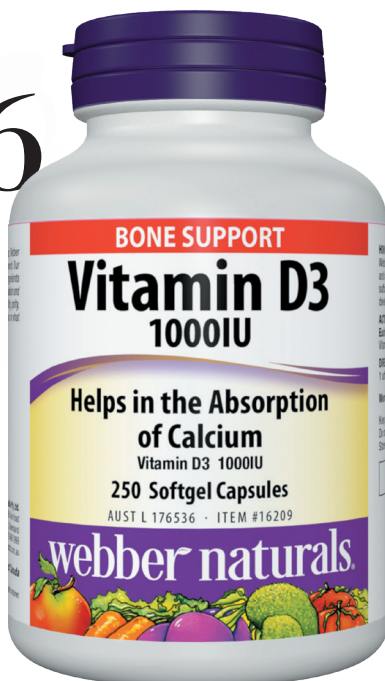
7

**Spring Leaf Inner Beauty**

Always read the label and use as directed. If symptoms persist see your healthcare professional.

Homart Pharmaceuticals Pty Ltd, NSW Australia  
Item 48054 TAPS: PP1490

6

**Webber Naturals Vitamin D**

Helps support healthy immune function.

Item 16209 TAPS: NP19529

8

**Bosisto's Eucalyptus Oil 500ml**

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Item 46840 TAPS: MR8944

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\* If needed, custom earmoulds sold separately.

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[hearingsolutions.philips.com/en-au](https://hearingsolutions.philips.com/en-au)

[WWW.COSTCO.CO.NZ](https://www.costco.co.nz) Item numbers vary.



# Mapping your pain

If gastrointestinal distress is a problem, FODMAP intolerance may be the cause.

What if you had a dietary intolerance to apples, broccoli, tomatoes, avocados, cauliflower, bread or garlic? Many people do. If you suffer gastrointestinal (GI) symptoms such as gas, bloating, cramping, diarrhea and sometimes constipation, you're not alone. Millions have these symptoms and often blame gluten, but other factors could be causing their discomfort. One possible culprit: FODMAPs.

## What are FODMAPs?

FODMAP is an acronym standing for fermentable oligosaccharides (fructans and galactans), disaccharides (lactose), monosaccharides (fructose) and polyols (sugar alcohols). FODMAPs are naturally occurring short-chain carbohydrates (sugars and fiber) found in plant- and dairy-based foods. Foods can be high or low in FODMAPs (for instance, a banana has less than a mango).

Physician and dietitian Dr. Amy Burkhardt, a Costco member, says the most common offenders are garlic, onions, wheat, apples and lactose-containing foods. FODMAPs can pull water into the intestinal tract and are fermented by gut bacteria, creating excess gas. "Consistently I hear from people with digestive symptoms [who] come into my office saying, 'I don't understand; every time I start eating healthy – lots of fruits, vegetables and salads – I get worse,'" says Burkhardt.

THIS ARTICLE WAS WRITTEN BY SUZANNE BADIOZZAMAN AND ORIGINALLY APPEARED IN AUGUST 2020 US COSTCO CONNECTION.





This discomfort is neither an allergy (such as a wheat allergy) nor an autoimmune disease (such as celiac disease), but an intolerance due to the inability to properly digest sugars. “Some people experience global symptoms such as brain fog, fatigue, mild depression and joint pain, but digestive symptoms are the primary manifestations of this disorder,” Burkhardt says. Digestive relief typically occurs within one to two weeks of eliminating the offending foods.

### Testing for FODMAP intolerance

Everyone has a different FODMAP tolerance threshold. For one person, a single bite from an apple can bring on symptoms, while it may take an entire apple to affect another. According to Burkhardt, FODMAP sugars aren’t well digested by anyone, but in people with FODMAP intolerance, even small amounts trigger symptoms. For those sensitive folks, it’s a learning process to determine which foods cause more discomfort than others. This is where consuming a low-FODMAP diet under a registered dietitian’s guidance can help.

The diet is a short-term test to determine if someone is intolerant and, if so, what foods need to be eliminated or reduced to help alleviate symptoms for life. “Some people have symptoms for 20-plus years and start the diet and become symptom-free, but it can be challenging,” says Burkhardt.

“Since no laboratory test exists to determine FODMAP intolerance, the trial of the diet is the test. If the diet is not implemented correctly, you may not see benefit and falsely assume the diet doesn’t work.”

### The low-FODMAP diet

Before starting the diet, you must consult your doctor to rule out any other digestive conditions (such as celiac disease, irritable bowel syndrome, inflammatory bowel disease, cancer and allergies), many of which have symptoms similar to FODMAP intolerance.

“It is important for [you] to get evaluated prior to institution of the diet to ensure you’re not missing other serious life-threatening conditions,” says Burkhardt.

The diet consists of two phases: elimination and reintroduction. For two to six weeks, FODMAP sugars are eliminated from the diet. Once symptoms diminish, foods are reintroduced one at a time to determine trigger and/or tolerated foods.

Burkhardt explains that the process is slow and tedious, but vital, because someone may be reacting to one category but not another, or even to a cooking technique.

For instance, while cooking lowers a food’s FODMAP content, how much it is lowered can vary depending on whether you are beginning with fresh or prepared foods.

As an example, Burkhardt says, while beans and legumes are a high-FODMAP food, canned beans have a lower FODMAP content. This is because FODMAP sugars are water-soluble; once you dump the liquid and rinse the beans, their FODMAP content is reduced. You would have to soak dried beans significantly longer than the standard one-night soak to get the same FODMAP reduction.

### Following doctor’s orders

“You should work with a registered dietitian during the elimination phase and reintroduction phase, because the diet and protocol are complicated and need to be done properly to see results,” says Burkhardt. “The low-FODMAP diet can be life-changing for people with chronic digestive problems. Once you consider pursuing the diet, seek out professional help to guide you, at least in the initial stages.”



**FODMAP foods.** Apples, garlic, legumes, onions and wheat have high ratings, while cucumbers, eggs, fats/oils, kale, lettuce, meats and tomatoes are low.



## SPOTTING FODMAPS

According to Stanford University Medical Center's Low FODMAP Diet handout, FODMAPs can be found in everyday foods (and dishes made with them).

For instance, they're in watermelon, berries, chickpeas, beans, broccoli, soy-based products, all dairy products, honey, agave, avocados, peaches, cherries, barley, rye, mushrooms, pistachios, cashews and cauliflower.

Other sources include sugar substitutes made with sorbitol or mannitol, chicory root, inulin, high-fructose corn syrup, mints, oolong tea, rum, sugar-free gums, medicines (like cough drops made with xylitol) and supplements.



# Heartburn a real pain?



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(1) When taken daily for 2 weeks. (2) Fendrick et al. (2004) Self-Selection and Use Patterns of Over-the-Counter Omeprazole for Frequent Heartburn. Clin Gast and Hep. (3) Aubert et al. (2011) Omeprazole MUPS Advanced formulation. SelfCare. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Bayer New Zealand Limited. NP19800. #135454



# Pharmacy finds

Find these items in the pharmacy on your next visit.

1.



2.



## 1. Salts&Co Magnesium Bath Flakes 3.75kg

Item 47383

Salts&Co Magnesium Flakes is an all-natural source of magnesium which may support and soothe tired muscles and an overactive nervous system.

## 2. Jamieson Zinc Lozenges

Item 143618

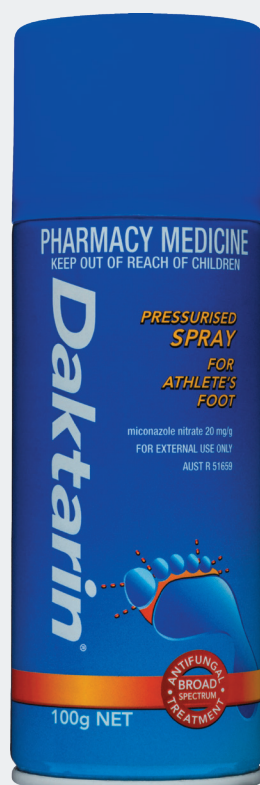
TAPS: NP19575

Jamieson Zinc Lozenges are formulated using highly bioavailable zinc citrate, along with Vitamin C, Vitamin D and Echinacea, to support the immune system. These flavoured lozenges are soothing for the throat and come in a delicious wild cherry flavour. Jamieson Laboratories Ltd, Canada.

3.



5.



## 3. Webber Naturals Turmeric Curcumin

Item 124115

TAPS: NP19529

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult your healthcare professional before taking any medications or complementary medications/ dietary supplements.

4.



## 4. Visine Allergy Eye 15ml

Item 135603

Always read the label and follow the directions for use. If symptoms persist see your doctor. JNTL Consumer Health (New Zealand) Limited, Auckland.

## 5. Daktarin Powder Spray 100g

Item 136064

Always read the label and follow the directions for use. If symptoms persist see your doctor. JNTL Consumer Health (New Zealand) Limited, Auckland.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP19824



# Have you thought about contact lenses?

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