Prescription & Over The Counter (OTC) Drugs

Are you “medicine smart?” Do you have the information to use your medicine correctly?

Here are some important tips to make you “medicine smart:”

- Make a list of your medicines; share it at every medical visit.
- Ask questions whenever a medicine is prescribed for you.
- Share important information about your medicine use including any medicine allergies or problems taking medicines. (Do not assume this information is known when having studies or tests.)
- Recognize that all medicines have risks as well as benefits and talk about this with your doctor or pharmacist.
- Get the full value of your medicines by following instructions carefully and report any problems if they appear.
- Read carefully all of the written information that comes with your prescription medicine.
- Carefully read and follow the information on the Drug Facts Label on the OTC medicines.
- Store your medicine safely and away from children.
- Properly dispose of any unused medicine. Not sure how? See www.smarxtdisposal.net/

Bulletin Board

Go to www.talkaboutrx.org and click on Not Worth the Risk Even if it’s Legal for a brochure on Talking to Teens About Medicine Abuse.

Breast Cancer Myths

You only get breast cancer if you have a family history.
Family history certainly increases the risk, but 80-85% of women with breast cancer have no family history.

I’m too young to worry about breast cancer.
Although breast cancer can affect women of any age, 25% of the women with breast cancer are younger than 50.

If I have a breast lump, it’s cancer.
Most breast lumps are not cancer and could be a cyst or benign condition. To have peace of mind have all lumps checked out thoroughly.

My mammogram was normal, so I don’t have to worry about breast cancer.
Mammography in addition to a breast exam by a health care provider should be performed annually. A normal mammogram is not a free pass from seeing your doctor if you detect a lump that has not been reported.

If I’m diagnosed with breast cancer, it means I’m going to die.
Breast cancer detected early can have up to a 98% survival rate for at least 5 years and a survival rate of 85%-90% at 10 years.

Apple Season
All apples pack a healthy punch, but Red Delicious apples have the best antioxidant capacity for reducing risk of heart disease, cancer and other conditions, especially in the apple peel.

Bowling & Fitness
The beauty of this sport is that you don’t need your own equipment, you just show up. It may not look like great exercise, but it requires many of the skills and strengths used in other sports such as exceptional hand-eye coordination, strength, flexibility, and balance. An hour of bowling will burn between 150 and 250 calories, depending upon your weight. Take along healthy snacks and beverages and you are good to go.