



A Local Healthy Maine Partnership

## Medicine Abuse Awareness Month Small Steps to Better Health

October 2009 Newsletter

Healthy Waldo County



[www.healthywaldocounty.org](http://www.healthywaldocounty.org)

### Using and Disposing of Your Prescription Drugs

**Don't mix ...  
don't share....  
don't flush...  
prescription drugs.**



Do you want to protect your child against prescription drug misuse? Here are a few hints on what you can do:

1. Keep your prescriptions in a safe place and keep track of how many pills are in the bottle. Monitoring all medications used by yourself, your children and other household members will help to ensure that prescriptions are not being misused.
2. Set clear rules about proper prescription drug use, proper dosage, and not using other substances while taking prescription drugs. Sharing prescription drugs is not safe even among family members.
3. Be a good role model: Your teen will notice if you misuse or share your prescription. Follow the medical provider's instructions about dosage and mixing with other prescriptions or alcohol. Call your physician if you are considering discontinuing use of a prescription.
4. Properly dispose of unused medicine: Do not flush unused prescription drugs down the toilet because they can contaminate the water supply. So that your teen or others don't reuse your unwanted prescriptions, mix with used coffee grounds or used kitty litter and through away.

Ask your friends and relatives to safeguard their medications at home too, especially grandparents or those with chronic conditions.

Talk to your teen about the risks. Taking un-prescribed drugs without a doctor's approval and supervision can be a dangerous, and sometimes a deadly decision.

#### Inside this issue:

<i>A Healthy Home- Hidden Dangers</i>	2
<i>Edamame Stew</i>	3
<i>10 Common Medication Mistakes</i>	4

For more information go to: <http://www.theantidrug.com/advice/>

## A Healthy Home- Hidden Dangers



Each year 300 Maine children are diagnosed with high levels of lead in their blood; high enough to cause irreversible damage to their health. The primary sources of lead exposure for most children are deteriorating lead-based paint, lead contaminated dust, and lead contaminated residential soil.

Lead occurs naturally in the Earth's crust; however, when ingested or inhaled, it is highly toxic to humans of all ages.

Lead is most hazardous to young children, whose developing brains and nervous systems are particularly vulnerable to lead. Low levels of exposure in children can produce permanent nervous system damage, including reduction in intelligence and attention span, reading and learning disabilities, and behavioral problems. Very high levels of lead exposure can cause mental retardation, coma, convulsions, and death. Lead, a metallic substance remains in the environment years after its initial use. It is toxic! Even though lead has been banned for decades, it still may be present in homes built prior to 1978 and is most commonly found in chipped and peeling paints, plumbing, surrounding soil and ship building sites.

According to the National Pesticide Telecommunications Network, 90 percent of households in the United States use some form of pesticides:

Coincidentally, in 2006, the American Association of Poison Control Centers received nearly 46,000 calls regarding children under 5 years old who had been exposed to potentially toxic levels of pesticides.



**Americans are expected to spend 1.72 billion dollars on air fresheners this year.**

Here's what you need to know about the dangers of air fresheners and tips for living without them:

32 percent more babies suffered diarrhea in homes where air fresheners were used every day, compared with homes where they were used once a week or less. They had significantly more earaches in these homes as well. Air fresheners also affected mothers—those who used them daily suffered nearly 10 percent more headaches. Perhaps most surprising is the finding that women who lived in homes with daily air freshener use had a 26 percent increased risk of depression.



- Remove bad odors by opening windows.
- Use natural beeswax candles, baking soda or indoor plants to remove bad odors.
- Perfume the air with natural scents by simmering cinnamon, cloves, ginger, apple peels or herbs.

# Family Dinner Night

## Edamame Stew

- 1 1/2 10-ounce packages frozen shelled edamame (about 3 cups) thawed
- 1 tablespoon extra-virgin olive oil
- 1 large onion chopped
- 1 large zucchini diced
- 2 tablespoons minced garlic
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper or to taste
- 1 28-ounce can diced tomatoes
- 1/4 cup chopped fresh cilantro or mint
- 3 tablespoons lemon juice



1. Bring a large saucepan of water to a boil. Add edamame and cook until tender, 4 to 5 minutes or according to package directions. Drain.
2. Heat oil in a large saucepan over medium heat. Add onion and cook, covered, stirring occasionally, until starting to soften, about 3 minutes. Add zucchini and cook, covered, until the onions are starting to brown, about 3 minutes more. Add garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds. Stir in tomatoes and bring to a boil; reduce heat to a simmer and cook until slightly reduced, about 5 minutes.
3. Stir in the edamame and cook until heated through, about 2 minutes more. Remove from the heat and stir in cilantro (or mint) and lemon juice.

**Tip:** Edamame is a delicious soy bean. Edamame are found in the natural-foods freezer section of large supermarkets and natural-foods stores, sold both in and out of the "pods." For this recipe, you'll need the shelled edamame. One 10-ounce bag contains about 2 cups of shelled beans. Yield: 4 servings, about 2 cups each.

### Recipe Nutrition

Per serving: 257 calories; 8 g fat (1 g saturated fat, 3g mono unsaturated fat); 0 mg cholesterol; 29 g carbohydrates; 15 g protein; 10 g fiber; 520 mg sodium; 304 mg potassium. Nutrition Bonus: Vitamin C (90% daily value), Vitamin A (35% dv), Iron (25% dv). 1 Carbohydrate Servings. Exchanges: 1 starch, 2 vegetable, 1 very lean meat, 1 fat.



Edamame is heart healthy and is a healthy substitute for protein sources that may be higher in saturated fat and cholesterol.

### Parent Tip

*Praise your child for his or her effort (rather than for simply being talented or athletic). Saying something like: "Your hard work really paid off" fosters a "growth mindset" that values effort as a way to meet challenges. Research shows that praising talent instead of effort can limit your child's ability to respond to adversity.*

## Healthy Waldo County



We're on the Web & Facebook:  
[www.healthywaldocounty.org](http://www.healthywaldocounty.org)



facebook

For more information contact:

Vyvyenne Ritchie, Project Administrator  
 Barbara Crowley, Program Specialist  
 Patrick Walsh, Substance Abuse Prevention  
 Nancy Tkachuk, Substance Abuse Prevention  
 Raya Kouletsis, School Health Coordinator MSAD 3  
 Linda Hartkopf, School Health Coordinator, RSU 20  
 Tim Waitowitz, YAP Coordinator, YMCA  
 Phone: 930-6761

### 10 Common Medication Mistakes



1. Confusing two medications with a similar name. It can happen anywhere in the transmission chain. Maybe the doctor's handwriting is illegible, or the name goes into the pharmacy computer incorrectly, or the swap occurs when the wrong drug is pulled from the shelves.
2. Taking two or more medications that magnify each others side effects. Any drug you take has potential side effects. But the problems can really add up whenever you take two or more medications at the same time.
3. Overdosing by combining medications with the same properties. It's all too easy to end up with several medications that all have similar actions, although they were prescribed to treat different conditions.
4. Taking the wrong dosage.
5. Mixing alcohol with medication. Alcohol, combined with a long list of painkillers, sedatives, and other medications, becomes a deadly poison or can intensify the effect of a drug.
6. Double dosing by taking both the generic and brand named drug at the same time. With insurance companies mandating the use of generic drugs whenever they're available, it's all too common for patients to get confused and end up with bottles of a brand-name drug and a generic version at the same time without realizing it.
7. Taking prescription drugs along with over the counter drugs without knowing how they will interact. It's easy to think that something you can grab off the shelf at your local grocery or drug store must be safe, but some of the most common OTC drugs can cause serious reactions.
8. Not understanding how your medications will interact with your diet. The most serious culprit in this situation is grapefruit juice, which has unique properties when it comes to inactivating or over-activating medications.
9. Failing to adjust medication dosages when a patient loses a kidney or liver function. Loss of liver or kidney function impairs your body's ability to rid itself of toxins, or foreign substances, so medications can build up in the body at higher dosages than intended.
10. Taking medication that is not safe for your age: As we age, our bodies process medications differently. Also, aging brings with it an increased risk of many problems such as dementia, dizziness and falling, and high blood pressure, so drugs that can cause these side effects are much riskier for people over the age of 65.

For more information about the Ten Common Medication Mistakes go to:

<http://www.care2.com/greenliving/10-common-medication-mistakes-that-can-kill.html>