

# HEALTH & WELLNEWS

## WELLNESS NEWSLETTER

At a Glance.....

- ☞ Take your medications seriously!
- ☞ Stay Energized
- ☞ Summer Safety...scooters, swimming, life jackets



### TAKE YOUR MEDICATIONS SERIOUSLY!

Taking a prescribed medication is serious business. Failure to follow directions can be harmful and very dangerous, even deadly. The directions given to you by your physician and/or pharmacist can sometimes be complicated, especially if you are taking more than one medication.

Take responsibility for your health. Ask specific questions when receiving a prescription. Today, most pharmacists will advise you on how to take the medication to ensure the best response and avoid side effects. You should know if the drug can be taken with water, food, empty stomach, bedtime, etc. You should also be specifically instructed on how much of the drug you should take each time and how frequently you should take it.

Many factors come into play when a physician prescribes a medication. Physicians may prescribe a drug for you differently than they would prescribe the same drug for somebody else. Not all drugs can be treated the same. You should know what to do if you miss a dose...never double up a dose without checking with your physician or pharmacist first.

It is helpful in many ways if you use the same pharmacy for all of your prescribed medication. This way, your health records are on file and any drug interactions can be noted before your prescription is filled. Your pharmacist should also be aware of any medical conditions you may have that could inhibit or affect the performance of the drug.

If you are being prescribed a new medication, ask your physician if he/she has any samples available for you to try first. This will prevent you from filling a prescription that you may not finish due to side effects.

Do not leave medication where it can be easily misplaced or found by young children or pets. A cool, dry place away from children is most appropriate. The heat and steam in the kitchen and bathroom make these rooms poor storage places.

Take your medications seriously!



### STAY ENERGIZED ALL DAY

Staying energized is healthy, productive and helps you stay alert. Sometimes, our environment can play a large role in determining our level of 'fatigue'. The wrong environment, filled with negative people, dreary surroundings or just plain monotonous activity can drain us of our energy and, more importantly, our ambition.

In our everyday life, life is what you make it! Mental attitude is half the battle. Although it can be difficult at times depending on the situation, try to remain positive. Look at the positive side of things and remember...there is always somebody, somewhere, less fortunate than yourself.

There are numerous things you can do to liven up your environment and renew your energy level throughout your day. Here are some suggestions;

- ☺ Establish good relationships with the people around you.
- ☺ In the workplace, work as a team...make friends not foes.
- ☺ If possible, mix up your tasks so you are not doing the same thing all day. This will add variety and interest to your day.
- ☺ Open a window...turn on some music.
- ☺ Don't skip breaks/lunch. If you can't get away, get up and walk around to stretch your legs and have a change of scenery.
- ☺ Walk! If you can, go for a brisk walk at lunch, even if only 5 - 10 minutes...you'll be amazed at the energy you will have upon your return.
- ☺ Ensure proper lighting and air ventilation.
- ☺ Drink water!! Try to avoid coffee, tea and pop. Caffeine and sugar 'highs' inevitably have 'lows'!
- ☺ Eat well....lighten up your day with fruits and vegetables (even if you have to eat them with a dip!)

Staying energized and productive will help you stay positive and enjoy your days.

## Scooter Safety

Scooters are the latest craze for children (and adults!) and are a fun form of recreation as well as transportation.



According to the U.S. Consumer Product Safety Commission, more than 20,000 scooter-related injuries required emergency room treatment in the year 2000. Two deaths have been reported and nearly 85% of the injuries occurred to children under 15 years of age.

Safety gear could help prevent approximately 60% of injuries. Here are some safety recommendations we found 'scooting the web';

- ☞ Check the scooter before each ride. Check that the handlebars and steering column are locked in place. Check for loose, broken or cracked parts. Make sure all nuts and bolts are secure.
- ☞ Wear safety gear! This should include a helmet, wrist guards, elbow and knee pads. Ensure that movement and vision are not restricted by the gear.
- ☞ Do not ride barefoot. Shoes with rubber soles provide good traction.
- ☞ Never ride in the street or in parking lots.
- ☞ Obey 'rules of the road' including bike safety rules.
- ☞ Walk the scooter down steep hills.
- ☞ Do not allow the family pet to take you for a ride while holding their leash and pulling the scooter.

Don't be afraid to inform your children that serious accidents have happened to other children with respect to scooters.

Help your children think wise and play wise!



Sources for Resources: [www.chp.edu/besafe](http://www.chp.edu/besafe),  
The Well Workplace newsletter,  
[cbshealthwatch.netscape.com](http://cbshealthwatch.netscape.com)

## Swimming

Water safety is a family responsibility.



Teach all family members the 'buddy system' - never swim alone and always keep an eye on their 'buddy' when they are swimming. Here are some common sense safety reminders;

- ★ Never swim alone and never leave a child alone in or near water.
- ★ Never use water wings, noodles or pool toys as safety devices. These items are not designed as life preservers.
- ★ Make sure children are aware of the water depths of the pool and which ends are shallow and deep.
- ★ Keep a phone close by at the pool side along with emergency numbers and first aid instructions (pictures are helpful for young children)
- ★ Enforce all pool rules, including no running, no pushing, no dunking and no gum chewing!

## Life Jackets

Summer water play and boating is exciting for everyone. It is important to teach children (and other adults) that wearing a life jacket before boarding a boat is as important as fastening your seatbelt after getting into the car.

Life jackets come in different shapes, sizes and types. Type I is an off shore vest which will turn unconscious victims face up in the water (for rough waters and delayed rescues). Type II is a near shore buoyant vest used for boating in calm water and will turn most individuals face up. Type III is a flotation aid used for boating (small craft) and fishing in calm water. This will provide a face up position in calm water but not intended to turn or maintain an unconscious individual face up.

- ☉ Make sure the life vest is worn and fastened properly using all straps and buckles.
- ☉ For children, try the jacket on the child and then lift him up by the top of the jacket. The jacket should NOT ride up over the chin and ears. If it does, try the smaller size. If you can't drop down a size due to weight restrictions, find a jacket that has a crotch strap.
- ☉ Make sure the jacket is not ripped.
- ☉ Have a trained professional fit you and your family with life jackets.

---

## **MDM Insurance Services Inc.**

For additional copies please contact MDM administration at 1-800-838-1531.

The material provided in this newsletter is for your information only and is not intended to replace the advice prescribed by your physician.