

Super Seniors News

October 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to “Talk About Your Medicines” Month, and “National Breast Cancer Awareness” Month. We will focus on how to use your medicines wisely and tips to reduce the risk of breast cancer.

Sincerely,

Jacquelyn W. Gibson

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Extension Faculty-FCS

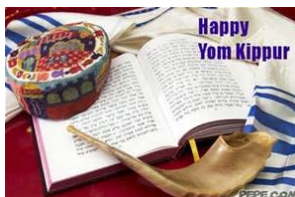
The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

401 East 65th Street
Hialeah, FL 33013
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“Talk About Your Medicines” Month

October 2014 marks the National Council on Patient Information and Education’s (NCPIE) 29th Annual “Talk About Your Medicines” Month. This year, the name was changed from “Talk About Prescriptions” to the new “Talk About Your Medicines.”

This year’s theme is “Let’s Get in Sync.” NCPIE is partnering with the American Pharmacist Association Foundation on the launch of a comprehensive consumer education encouraging patients and caregivers

to engage with pharmacists to provide ongoing medication counseling and medication synchronization (sync) services by making multiple medicine refills available at the same time each month or other designated timeframe. The focus is to put the patient at the center of the healthcare team.

Additionally, during the month, we will focus on understanding medication risks and benefits—and what that means for good health.

Quick Facts: Older Adults and Medicine Use

- Older adults comprise 13 percent of the population, but account for 34 percent of all prescription medicine use and 30 percent of all over-the-counter (OTC) drug use.
- Most older adults - 4 out of 5 - live with one or more chronic conditions.
- Many take multiple medicines at the same time. A recent survey of 17,000 Medicare beneficiaries found that 2 out of 5 patients reported taking five or more prescription medicines.
- Older adults are at increased risk of serious adverse events, including falls, depression, confusion, hallucinations and malnutrition, which are important causes of illness, hospitalization and death among these patients.
- Drug-related complications have been attributed to the use of multiple medications and associated drug interactions, age-related changes, human error and poor medical management (e.g., incorrect medicine prescribed, inappropriate doses, lack of communication and monitoring).
- One-third of all patients, and many with three or more chronic conditions, have not talked with their provider about all their medications within the last year.
- Almost 40% of seniors are unable to read the prescription label, and 67% are unable to understand the information given to them.



Source: National Council on Patient Information and Education (NCPIE).

Use Medicines Wisely

Medicines can treat health problems and help you live a healthier life. When used incorrectly, medicines can also cause serious health problems. Many of these problems can be prevented. Learn the following tips to avoid common medicine mistakes.



- **Ask Questions** - Ask your doctor, nurse, or pharmacist to tell you the facts about each medicine you take.
 - What is the name of the medicine?
 - What is the active ingredient (s)?
 - What is the medicine for?
 - How much do I take and when should I take it?
 - Are there any side effects or special side effects?
 - What should I do if I start having side effects?
 - What other medicines or foods should I avoid?
- **Keep a Medicine List** - Write down the important facts about each medicine you take. Keep the list with you all the time.
- **Follow Directions** - Your medicine may not work if you don't follow the directions. Taking too much or too little can make you very sick. Never skip taking your prescription medicine.
- **Avoid Common Problems** - Don't share medicines. Check the expiration date on your medicine. It may not be safe or work after it has expired.
- **Safely Throw Out Medicines** - Ask your doctor, nurse or pharmacist how you should get rid of unused medicines.
- **Beware of Interactions** - Some drugs can interact with other medications, foods, alcohol and cause dangerous side effects. Interactions are a big concern for older adults, who often take multiple medications and have several health conditions.

Acetaminophen Safe Use

Acetaminophen is the most common drug ingredient in America. More than 600 medicines contain acetaminophen. These include “over-the-counter,” or “OTC” medicines. To prevent acetaminophen overdose, you need to be able to read labels and recognize when medicines contain acetaminophen. The active ingredients in OTC medicines are clearly listed on the label, and the word “acetaminophen,” is listed on the front of the package or bottle and in the Active ingredient section of the Drug Facts label.

On prescription labels, acetaminophen is sometimes listed as “APAP”, “acetam,” or other short versions of the word. To know what is in your medicines, make a habit of reading the list of active ingredients on the label each and every time you take a medicine.

Don’t forget to examine the medicines in your medicine cabinet, too. If the active ingredient is not already highlighted on the package or bottle of OTC medicines in your cabinet, consider using a color marker to highlight “acetaminophen” on the label, so you can identify it easily.

Medicines containing Acetaminophen

Common Over-the-Counter Brand Name Medicines Containing Acetaminophen

- Actifed®
- Alka-Seltzer Plus LiquidGels®
- Anacin®
- Benadryl®
- Cepacol®
- Contac®
- Coricidin®
- Dayquil®
- Dimetapp®
- Dristan®
- Excedrin®
- Feverall®
- Formula 44®
- Goody’s®
- Powders Liquiprin®
- Midol®
- Nyquil®
- Panadol®
- Robitussin®
- Saint Joseph®
- Aspirin-Free Singlet®
- Sinutab®
- Sudafed®
- Theraflu®
- Triaminic®
- TYLENOL® Brand Products
- Vanquish®
- Vicks®
- Zicam®
- *And store brands

Common Prescription Medicines Containing Acetaminophen

- Endocet®
- Fioricet®
- Hycotab
- Hydrocet®
- Hydrocodone Bitartrate
- Lortab®
- Percocet®
- Phenaphen®
- Sedapap®
- Tapanol®
- Tylox®
- Ultracet®
- Vicodin®
- Zydone®
- *And generic medicines
- Tylenol® with Codeine

Source: Acetaminophen Awareness Coalition;
www.KnowYourDose.org
<http://www.mustforseniors.org>

“National Breast Cancer Awareness” Month

This October, UF/Miami-Dade Extension Service is proud to participate in National Breast Cancer Awareness Month. “National Breast Cancer Awareness” month was first observed in 1985, and in 1993, the third Friday in October was designated “National Mammography Day” by President Bill Clinton.



In 2014, National Mammography Day will be celebrated on October 17, 2014. On this day or throughout the month women are encouraged to make a mammography appointment.

Breast Cancer Facts:

- Breast cancer is the second most common kind of cancer in women.
- About 1 in 8 women born today in the United States will get breast cancer at some point.
- Female breast cancer is most common in middle-aged and older women.
- Although rare, men can develop breast cancer as well.

- Breast cancer is the third leading cause of cancer deaths in the United States.
- The good news is that many women can survive breast cancer if it's found and treated early.
- A mammogram - the screening test for breast cancer—can help find breast cancer early when it's easier to treat.
- Breast cancer prevention starts with healthy habits.

What can You Do to Reduce Your Risk of Breast Cancer?



Lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:

- Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. Limit yourself to no more than are drink a day.
- Don't smoke.
- Control your weight. Being overweight or obese increases the rink of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- Be physically active. Physical activity can help you maintain a healthy weight which, in turn, helps prevent breast cancer.
- Avoid exposure to radiation and environmental pollution. Reduce your exposure by having test only when necessary.
- Eating a healthy diet. Eating a healthy diet helps maintain a healthy weight - a key factor is breast cancer prevention.



Source: <http://www.mayoclinic.org>

Resources You Can Use!!!



Did you know about 2-1-1?

There is a free community resource available at your fingertips 24/7. By dialing 2-1-1, you can get answers to your questions and help get connected to available community programs for food, housing, employment, health care, crisis counseling and more.

In addition, ask about the Senior Never Alone (SNAP) program if you live alone and need companionship or someone to check on you. Or call the Helpline - (305) 631-4211 for information.

FARM SHARE Food Distribution



The City of Opa-Locka Mayor & Commissioner Senator Oscar Braynon II & State Representative Cynthia Stafford in Partnership with Farm Share is sponsoring "a Free" Food Distribution on Friday, October 3, 2014 10:00 a.m. to 1:00 p.m. at **Historic City Hall Pavilion** 777 Sharazad Blvd. Opa-Locka, FL 33054

For more information call (305) 953-2800/2801



State Representative Cynthia A. Stafford partners with Farm Share for a Free Food Distribution Saturday, October 25, 2014 - 10:00 a.m. to 1:00 p.m.

Charles R. Drew K-8 Center
1775 NW 60th Street
Miami, FL 33142

First come first served, while supplies last.

For more information, call (305) 953-3086