



## Topic of the Month – **Medication**

### Pros and Cons of Medication

**Pros:**

- Cures and Remedies
  - Prescription drugs can often be the answer for life-threatening conditions including high blood pressure, high cholesterol or even cancer. These drugs help stimulate and mimic a well-functioning body, so there are a number of people whose lives are saved daily because of prescription drugs. Without them, they would have a lower quality of life and even risk death
- Short Term Solutions
  - Not all drugs are used to treat serious illnesses. Some treat small ailments from time to time with great success. Antibiotics for infections, flu medication and prescription cough medicine are used only while the patient is sick. Some prescription drugs cure the ailment; some make it easier to live with so that the patient can endure the sickness. Prescription drugs make life easier when dealing with a short-term illness



**Cons:**

- Addiction
  - Unfortunately, some people who take prescription drugs that were only meant for a short time find themselves dependent upon them. Dosages, length of time on the drug and the type of drug can all contribute to the chance that a patient can become addicted to the drug. Drugs prescribed for pain and insomnia that are also narcotics especially put patients at risk for dependency, and not all health care professionals are as careful as they should be when prescribing these drugs
- Misuse
  - Prescription drugs are subject to misuse by those who were not intended to take the drug. Once the prescription has been written and filled, it's out of the doctor's hands. Teens and adults take prescription drugs that were not intended for them in an effort to feel some of the side effects. Having these drugs in the home means easy access and pill-sharing among friends. This can cause serious injury and even death from misuse and overdose



<http://www.livestrong.com/article/28746-pros-cons-prescription-drugs/>

### Holistic Medicine

Holistic medicine is a form of healing that considers the whole person – body, mind, spirit, and emotions – in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health by gaining proper balance in life.

Holistic medicine is also based on the beliefs that:

- Unconditional love and support is the most powerful healer and a person is ultimately responsible for his or her own health and well-being
- All people have innate healing powers
- The patient is a person, not a disease
- Healing takes a team approach involving the patient and doctor, and addresses all aspects of a person's life using a variety of health care practices
- Treatment involves fixing the cause of the condition, not just alleviating the symptoms



<http://www.webmd.com/balance/guide/what-is-holistic-medicine>

### Common Medications

- Tylenol
  - Reduce fever, treat headaches, and provides pain relief
- Motrin
  - Reduce fever, treat headaches, and provides pain relief
- Mucinex
  - Relieve symptoms of cough and congestion
- Xopenex
  - Relaxes muscles in the airway and increases airflow to the lungs
- Tums
  - Treats heartburn, upset stomach, and indigestion



<http://www.webmd.com/drugs/2/drug-9574-2123/tums-oral/calciumcarbonateantacid-oral/details>

<http://www.drugs.com/xopenex.html>

<http://www.webmd.com/drugs/2/drug-63818/mucinex-oral/details>

<http://www.drugs.com/tylenol.html>

<http://www.drugs.com/motrin.html>

## “Food Goal” This Month

Try not to eat too much candy on Halloween. Remember, moderation is key!

## “Health Quiz” of the Month

- Which statement is true?
  - All pills expire after 1 year
  - The label tells you when your medicine expires
  - You have to ask the pharmacist to figure out when your medicine expires
  - Liquid medicines expire after 8 months
- Why is it important to know if a medicine should be taken with food or not?
  - Some medicines get into your body better when you take them without food.
  - Food can sometimes be used to mask the taste of medicines
  - Some medicines are easier on your stomach when you take them with food
  - All of the above
- True or False? It is safe to take more than one medication at the same time without telling your doctor
- What is the right way to take a twice-a-day medicine?
  - Take two doses in the morning
  - Take one dose in the morning and one at lunch
  - Take one dose in the morning and one dose in the evening
  - Take one dose in the middle of the day and wake up to take one dose in the middle of the night

Answers: B, D, False, C  
<http://kidshealth.org/teen/quizzes/medications-quiz.html>

## “Move” of the Month

### P90X

P90X is an intensive 90-day home fitness system. It was created by trainer Tony Horton and includes 12 workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts, and yoga. It also comes with a nutrition plan, fitness guide, and workout calendar. Make sure you do not push yourself past your limits though. Even if you cannot handle the rigors of P90X, try modifying your exercises or taking more rest.

[http://www.beachbody.com/product/fitness\\_programs/p90x.do](http://www.beachbody.com/product/fitness_programs/p90x.do)



## Upcoming November 2014

✓ Next newsletter will focus on **Health Education**

## Fun Facts

### Economics of Pharmaceuticals

Pharmaceuticals account for 15% to 30% of health spending in transitional economies and 25% to 66% in developing countries. In some developing countries, medicines are the largest health expense for poor households



[http://www.who.int/features/factfiles/essential\\_medicines/essential\\_medicines\\_facts/en/index1.html](http://www.who.int/features/factfiles/essential_medicines/essential_medicines_facts/en/index1.html)

## Most Money Spent

The prescription drug that people spent the most money (\$7.2 billion) on was Lipitor, a cholesterol-lowering statin drug, in 2010.



<http://www.webmd.com/news/20110420/the-10-most-prescribed-drugs>



<http://www.cartoondoc.co.uk/Advice/domedchest.gif>