



"But First, Coffee"

Whether you're dragging yourself out of bed on a Monday morning or trying to survive the world's longest staff meeting, coffee seems to be a good answer. But is your reliance on caffeine helpful or harmful?

The coffee we drink contains caffeine, a mild stimulant to the central nervous system that quickly boosts our alertness and energy levels. **The FDA has cited 400 milligrams a day—that's about four to five cups of coffee—as the safe upper limit for healthy adults.** However, pregnant women should limit their caffeine intake to 200 mg a day (about two cups brewed coffee), according to the American College of Obstetricians and Gynecologists. Keep in mind that many other sources of caffeine exist, including tea, soft drinks, energy drinks, chocolate and certain medications like pain relievers.

When it comes to caffeine, there is a wide variation in both how sensitive people are to the effects of caffeine and how fast they metabolize it (break it down). For some people, the effects of caffeine are prominent and troublesome. Some of the effects are trouble sleeping, nervousness, shaking and increased heart rate. Every body is different and people tolerate caffeine in many different ways. What is important is knowing how much caffeine works for your body and how much is too much. If you have anxiety, panic disorder, heart arrhythmia, high blood pressure, diabetes, or other medical conditions, you may tolerate less caffeine.

People often develop a "caffeine tolerance" when taken regularly, which can reduce its stimulant effects unless a higher amount is consumed. For those who are interested in cutting back on caffeine, it may be easier to make it a gradual cutback. If you usually have 2 cups of coffee a day and a soda with lunch, try cutting the soda out of your lunch for a week and the next week only having 1 cup of coffee. Unlike opioid or alcohol withdrawal, caffeine withdrawal is not considered dangerous, but it can be unpleasant. Stopping abruptly can cause withdrawal symptoms such as headaches, anxiety, and nervousness.

Of course, caffeine isn't all terrible. As a stimulant, caffeine can boost your energy, improve physical and mental performance and even help you burn fat. When in need of an energy boost, **activities such as brisk walking, running or other forms of working out will also let the body release chemicals that can lift your mood and increase energy.**

Consider speaking to your healthcare provider about your caffeine intake if you have any concerns or questions about your tolerance!

Source: Brevard Health Alliance, U.S. Food and Drug Administration, Cleveland Clinic, Healthline



DID YOU KNOW?

Poison Control Center calls peak 4pm–10pm everyday, the hours when grown-ups are distracted coming home from work, preparing meals and getting ready for bed.
- Learn more on page 12



In this Issue:

- National Caffeine Awareness Month
- Bleeding Disorder Awareness
- National Nutrition Month
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- World Bipolar Day
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- Workplace Eye Wellness
- Kidney Month
- Epilepsy (Purple Day)
- Healthy Eats - Pi Day
- Better Sleep
- Poison Prevention

Bleeding Disorders Awareness Month



FOCUS FEATURE

According to the Centers for Disease Control (CDC) and Prevention, there are 3 million people that are affected by bleeding disorders. Some bleeding disorders are inherited such as Hemophilia A & B and von Willebrand disease.

Hemophilia



The Facts

- A person with hemophilia has blood that does not clot like it should. They lack factor VIII (hemophilia A) or IX (hemophilia B).
 - It mostly affects males but can cause a milder version in females.
 - It is a life-long condition and there is no cure.
- People with hemophilia do not bleed faster than normal but have a harder time stopping the bleeding.
- Bleeding inside the body is the main problem. A person will not die from small cuts or scrapes.
- Severity levels are mild, moderate, and severe.
- It may take medicine and/or blood products to help control the bleeding.



Common Bleeding Issues

- Mouth bleeds
- Heavier bleeding with small cuts and scrapes
- Joints: knees, elbows, ankles (long-term can lead to arthritis and inability to the joint)
- Traumatic injuries (life-threatening if located in head, neck, eye, throat, or abdomen)



Aid for Minor Bleeding

- Rest, Ice, Compression, Elevation
- **Cuts and scrapes:** clean, apply pressure, and bandage
- **Nosebleeds:** hold head straight (not back) and apply pressure
- **Mouth bleeds:** apply ice or cold compress
- **Headache (not from injury):** give Tylenol only. If not relieved in two hours or accompanied by other symptoms, contact the parent.

Emergency Bleeding

- **Head:** nausea, vomiting, headache, confusion, blurred vision, or loss of consciousness
- **Eye:** trauma and bleeding into and around the eye
- **Neck and throat:** pain, swelling, difficulty swallowing, or breathing
- **Abdomen:** trauma to abdomen, acute tenderness, pain, or swelling

Have questions?
Consult your physician

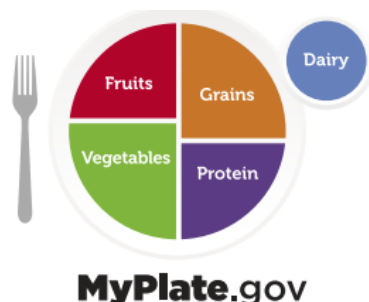




The foods we eat are often influenced by our family's history and culture. **This National Nutrition Month, we want to remind everyone that healthy eating options span the globe.** Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced and bursting with flavor. According to the Academy of Nutrition and Dietetics, trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Here are some tips for this year:

- ♦ **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- ♦ **Banish Brown Bag Boredom.** Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.
- ♦ **Explore New Foods and Flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
- ♦ **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- ♦ **Slow Down at Mealtime.** Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you. Visit eatright.org for more information!



| Healthy International Cuisine Ideas | | | | |
|--|---|--|--|---|
| Asian Indian | Chinese | Filipino | Latin American | Middle Eastern |
| Roasted Chickpeas | Soy milk and fresh fruit | Chicken adobo Chicken marinated in soy sauce and vinegar + with brown rice, cucumber relish and sautéed eggplant | Raw vegetables dipped in fresh guacamole | Hummus with cucumber and carrots |
| Aalu paratha with Dahi Spicy potato stuffed flat bread with yogurt | Zha jiang mian Noodles with soybean paste and ground pork + with steamed vegetables | | Beans and rice, with sliced tomato and cooked egg and plantain | Chicken breast roasted in the oven with potato slices, lemon juice, garlic, and olive oil |

Celebrate a World of Flavors

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.



COOK & PREP

INCORPORATE YOUR FAVORITE CULTURAL FOODS AND TRADITIONS.



VISIT AN RDN

SEE A REGISTERED DIETITIAN NUTRITIONIST.



MEAL PLANNING

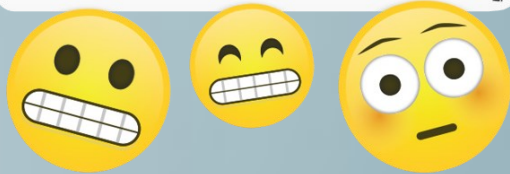
MAKE HEALTHFUL CHOICES WHEN AT HOME AND AWAY.



VARY YOUR DIET

TRY NEW FLAVORS FROM AROUND THE WORLD.

#AwkwardMomentsDay



5 HEALTHY TIPS FOR DEALING WITH EMBARRASSMENT

- 1) Understand that nothing is ever perfect, including you
- 2) Talk to someone or journal about your experience
- 3) Reroute intrusive thoughts with positive affirmations
- 4) Get out there and try again
- 5) Seek Therapy - If the memory continues to negatively affect your daily life

4

Years ago, while training a brand new health educator, I was asked a random question. She said, "Nickey, I don't want to be rude but when I'm talking to you, why are you always looking at my breast". I quickly replied: "I'm sorry I can't even see your face!" Thing is, I had been blind for 4 years! It was an awkward moment for both of us. But we both laughed it off and eventually became good friends.

Nickey Lewin - Community Health



Our team will sometimes use the stairs to exercise. One day, I decided to join them prior to attending a work presentation. While doing some jumping jacks, my pants split right down the middle! Yes, the buttocks area. I quickly ran upstairs to hide. Thankfully, my coworker, Nicole, kept a sewing kit she used to sew my pants back up before my meeting. Close call!

Ederick Johnson - HIV Prevention



Working in the Refugee clinic, we encounter many Spanish speakers. One day, a client came in and I instinctively started speaking to him in Spanish, handling him Spanish paperwork and materials. After a few moments, he was staring at me confused.. Turned out, he was from Afghanistan and had NO idea what I was talking about. Awkward!

Williams Cubas — Refugee Clinic

On my way home from work one day, I tripped stepping off a sidewalk and twisted my ankle. I had to hop my way to my car in the rain. Also, I was in a public parking lot. Yikes!

Roldyne Dolce — Tobacco Prevention



Today is
March 18

Have you ever called someone by the wrong name, tripped over nothing, walked into a door, had the completely wrong words come out of your mouth or just forgot what you were doing? National Awkward Moments Day is celebrated on March 18 of every year, a day to celebrate the awkward and embarrassing moments that are a normal part of our life. We hope you enjoyed the stories from a few of your brave co-workers. Consider this your stress reliever today!



I'LL JUST WEAR THIS FOREVER.

DID ANYONE SEE ME DO THAT?

EVERYONE SAW ME DO THAT.





About 2.8% of the U.S. population are diagnosed with bipolar disorder, with the average age-of-onset at about 25. The exact cause of bipolar disorder is still unknown. But genetics, stress and difference in brain structure are some factors that may contribute to a diagnosis. Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and psychological counseling. Suicidal thoughts and behaviors are common among people with bipolar disorder. If you have thoughts of hurting yourself, call 911 or your local emergency number immediately, go to an emergency room, or confide in a trusted relative or friend. Or call the National Suicide Prevention Lifeline at 1-800-273-TALK.

BIPOLAR

Bipolar disorder (BPD), previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood (is known as mania).


SOME SYMPTOMS

- ✓ Uncharacteristic periods of anger and aggression.
- ✓ Grandiosity and overconfidence.
- ✓ Easy tearfulness, frequent sadness.
- ✓ Needing little sleep to feel rested.
- ✓ Uncharacteristic impulsive behavior.
- ✓ Moodiness.
- ✓ Confusion and inattention.

DISORDER

The causes are not clearly understood, but both environmental and genetic factors play a role. Environmental risk factors include a history of childhood abuse and long-term stress.


THE KEYS TO SELF-HELP


Get educated 


Get moving 

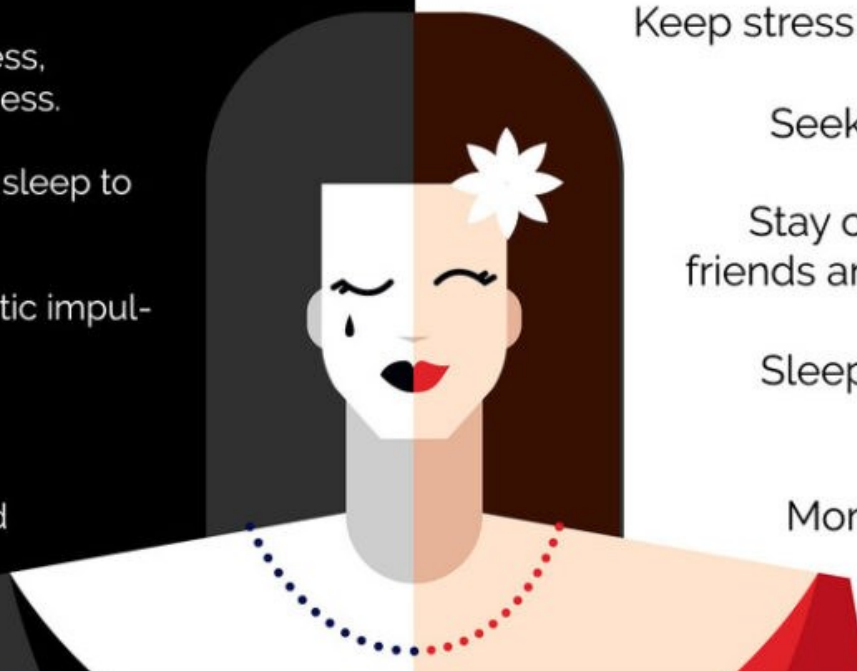
Keep stress in check 

Seek support 

Stay closely to friends and family 

Sleep and eat healthy 

Monitor your moods 



MARCH IS ENDOMETRIOSIS AWARENESS MONTH

Endometriosis, or “endo” for short, is a condition that happens when tissue similar to the lining of a woman’s uterus grows outside of the uterus. Pain is the most common symptom of endometriosis. It can cause painful periods, pain during sex, irregular bleeding, digestive problems, infertility, and other symptoms. **Endometriosis affects about 1 out of every 10 women in the United States. Yet the disease is often misdiagnosed or missed altogether.** Lack of education and awareness is a big reason endometriosis goes undetected.

The causes of endometriosis are still unknown. One theory suggests that during menstruation, some of the tissue backs up through the fallopian tubes into the abdomen, a sort of “reverse menstruation,” where it attaches and grows. Another theory suggests that endometrial tissue may travel and implant via blood or lymphatic channels, similar to the way cancer cells spread. A third theory suggests that cells in any location may transform into endometrial cells. Endometriosis is considered one of the three major causes of female infertility. According to the American Society for Reproductive Medicine, endometriosis can be found in 24-50% percent of women who experience infertility.

It can be hard to talk about endometriosis. But with your doctor, it's important to be open about any symptoms you may be experiencing. **Don't downplay your pain!** Diagnosis begins with a health care provider evaluating your medical history and completing a physical examination, including a pelvic exam. A diagnosis of endometriosis can only be certain, though, when the doctor performs a laparoscopy, biopsies any suspicious tissue and the diagnosis is confirmed by examining the tissue beneath a microscope. Treatment for endometriosis usually involves medication or surgery. The approach you and your doctor choose will depend on how severe your signs and symptoms are and whether you hope to become pregnant.

Source: EverydayHealth, Mayo Clinic, Hopkins Medicine

Coping With Endometriosis

- Speak with a mental health professional
- Join a support group
- Improve your diet
- Exercise
- Use hot water bottles and heating pads to relieve painful symptoms
- Track symptoms using apps like Phendo, or try journaling



Visit [womenshealth.gov](https://www.womenshealth.gov) to learn more about endometriosis and resources available to you!



WHAT IS ENDOMETRIOSIS?

A disease where tissue resembling the lining of the uterus grows outside the uterus in other parts of the body – most commonly in the pelvic area.

FACTS AND FIGURES

MORE THAN 200 MILLION people born with a uterus worldwide have endometriosis.

That means it affects more than 1 in 10 people. In Hungary that number is

OVER 200,000

Currently, the only precise way to get a diagnosis is through **LAPAROSCOPIC SURGERY**. The average waiting time for a diagnosis is approx. **4 YEARS** in Hungary, but it can go up to **8-12 YEARS** in other countries.

There are **4 STAGES** of endometriosis from minimal to severe.

1 IN 10

COMMON SYMPTOMS

- painful periods
- heavy and long lasting bleeding
- bleeding, pain between periods
- painful ovulation
- ovarian cysts
- painful urination and bowel pain
- digestive problems
- bloating
- fatigue
- nausea, vomiting
- painful intercourse
- infertility
- asymptomatic



MARCH WORKPLACE EYE WELLNESS MONTH



FIVE TIPS FOR A LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It's Easy to Incorporate Steps into Your
Daily Routine to Protect Your Vision!



1 SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



2 PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



4 EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



American Optometric Association

AOA.ORG

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit www.aoa.org. To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit www.aoafoundation.org.

According to Centers for Disease Control and Prevention, approximately 12 million people 40 years and over in the United States have vision impairment. This is largely due to age-related conditions, including cataracts, diabetic eye disease, glaucoma and age-related macular disease.

Yearly comprehensive eye exams are an important part of caring for your vision and overall eye health. This applies to all ages, but particularly to those with risks of disease due to family history. While providing the best vision care possible to every patient is the responsibility of all eye doctors, clearly, the patient plays an important role in this by getting evaluated yearly.

AT WORK:

Take a break from electronic devices! In this era of endless Zoom meetings, that can be hard to do. Computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast. **Be sure to observe the 20/20/20 rule: every 20 minutes, take a 20-second break, and look at something 20 feet away. This helps decrease eye strain associated with computers, smartphones, tablets, or other hand-held devices.**

For those who work in other settings, such as construction or manufacturing, safety eyewear protection is a must to protect against chemical, environmental, radiological or mechanical irritants and hazards.

Source: American Optometry Association, Centers for Disease Control and Prevention



THE 20-20-20 RULE

TAKE A
20
SECOND
BREAK



EVERY
20
MINUTES



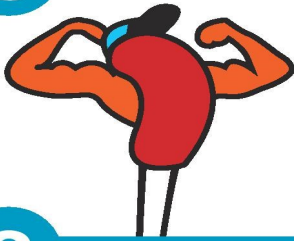
TO LOOK AT
OBJECTS
20
FEET
AWAY



March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate
fluid
levels

Activate
Vitamin D
for healthy
bones

Filter wastes
from the
blood

Direct
production
of red blood
cells

Regulate
blood
pressure

Keep
blood
minerals in
balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular
disease



Heart attack



Stroke



Anemia/ low red
blood cell count



Weak bones



High
blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High
blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling:
face, hands,
abdomen,
ankles,
feet

Blood in urine
Foamy urine

Puffy
eyes

Difficult,
painful
urination

Increased
thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)

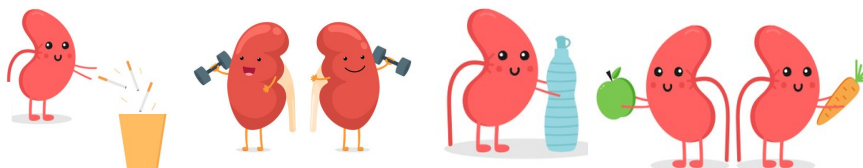


Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

African Americans, Hispanics, Pacific Islanders, American Indians and Older Adults are at increased risk for kidney disease

National Kidney Foundation



Join us **MARCH 26** and wear **PURPLE** to promote **EPILEPSY AWARENESS** worldwide!



The 26th March is Purple day, a time to get people talking about epilepsy and raise awareness of the condition.

EPILEPSY

Epilepsy is a neurological disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behavior, sensations and sometimes loss of awareness. It is usually diagnosed after a person has had at least two seizures that were not caused by some known medical condition.

Seizures seen in epilepsy are caused by disturbances in the electrical activity of the brain. They may be related to a brain injury, genetics, immune, brain structure or metabolic cause, but most of the time the cause is unknown.

There are over 40 different types of seizure, and not all of them are physical which is why epilepsy can also be an invisible condition. Fact is, **1 in 26 people in the U.S. will develop epilepsy at some point in their lifetime.**

If you suffer from Epilepsy, continue collaborating with your healthcare providers because it's possible to live a healthy and happy life with your diagnosis.

How to help - For most seizures, basic seizure first aid is all that is needed. **Please see the infographic on the right to educate yourself on the procedures for responding to someone having a seizure.**

Source: Centers for Disease Control and Prevention, Epilepsy Foundation of America, Mayo Clinic

EPILEPSY AWARENESS

9

PurpleDay®

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ Time the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call **911** if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do **NOT**

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



HEALTHY EATS¹⁰

Healthy Key Lime Pie Bars

These Healthy Key Lime Pie Bars are made with tart lime juice and just the right touch of maple syrup. The creamy filling is poured on a no bake cookie crust that is perfectly sweetened with dates. This recipe is vegan, dairy-free and gluten free.

Ingredients

Cookie Crust:

- 6 pitted dates
- $\frac{3}{4}$ cup cashews
- $\frac{1}{2}$ cup almond flour
- $\frac{1}{4}$ tsp cinnamon
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ tsp sea salt

Key Lime Pie Filling:

- 1 $\frac{1}{4}$ cup whole cashews
- $\frac{1}{4}$ cup full fat coconut milk
- $\frac{1}{4}$ – $\frac{1}{2}$ cup lime juice (plus more to taste)
- 1 tablespoon lime zest
- $\frac{1}{4}$ cup maple syrup (plus more to taste)
- 1 teaspoon vanilla extract
- 2 tablespoons coconut oil



Preparation

1. Soak 1 $\frac{1}{4}$ cup of cashews in water overnight for the key lime pie filling.
2. Add the crust ingredients to a food processor and pulse until a sticky dough forms. Press the dough into an 8×8 baking pan lined with parchment paper. Put the crust in the fridge or freezer while you prepare the key lime filling.
3. Add the soaked cashews, lime juice, lime zest, maple syrup, coconut oil, coconut milk, and vanilla extract to your food processor or high powered blender. Blend the filling until silky smooth and creamy.
4. Give the filling a taste and adjust the level of sweetness or tartness to your taste. You can add more maple syrup or add more lime juice to suit your taste buds.
5. Pour the key lime filling over the prepared crust. Freeze the bars overnight or until completely solid.
6. When you are ready to serve, remove the bars from the freezer and use a sharp knife to slice the bars into 9 or 16 pieces. Top with more lime zest and enjoy!

Tips & Tricks

Use fresh lime juice!

Do not over process the crust. It should be sticky, similar to a cookie dough, not smooth like a nut butter.

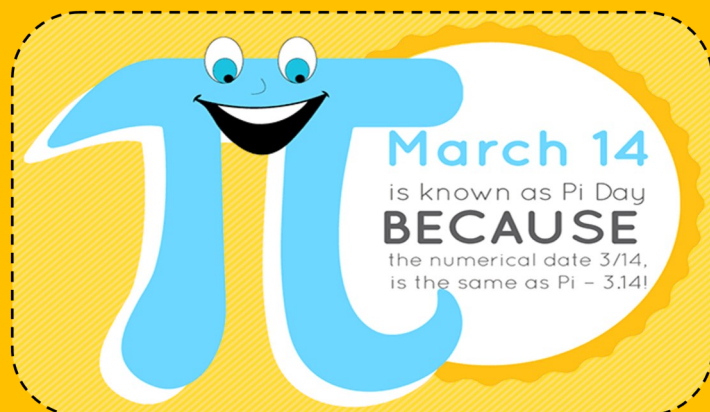
Let the bars freeze until they are completely solid before slicing.

When you are ready to eat, pull one bar out at a time for a few minutes before you are ready to eat.

Nutrition Information

Serving size: 1 bar; Per Serving: 220 calories;

Source: *All the Healthy Things*



Sleep Awareness Week

March 13–19

#7DAYS4BETTERSLEEP



Day 1

Start the week by making time for the sleep your mind and body needs. Most adults need 7 to 9 hours to function properly.

Day 2

Leave a couple of hours between eating and going to bed. It will help you reap the maximum benefits of a good night's sleep.



Day 3

Power down to recharge! Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices before you head to bed!

Day 4

Make your bedroom all about sleep! A comfortable mattress, pillow, and bedding will help you get a good night's sleep. Keep your room dark and use cool paint colors for the walls.



Day 5

Create a bedtime ritual. Make deep breathing, stretches and other relaxing exercises part of your pre-slumber ritual, to wind down and help get your mind ready for sleep.

Day 6

Put your troubles aside and drift away. Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep. You'll sleep better!



Day 7

Sleep is important for everything – **“Remember to account for Daylight Saving Time!** Spring forward towards better sleep!”

National Poison Prevention Week IS YOUR HOME POISON SAFE?

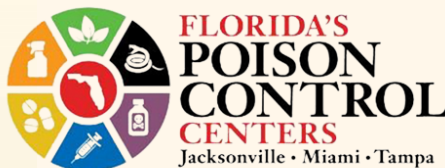
Top 10 ways to poison proof your home

1. Save the toll-free Poison Control Hotline, **1-800-222-1222**, in all phones! It's fast, free and confidential.
2. Keep all household and personal care products in their original containers locked up, out of sight and reach of children.
3. Never put something that is not food in a food or beverage container, such as a soda bottle, cup or glass.
4. Install carbon monoxide and smoke detectors in your home. Test that they are working and change their batteries every 6-months.
5. Keep houseplants out of reach of small children and know the names of plants in your home and yard.
6. Never call medicine candy—children may confuse medicine for candy.
7. Properly dispose any expired, unwanted or unused medicine around the home.
8. Never leave purses or bags that may contain medicine, cosmetics or other poison dangers unattended or in a child's reach.
9. Do not take medicine in front of children; they love to imitate adults.
10. Never leave children unattended around items that use button batteries (ex. toys, remotes, greeting cards).

80 percent of all calls are made from the home, and about half of these calls involve children under age 5



National Poison Prevention Week to highlight the risk of being poisoned by household products. Take a peek under your kitchen sink or in your laundry room and there'll be tons of stuff that could be dangerous. Accidental poisonings are a leading public health problem and we should all be mindful of what lurks in our own homes.



The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



Talk is cheap?

Have you ever talked to a lawyer?

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

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