

BHS ASSIST E-NEWS

Prescription Drug Misuse

Think twice-because you only die once.

Prescription pain relievers, when used correctly and under a doctor's supervision, are safe and effective. But abuse them, or mix them with illegal drugs or alcohol, and you could wind up in the morgue. Even using prescription pain relievers with other prescription drugs (such as antidepressants) or over-the-counter medications (like cough syrups and antihistamines), can lead to life-threatening respiratory failure. *With some prescription pain relievers, all it takes is one pill.*

Drugs to watch out for:

The most dangerous prescription pain relievers are those containing drugs known as opioids, such as morphine and codeine. Some common drugs containing these substances include:

- Darvon
- Demerol
- Dilaudid
- OxyContin
- Tylenol with Codeine
- Vicodin



Addiction can be a living death.

If you abuse prescription pain relievers and are lucky enough to cheat death, you're still in big trouble. *Prescription pain relievers can be addictive. The longer you take them, the more your body needs.* Try to stop, and you could experience withdrawal symptoms.

Addiction to prescription pain relievers is like being hooked on heroin and the withdrawal isn't much different:

- Diarrhea
- Vomiting
- Bone and muscle pain
- Cold flashes
- Insomnia

If you, or someone you know, is abusing or is addicted, get professional help. Your company's Employee Assistance Program provides free and confidential assessment. Contact your EAP Care Coordinator at 800-245-1150.

http://www.fda.gov/cder/consumerinfo/buzz_brochure.htm

Off to a Good Start With Breakfast

Breakfast provides children with the energy and essential nutrients they need to concentrate on school work and learn. Studies show that it provides as much as $\frac{1}{4}$ of the recommended daily allowance for key nutrients, such as:

- Calcium
- Protein
- Vitamins A and B6
- Magnesium
- Iron
- Zinc

Importance of Breakfast

Research shows that children who eat breakfast have:

- Higher achievement scores
- Lower rates of absence and tardiness
- Increased concentration in the classroom



Another important reason to eat breakfast is that healthful habits learned early in life could stave off many adulthood health problems associated with poor diet, such as diabetes and obesity.

What counts?

Ideally, you want to make a breakfast that consists of:

- Protein
- Fat
- Carbohydrate

Balanced meals offering foods from several food groups are designed to sustain children's energy throughout the morning, whereas a breakfast of just carbohydrate will sustain a child for only one to two hours. A drop in blood sugar can mean a decline in energy level and the onset of hunger symptoms like a stomachache or headache, which interfere with learning.

If breakfast is rushed in the morning, eating something is still better than eating nothing. For more information and quick breakfast ideas, visit www.mealsmatter.com.

According to the National Center on Sleep Disorders Research, as many as 40 million Americans are afflicted with some type of sleep-related problems. If you experience problems sleeping, or feeling rested, talk with your doctor about your sleep habits. Your doctor can help you determine if you need to practice better sleep hygiene or if a referral to a sleep specialist is necessary.