

of the Week...

Obesity Alone Raises the Risk of Fatal Heart Attack

Obese men face a dramatically higher risk of dying from a heart attack, regardless of whether or not they have other known risk factors for cardiovascular disease, according to a new study Feb. 15, 2011 online issue of *Heart*. It's time to approach obesity through lifestyle modification. If we can be of service to you in this regard, let us know!

America's #1 Most Popular Drug

The #1 most popular prescribed drug in 2009 according to Forbes Magazine (May, 2010) was:

1. Hydrocodone/acetaminophen (painkiller)-Over 128 million prescriptions. Here's what you need to know...

Now, of course, we present this information for you if you find that you **MUST** take medication...so now you can be aware of the do's and don'ts if you are taking this drug:

Alcohol Interactions

Moderate to high amounts of acetaminophen have caused liver damage in people with alcoholism. To prevent problems, people taking acetaminophen should avoid alcohol.

Hydrocodone may cause drowsiness,

dizziness, or blurred vision. Alcohol may intensify these effects and increase the risk of accidental injury. To prevent problems, people taking hydrocodone should avoid alcohol.

Food Interactions

Food, especially foods high in pectin (including jellies), carbohydrates, and large amounts of cruciferous vegetables (broccoli, Brussels sprouts, cabbage, and others) can interfere with acetaminophen absorption.

Hydrocodone may cause gastrointestinal (GI) upset. A common side effect of narcotic analgesics is constipation.

Acetaminophen toxicity is a potential medical emergency.

Most people think acetaminophen is benign. Our purpose is to keep you informed and make you an informed health care consumer.

The Bottom Line...The Bottom Line...The Bottom Line...

Just so you know, hydrocodone is a **narcotic** analgesic used in combination products to relieve mild to moderate pain and an antitussive agent to relieve cough and upper respiratory symptoms associated with allergy or cold. Seems to us that if people really knew, they would NEVER be willing to take a narcotic pain reliever to try and get relief from self limiting conditions like a cold or allergy. Take the right steps to getting healthy and staying healthy...see us today!!!

This issue of the HealthTip of the Week is brought to you as a public service by...

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