



VOLUME 2, ISSUE 3

SOCIAL SERVICES CORNER MARCH 2007

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- **COUNTERFEIT MEDICATION**
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MIDDAY NAP MIGHT JUST HELP YOUR HEART

New research shows that a little midday nap seems to reduce heart problems, particularly among men. The study followed 23,681 adults for a six year period and found that those who napped for about one-half hour at least three times weekly, had 37 percent lower risk of heart attacks or other heart problems than those who did not nap.

Researchers suggest that naps might benefit the heart by reducing stress. Stress may directly effect the heart by causing the release of unhealthy stress hormones. It may also have an indirect effect on the heart because under stress people tend to exercise less, overeat and smoke. Next time you get a chance to relax, take a healthy nap!

IS YOUR MEDICATION COUNTERFEIT?

The World Health Organization estimates that up to ten percent of the medications sold globally are actually counterfeit. Sometimes phony pills are put in conventional plastic bottles that have labels soaked off from legitimate shipments. Also, some unscrupulous suppliers have been known to try to boost profits by “uplabeling” – basically passing off a 10 mg dose of a drug as 40 mg.

Last year the U.S. Food and Drug Administration investigated 53 cases of drug counterfeiting — up from six, just five years ago. According to the National Association of Boards of Pharmacy, up to 40 million of the prescription bottles dispensed today may contain worthless filler.

What usually harms a patient is not toxic substances in the phony drug, but a lack of potentially lifesaving medication that they are supposed to be receiving. Precautions you can take to avoid counterfeit drugs include not buying prescription drugs online, unless it is through a web site of a legitimate pharmacy; looking closely at your medicine (note any signs of runny coloring or shoddy logos on the pills); watching for changes in appearance or taste in the prescriptions you usually take; and bringing any reliable medication that suddenly begins to have no effect to your physician right away.

IT'S TAX TIME AGAIN ...

From February 1 through April 15, the AARP Tax-Aide program offers free one-on-one counseling as well as assistance on the telephone and internet to help individuals prepare basic tax forms. **For more information or to find a Tax-Aide site in your local are, please call (888) 227-7669.**

POMEGRANATE JUICE MAY SLOW PROSTATE CANCER

A recent study conducted at the University of California in Los Angeles focused on 50 men who had undergone surgery or radiation treatment for prostate cancer — but had shown signs that the disease was rapidly returning. The presence of prostate cells is monitored by measuring levels of a chemical they produce called prostate-specific antigen (PSA). The researchers measured how long it took for PSA levels to double in patients — a short doubling time indicates that the cancer is progressing quickly. The average doubling time is about 15 months, but in patients who drank pomegranate juice, it increased to an average of 54 months.

Pomegranate juice is known to have anti-inflammatory effects and high levels of anti-oxidants, which are believed to protect the body from damage by particles called free radicals. It also contains isoflavones, which are believed to play a role in cancer cell death. However you look at it, a daily glass of pomegranate juice may protect your health.

QUOTE OF THE MONTH

“Some cause happiness wherever they go; others, whenever they go”

— Oscar Wilde (1854 – 1900)

WEB DIRECTORY

Check out the MPPAF web site at www.wrpioneers.org and view our ever expanding national resource directory.

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