

## Protect Your Family and the Earth by Safely Disposing of Expired and Unused Medications

Don't forget your medicine cabinet during this year's spring cleaning. Having expired medications in your home can be a safety hazard, but improper disposal can be dangerous for children and pets as well as the environment. The US Fish and Wildlife Service, the American Pharmacists Association, and the Pharmaceutical Research and Manufacturers of America have banded together to develop **SMARxT DISPOSAL: A Prescription for a Healthy Planet**. Following the steps below can be a huge help in safeguarding lives and the environment. SMARxT DISPOSAL Guidelines:

**DO NOT FLUSH** unused medications and **DO NOT POUR** them down a sink or drain. \*

Be Proactive and Dispose of Unused Medication In Household Trash. When discarding unused medications, ensure you protect children and pets from potentially negative effects:

- Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.
- Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.
- Seal the plastic bag and put it in the trash.
- Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

Participate in the **DEA National Prescription Drug Take Back Day on Saturday, April 30, 2011**. Visit the NATIONAL TAKE BACK INITIATIVE site for more information including drop-off sites in your area. Consult your pharmacist with any questions.

**Sources:**

[www.pharmacytimes.com](http://www.pharmacytimes.com) "'Must Haves' for the Medicine Cabinet"  
Mary K. Gurney, PhD, RPh Published Online: January 20, 2010 - 9:57:50 AM  
SmartRx Disposal: <http://www.smarxtdisposal.net/index.html>

## Leg Health Day

Join us Thursday, April 7 at our Medical Equipment store at 1506 Taylor Street downtown from 10-2 for our Semi Annual LEG HEALTH DAY.

Call 803.256.3440 ext.6104 for an appointment or drop-in for FREE foot and leg screenings.

## Who Will Make Your Healthcare Decisions if You're Unable To?

April 16th is National Healthcare Decisions Day. Visit [www.nhdd.com](http://www.nhdd.com) for information and resources to help you with your healthcare planning.

## Ask The Pharmacist

Do you have a question you would like to ask one of our knowledgeable pharmacists? Send it to our website at [hawthornesc.com](http://hawthornesc.com), and it may be featured in next month's newsletter!

## April

### Stress Awareness Month

Stress is a part of life, but too much stress can have detrimental effects on one's health. Try these 10 simple ways to relieve stress.

**Listen to music.** Listening to calm, relaxing music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol, a hormone linked to stress.

**Call a Friend.** Take a break and call a friend if you're feeling overwhelmed by your problems. Sometimes all you need is a reassuring voice to help put everything in perspective.

**Talk Yourself Through It.** Tell yourself why you are stressed, what needs to be done to complete the task at hand, and that everything will be okay.

**Breathe.** Try sitting up in your chair with your feet flat on the floor and hands on top of your knees. Breathe in and out slowly and deeply concentrating on your lungs as they expand fully. Deep breathing oxygenates your blood, helps center your body, and clears your mind.

**Laugh.** Laughter releases endorphins that improve mood and decrease levels of stress-causing hormones cortisol and adrenaline. Check out some of your favorite humor websites, or watch a funny movie.

**Have a Cup of Tea.** Swap your coffee from some green tea. It contains less than half the caffeine. It also contains healthy antioxidants and theanine, an amino acid that has a calming effect on the nervous system.

**Be Mindful.** Try to incorporate activities that include practicing mindfulness into your lifestyle. Some great examples include yoga, tai chi, Pilates, and meditation.

**Eat Right.** Instead of reaching for sugary, high fat snack foods, eat fruits and vegetables or fish which has high levels of omega-3 fatty acids, which have been shown to reduce the symptoms of stress.

**Exercise.** Something as simple as a short walk or standing up to stretch during a break at work can get your blood moving which releases endorphins and can almost instantly improve your mood.

**Get Your Z's.** Stress can cause you to lose sleep, but lack of sleep can also cause stress. Manage your time effectively so that you are able to get the doctor recommended 7 to 8 hours of sleep each night.

**Source:**

"10 Simple Ways to Relieve Stress"

by Nathan Reese

<http://www.healthline.com/health-slideshow/10-ways-to-relieve-stress>

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