

MEDIC MESSENGER

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Medication Disposal and Safety

Maj David R. Jarnot, Pharmacy Flight Commander

The Drug Enforcement Administration National Prescription Take-Back Day initiative has yielded collection of over 1.5 million pounds of unused prescription medication across the United States. That is enough medication to fill over 77 dump trucks to the brim! Nearly 500 pounds of dangerous medications have been collected at Hill Air Force Base during this time. **The next collection day is Saturday, 29 September 2012, 10:00 am—2:00 pm with two Hill AFB locations, the Base Exchange and the Commissary.** Reasons Take-Back initiatives are so important include:

Safe Disposal of Medications Reduces Drug Abuse

Prescription drug abuse is the nation's fastest-growing drug problem. Although there has been a marked decrease in the use of some illicit drugs like cocaine, national surveys report that nearly one-third of people, aged 12 and over who used drugs for the first time, begin by using a non-medical prescription drug. Seventy percent of those people got their medications from friends or relatives.

The Department of Defense Health Behaviors Survey revealed that drug abuse has increased among active duty military members primarily due to prescription medication abuse. Additionally, teenagers using medicines for non-medical reasons has increased. Law enforcement officials now report "Skittles" parties where young adults clear their parent's medicine cabinets and gather the pills into a bowl. They then play, unaware to them, a potentially deadly game of medication Russian roulette. Medication Take-Back programs get potentially life-threatening dangerous leftover drugs out of homes and the reach of those who could abuse them.

Safe Disposal of Medications Reduces Accidental Poisonings

Unwanted medications left in the home are a danger to those who may inadvertently ingest them like young children, seniors, and even pets. Unintentional poisoning is second only to motor vehicle crashes as a leading cause of unintentional death in the United States. The vast majority of these deaths are caused by drugs. Many of us have seen the sad stories in the news where a young toddler was killed by getting hold of left out medication and ingesting them. The following is one of several reported incidents listed on the Food and Drug Administration website, FDA.gov.

"A 4-year old female was found not breathing by her grandparents in their home. Resuscitation was attempted, but was ineffective and the child died. During the autopsy, a transdermal fentanyl patch, a strong opioid pain medicine, was found in the child's gastrointestinal tract. Apparently, the child found a discarded patch in the trash and ingested it, resulting in a massive overdose of fentanyl".

Returning unused medications to a Take-Back program is an important part of creating a safe environment in the home and reducing the risk of harm to those we love.

Safe Disposal of Medications Reduces Environmental Risk

Large amounts of medications go unused and many make their way into the local waters and environment. Flushing medications down the toilet is a direct contributor to the presence of medications in the environment because they are not removed by sewage treatment facilities and septic tank systems.

Medications returned to a Take-Back location are disposed of in a medical grade incinerator and is the only environmentally sound method for disposing of unused medications. If you would like additional information about safe medication disposal or getting involved with the take-back initiatives, please contact a Hill AFB Pharmacy team member at 777-0419.

Take Back Day: Saturday, 29 September 2012, 10 am - 2 pm, HAFB Commissary & Base Exchange



7321 Balmer St
Hill AFB, Utah

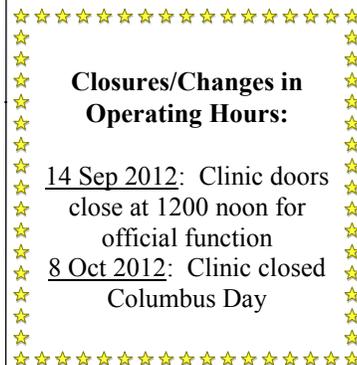
Hours of Operation:

Mon-Fri 0700-1700

Wed 0900-1700

Clinic Telephone Tree
and Appointment Line:
801-728-2600

Pharmacy Refill:
801-775-3630



Closures/Changes in Operating Hours:

14 Sep 2012: Clinic doors close at 1200 noon for official function

8 Oct 2012: Clinic closed Columbus Day



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Suicide Prevention Month

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Clinical Psychologist & Behavioral Health Consultant, 75th Medical Operations Squadron

September is suicide prevention month. Good suicide prevention involves a year-round focus on resilience and being good wingmen. Everyone can assist with suicide prevention efforts by staying educated about the warning signs, healthy coping strategies, and how to seek assistance or help a friend in distress. Most of us should know the warning signs for distress (e.g., changes in mood or behavior, hopelessness, significant losses, increases in alcohol use, drug use, giving away belongings, etc), but do we know *what* to do when someone is in distress?

The military offers an acronym to remind us how to take action: **ACE**. “**A**” stands for “**Ask Questions**.” Ask questions such as: are you thinking of killing yourself, do you have a plan, do you know when you would kill yourself, do you have access to what you would use? “**C**” stands for “**Care for your Wingman**.” Listen with compassion and concern, don’t judge, and even if you don’t agree with their reasoning, you can still acknowledge their pain. “**E**” stands for “**Escort/Take Action**.” Connect the individual with professional help, use emergency resources, and ensure a positive handoff.

There will always be stress and hardship in life. The more resilient we are as individuals and groups, the better we can weather the turbulence in life. Improve your resilience by dealing with your problems, expressing yourself, developing connections with others, maintaining perspective, exercising, engaging in hobbies and fun activities, giving yourself a break, using realistic thinking, maintaining a healthy diet, practicing relaxation techniques, setting and sticking to routines, using problem solving skills, helping others, seeking out resources and classes through the Team Hill Integrated Delivery System (IDS), asking for help when needed, and encouraging others to do the same. Seeking help when needed is a sign of strength and resilience. Take care of yourself and be there for your wingman. Remember, everyday is Wingman Day!

Resources Available

Mental Health Clinic for Active Duty - 801-777-7909 Occupational Medicine for Civilians - 801-777-1163
 TRICARE for Beneficiaries - 1-888-TRIWEST (874-9378) Wingman Advocates - 801-777-CALL (2255)
 Employee Assistance Program - 1-800-222-0364 Base Chapel - 801-777-2106
 IDS Quick Reference Guide, Resiliency Course Catalog & Community Resource Guide for services at HAFB and in the Community: www.Hill.af.mil
 National Suicide Prevention Lifeline - 1-800-273-8255 - (offers 24/7 confidential support for anyone; military/vet press 1)
 Defense Centers of Excellence Outreach Center - 1-866-966-1020 or *Live Chat* at www.realwarriors.net
 Grief Support Group for survivors of suicide - 801-475-4002

MetLife Dental Benefit Advisor Coming Soon!

Oral health is an important part of your overall wellness. A healthy body includes a healthy smile. We encourage you to protect that smile. As a Uniformed Service member, you may enroll your family members, and yourself if you are a National Guard or Reserve member, in the TRICARE Dental Program (TDP) administered by MetLife. A MetLife Dental Benefit Advisor (DBA) will visit in the near future to discuss TDP benefits, answer any TDP questions and help with enrollment:

DATE: Monday, 24 September 2012 TIME: 0800 – 1700hrs LOCATION: Dental Clinic Lobby

Two million members of the military community have already joined the TDP. Benefits of the TDP include enhanced dental coverage such as:

- * Cost effective monthly premiums
- * No annual deductible
- * Worldwide protection
- * Benefits for you and your family if your status changes to National Guard/Reserve
- * Coverage for important and potentially costly dental care such as sealants, restorations, endodontics, periodontics, implants, and orthodontics
- * No out-of-pocket costs for preventive and diagnostic care when visiting one of more than 180,000 locations in the MetLife Preferred Dentist Program (MetLife network dentists)
- * 24 Hour Customer Service is available
6:00 p.m. Sunday - 10:00 p.m. Friday (EST)

Stop by and see us on the day and time above.

Or, give us a call at 1-855-638-8371 and/or visit us online at

<https://mybenefits.metlife.com/tricare> or www.facebook.com/MetLifeTDP.

FLU SHOTS
 AFMC CIVILIAN WORKFORCE
COMING SOON!



- NO COST
- Civilian workers
- Convenient on base locations
- Coming **this Fall**
- Mark your calendar NOW

For more information:
 Please call Angela Griffin @
 (801) 777-1167

