

SPRING HEALTH CLEANING

By Good Samaritan Medical Center Staff

Spring brings with it thoughts of cleaning out after a long cold winter indoors. Many people use this time to clean carpets and windows or replace storm doors with screen doors in anticipation of warmer weather. However, spring is a great time to schedule an annual review of what is in your family medicine cabinet.

The best place to start is with the expiration date on all health items – prescription medications, vitamins, pain relievers, cough and cold relief as well as children's products. Anything that is past expiration should be properly disposed of following the guidelines on the label. If none exists, seek instruction from the Federal Food and Drug Administration at www.fda.gov or contact your health care provider for a schedule of upcoming "Drug Take Back Days".

"I think it's important to be periodically reassessed by a provider to determine whether or not a particular medication is still needed," said Dr. Agnieszka Buniowska, a primary care physician with Steward Medical Group (SMG) affiliated with Good Samaritan Medical Center. "I find that many patients are on certain medications for years and years even though they're no longer needed, or, the dose needs to be adjusted. Polypharmacy (the use of four or more medications) is becoming a public health issue and dangerous if not kept in check."

"One has to remember that medications also have side effects, and these effects can worsen when combined. Some of them should never be mixed," continued Dr. Buniowska. "It is important to clearly mark pill bottles and maintain proper storage. Do not keep medications where children can access them."

Spring is also an ideal time to make sure everyone in the family has had a general examination by their Primary Care Physician, even if no one is taking medications and feeling healthy. "Early detection is the best defense in combating any disease," advises Dr. Buniowska. "Seeing your doctor when you're feeling well can help him/her assess any slight changes in things like skin discoloration, mood, weight, and eating and sleep habits." It's also a good time to review standard immunizations that may be needed, especially for family members who travel overseas.



Dr. Agnieszka Buniowska, a primary care physician with Steward Medical Group (SMG) affiliated with Good Samaritan Medical Center.

Finally, take this time to replenish personal First Aid Kits in both the house and car. Refill bandages, tapes, and antiseptic cleansers to be well prepared for outdoor activities that bring cuts and scrapes. Do not forget to include sunscreen and insect repellent in every kit, too. "Start using insect repellent and sunscreen as soon as spring time arrives, but do not avoid the sun," Buniowska recommends. "It converts the inactive form of Vitamin D to its active form which aids in the absorption of calcium and helps bone growth."

Following these simple tips can help keep your family healthy and safe – not just in Spring – but year round.

SAVE THE DATES AND EVENTS

Fri, March 27, 2015, 1 pm -4 pm

4th Annual Summit on Women's Leadership
at Stonehill College, Alumni Hall

Fri, March 27, 2015, 6 pm-9 pm

Gala Community Awards Ceremony at
Stonehill College, Alumni Hall

Sat, March 28, 2015, 8:45 am-3:00 pm

5th Annual South Shore Leadership
Conference, South Middle School, Brockton, MA

What's going on?

Classes at HarborOne U 68 Legion Parkway, Brockton, MA 02301, Tel. 508-895-1770

Classes are open to the public and are free.. Website: www.harboroneu.com/multicultural-banking-center/
Email mbcmain@harborone.com. **Registration available at** www.harboroneu.com/classes

April 9, 2015 — 6:00pm - 8:00pm

A Guide to Medicare-Understanding the Parts & Plans of Retiree Healthcare

May 5, 2015 — 6:30pm - 8:00pm

Making Informed Decisions about College

EVENTS AT BROCKTON CITY HALL, 45 School St., Brockton, MA 02301

The Irish Heritage/St. Patrick's Day Celebration, Tuesday, March 17, 2015, 10:30 am

Greek Independence Day, Wednesday, March 25, 2015, 3:45 pm

For more information please call the Office of Mayor Bill Carpenter at 508-580-7123