

Red cliff community health center Newsletter - March 2012

Tips for Poison Prevention and Treatment

Each year, approximately 2.4 million people - more than half under age 6 - swallow or have contact with a poisonous substance.

The American Academy of Pediatrics (AAP) has some important tips to prevent and to treat exposure to poison.

To poison proof your home:

Most poisonings occur when parents or caregivers are home but not paying attention. The most dangerous potential poisons are medicines, cleaning products, antifreeze, windshield wiper fluid, pesticides, furniture polish, gasoline, kerosene and lamp oil. Be especially vigilant when there is a change in routine. Holidays, visits to and from grandparent's homes, and other special events may bring greater risk of poisoning if the usual safeguards are defeated or not in place.

- ★ Store medicine, cleaners, paints/ varnishes and pesticides in their original packaging in locked cabinets or containers, out of sight and reach of children.
- ★ Install a safety latch - that locks when you close the door - on child-accessible cabinets containing harmful products.
- ★ Purchase and keep all medicines in containers with safety caps. Discard unused medication.
- ★ Never refer to medicine as "candy" or another appealing name.
- ★ Check the label each time you give a

child medicine to ensure proper dosage.

- ★ Never place poisonous products in food or drink containers.
- ★ Keep coal, wood or kerosene stoves in safe working order.
- ★ Maintain working smoke and carbon monoxide detectors.

Treatment

If your child is unconscious, not breathing, or having convulsions or seizures due to poison contact or ingestion, call 911 or your local emergency number immediately. If your child has come in contact with poison, and has mild or no symptoms, call your poison control center at 1-800-222-1222.

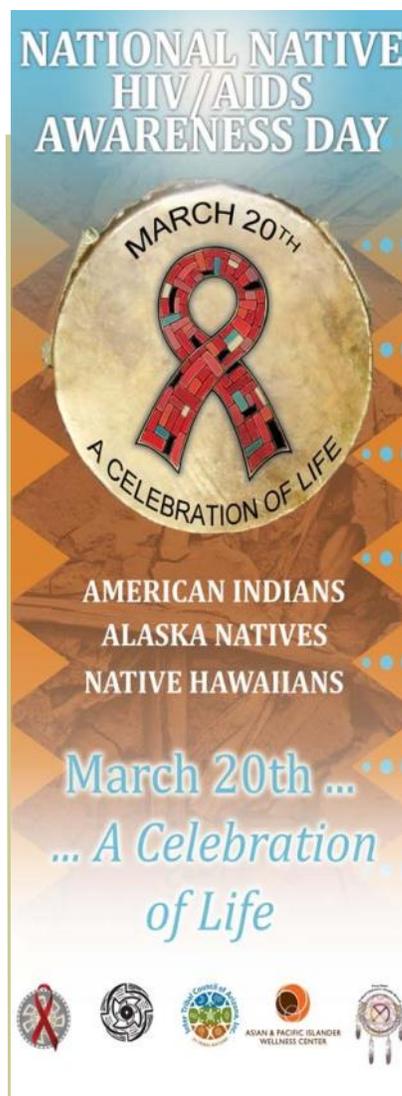
Different types and methods of poisoning require different, immediate treatment:

- ★ Swallowed poison - Remove the item from the child, and have the child spit out any remaining substance. Do not make your child vomit. Do not use syrup or ipecac.
- ★ Skin poison - Remove the child's clothes and rinse the skin with lukewarm water for at least 15 minutes.
- ★ Eye poison - Flush the child's eye by holding the eyelid open and pouring a steady stream of room temperature water into the inner corner for 15 minutes.
- ★ Poisonous fumes - Take the child outside or into fresh air immediately. If

the child has stopped breathing, start cardiopulmonary resuscitation (CPR) and do not stop until the child breathes on his or her own, or until someone can take over.

Source:

American Academy of Pediatrics



MARCH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 "Nooni Circle" Breastfeeding support group 10-12	2	3
				WIC Pickup day		
4	5	6	7 WIC RECERT	8 Centering Pregnancy 10-12 & 2-4	9	10
				WIC Pickup Day		
11	12 Diabetic Support Group 6:00 pm	13	14 FREE Health Screenings at the Fire Hall 9 to 11 am	15 PODIATRY CLINIC "Nooni Circle" Breastfeeding support group 10-12	16	17
18	19	20 DIABETIC CLINIC	21	22 Centering Pregnancy 10-12 & 2-4	23	24
25	26	27	28	29 PODIATRY CLINIC "Nooni Circle" Breastfeeding support group 10-12	30	31

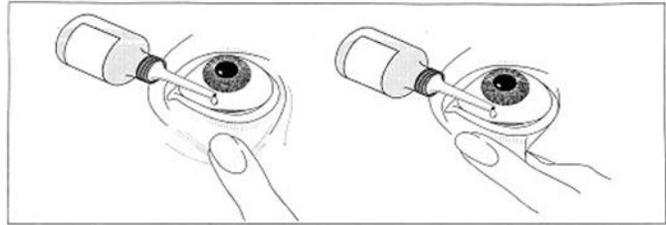
APRIL 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Centering Pregnancy 10-12 & 2-4	6 <i>EASTER EVENT 9-12PM @ YOUTH CENTER</i>	7
8	9 Diabetic Support Group 6:00 pm	10	11	12 PODIATRY CLINIC <hr/> "Nooni Circle" Breastfeeding support group 10-12	13	14
15	16	17 DIABETIC CLINIC	18	19 Centering Pregnancy 10-12 & 2-4	20	21
22	23	24	25 FREE Health Screenings at the VFW 9 to 11 am	26 PODIATRY CLINIC <hr/> "Nooni Circle" Breastfeeding support group 10-12	27	28
29	30					

Eye Drops and Eye Ointments

How to use eye drops:

- Wash hands
- Take cap off eye drop bottle
- Gently pull down lower eye lid
- Squeeze eye drop bottle, placing a drop into the lower eye lid
- Gently release lower eye lid and close eye for at least 1 minute (5 minutes would be best)
- **Do not** rub your eye
- Gently blot away any extra medicine that spills from the eye with a tissue
- If you are using 2 drops of the same medication in the same eye, wait 5 minutes between drops and repeat the above steps
- Make sure to recap your eye dropper after you are done



How to use eye ointment:

- Wash hands
- Take cap off eye ointment bottle
- Gently pull down lower eye lid
- Squeeze eye ointment bottle and place a line of ointment into lower eye lid
- Release lower eye lid and close eye for at least 1 minute (5 minutes would be best)
- Make sure to recap ointment bottle right away after use



Tips:

- Be careful not to touch the tip of the eye dropper to any surface of your eye or hand
- If you use more than one kind of eye drop, WAIT 5 MINUTES between each eye drop
- Some eye drops need to be mixed before being used. If your eye drop bottle states "suspension" on the label, then it must be mixed by gently rolling the bottle between your hands before it is used
- If you are using solution eye drops (the kind that does not need to be mixed) AND suspension eye drops (needs to be mixed or shaken) at THE SAME TIME, use the solution eye drop first and the suspension eye drop last
- If you wear contact lenses, leave them out for at least 15 minutes after using eye drops UNLESS you have an eye infection. If you have an eye infection, AVOID wearing contact lenses until infection is gone.

Dry Powder Inhalers

Examples: Advair diskus®, Asmanex twisthaler®, Flexhaler®, Serevent diskus®, Spiriva Handihaler ®



How to use dry-powder inhalers:

- Load medication into inhaler (each inhaler is different)
- Exhale and form tight seal between lips and mouthpiece
- Breathe in **fast and deep**
- Remove inhaler from mouth
- Hold breath for 10 seconds (if able) then exhale
- If using 2 puffs, WAIT 1 minute between the first puff and the second puff and repeat steps above



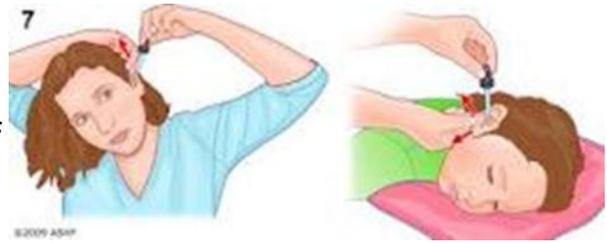
Tips:

- If you are using an inhaled corticosteroid inhaler (Advair diskus®, Asmanex twisthaler®, Flexhaler®) you must RINSE AND SPIT your mouth with water after using the inhaler to avoid getting an infection in your mouth.
- If using a short acting inhaler (such as albuterol) AND any other inhaler at the same time, use the short acting inhaler first and the other inhaler last.
- If you are using the Spiriva Handihaler ®, you must inhale fast enough so that you can hear the capsule vibrate.
- The inhaler mouthpiece can be cleaned after being used with a dry or damp clean cloth.

Ear drops

How to use ear drops:

- Wash hands
- Take cap off ear drop bottle
- Adults: Using the opposite hand, gently pull the top of your ear up and towards the back of your head and administer drops into ear canal using the other hand.
- Children: Gently pull the lower part of the ear down and towards the back of the child's head and administer the drops.
- Recap bottle when finished.



Tips:

- It may be easier to administer drops to children if they are laying down
- After placing the drops, have the child lay there for about 5-10 minutes
- If placing drops in BOTH ears, wait about 5-10 minutes between ears
- Some ear drops need to be shaken before being used—read the label carefully

Nasal sprays

How to use nasal sprays:

- Gently blow your nose to clear your nostrils
- Wash hands
- Remove cap from nasal spray bottle
- Hold head with forehead slightly forward
- Insert tip about ½ inch into the nostril
- Point the tip of the bottle towards your ear (away from middle of the nose)
- Gently push down to dispense nasal spray into the nostril
- Gently sniff or breath normally—do not inhale
- Exhale through your mouth
- Repeat in the other nostril if prescription states “both nostrils”
- Recap bottle when finished



Tips:

- Some nasal sprays must be shaken before being used—read the label carefully
- Do NOT blow your nose after using the nasal spray
- Some sprays may travel down the back of your throat, drinking a glass of water may help get rid of it if it becomes bothersome

Meet Our New Clinic Employee

Hi! My name is Jamie M. Nelson and am the new medical assistant here at the Red Cliff Community Health Center. I have lived in Bayfield the first four years of my life, but then moved to Ashland where I still reside. I am married and have one son who is seven and one daughter who is two. I have always held a high interest in working in the health care field. I have previously worked in nursing homes since the age of seventeen. I have recently graduated from the Practical Nursing Program at WITC. I am hoping to further pursue my nursing career and obtain a position as an LPN and then have hopes for one day going on and obtaining my RN license. I love it here at the clinic and look forward to serving the community.

Want to Love Your Kidneys? Here's How!

- ➔ *Learn about kidney disease*
- ➔ *Learn how to protect your kidneys*
- ➔ *Know if you are at risk*
- ➔ *Ask questions*
- ➔ *Read about the kidneys*

Work with your health care team

- ◇ *See your doctor regularly*
- ◇ *Ask your doctor about the health of your kidneys!*
- ◇ *Follow your treatment if you have high blood pressure or diabetes*
- ◇ *Know the goal and get to goal*
- ◇ *Report new symptoms*
- ◇ *Know your health numbers:*
 - *Blood pressure?*
 - *Glomerular Filtration rate?*

- *Body mass index?*

Protect yourself

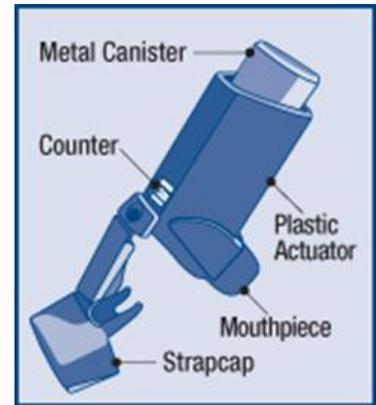
- ◇ *Watch out for potential kidney-harming medicines, like NSAID pain medicines or laxative products that contain sodium phosphates*
- ◇ *If you drink alcohol, drink only moderate amounts*
- ◇ *Exercise regularly or just get up and get moving for an hour a day*
- ◇ *Keep weight down (BMI 25-28) and waist small (men less than 40 inches, women less than 35 inches)*
- ◇ *Eat less saturated fat and more healthy carbohydrates like vegetables and fruit*
- ◇ *Stop smoking*

**LOVE YOUR
KIDNEYS**

Metered-dose Inhalers

How to use metered-dose or HFA inhalers:

- Gently shake inhaler
- Remove cap from end of inhaler
- Breathe out
- Place mouth piece of inhaler into mouth
- Form a tight seal between lips and inhaler mouthpiece
- Depress canister to release medication AND breathe in **slow and deep**
- Remove inhaler from mouth
- Hold breath for 10 seconds if able then exhale
- If using 2 puffs, WAIT 1 minute between the first puff and the second puff and repeat steps above
- Recap inhaler



How to use a spacer with your inhaler:

- Gently shake inhaler, remove cap, and connect to the spacer
- Breathe out
- Place mouth piece of spacer into mouth
- Form a tight seal between lips and spacer mouthpiece
- Depress canister to release medication
- Breathe in **slow and deep**, if the spacer whistles—you are breathing in too fast!
- Hold breath for 10 seconds if able to, remove mouthpiece from mouth, and exhale
- If using 2 puffs, WAIT 1 minute between puffs and repeat the same steps above
- Take inhaler and spacer apart and recap inhaler



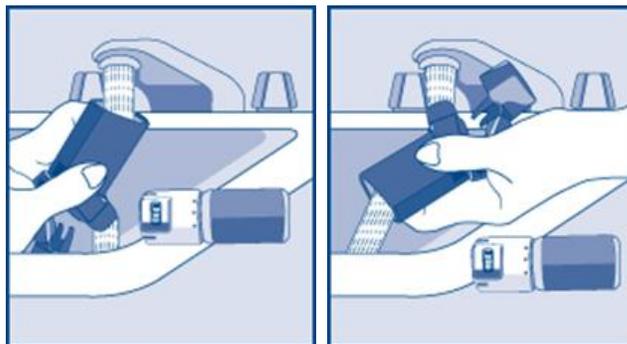
Tips:

- Priming the inhaler must be done for all new inhalers and if it has been 14 days since it was last used and when the inhaler has been dropped
- Shake inhaler, remove cap, and depresses the canister 4-5 times, then recap inhaler.

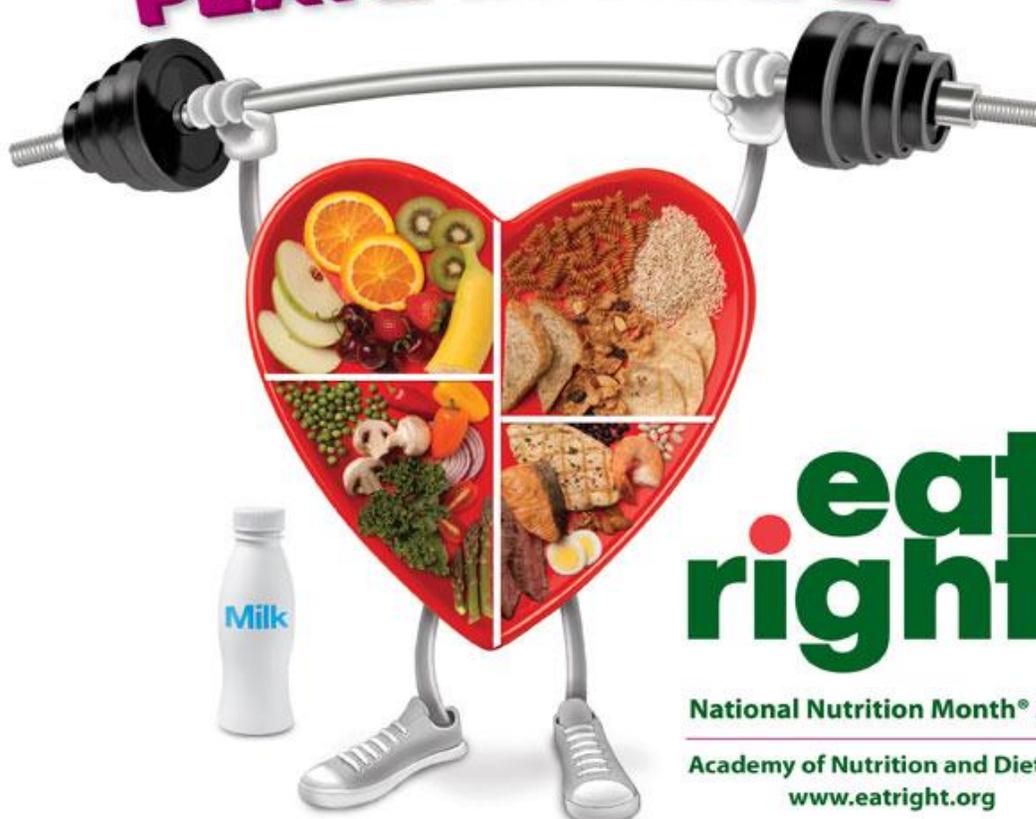
- If you are using an inhaled corticosteroid inhaler (Flovent®, Advair®, Symbicort®), you must RINSE AND SPIT your mouth with water to avoid getting an infection in your mouth.

(metered-dose inhalers continued)

- If using a short acting inhaler (such as albuterol) AND any other inhaler at the same time, use the short acting inhaler first and the other inhaler last.
- Clean your inhaler at least once a week to avoid medication build-up.
- Remove canister from inhaler and run empty inhaler under warm water first through the top then through the mouthpiece
- Shake water from inhaler and allow to air dry, preferably overnight
- Once inhaler is dry, put canister back into the inhaler. Shake and re-prime with one spray before using.



GET YOUR PLATE IN SHAPE



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Academy of Nutrition and Dietetics
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March 2012

National Colorectal Cancer Awareness Month

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous.



Colorectal Cancer Prevention

- Eat high fiber foods: fruits, vegetables, beans, nuts, and whole grains to help you get and stay healthy.
- Eat less red meat and cut out processed meat. Go one day a week without meat in your diet: Meatless Monday's
- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.

Colorectal Cancer Early Detection

If you're at average risk for colorectal cancer, start getting screened at age 50. If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often. The colonoscopy is the gold standard for colorectal screening and should be done every 10 years till age 75. The best time to get screened is before you have any symptoms.

Colorectal Cancer Symptoms

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool
- Change in bowel habits
- Stools that are more narrow than usual
- General problems in the abdomen, such as bloating, fullness or cramps
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- Weight loss for no apparent reason
- Being tired all the time
- Vomiting

A Colon-WHAT?

So here we are. It is the middle of February 2012 and I have an appointment for a colonoscopy. Yes, I made the phone call. I listened to both Dr. Lewis and my wife. Yup, I am taking their advice. Who knows better about an old man's health than his wife and his doctor?

Actually, this will be my second colonoscopy, not my first. I had one long ago, so long ago in fact that the equipment I recall being used has probably been replaced by something so high tech that I can't even imagine what it would look like. Last time it was a silver metal snake with some sort of miniscule fiber optic camera on its end. I was groggy from the sedative but I do remember looking at a television screen for what was probably only a few seconds. Then I was out - sound asleep. Yes, I slept through the whole thing, not waking until it was over. That was my colonoscopy experience - a blackout. Colonoscopies are quick these days. In and out and you are on your way home.

What I do recall was the jug of liquid I had to drink at home before going to the clinic. Not bad. Nope, in fact it was a pretty decent experience. It was like drinking lemonade on a hot summer's day. Yes, it worked fast and I was hurrying to the bathroom, especially at the beginning, but nope, it was not a bad thing. Let me be honest: I think it was a good thing. You see, that first time it was in spring and it fit right in. One of my Grandfathers used to take what he called a spring tonic in mid-February. He said it cleaned him out after a long winter. And he claimed it was just what was needed that time of year. So, what is better than experiencing a healthy "good cleaning out?" After months of winter who knows what is inside us, plugging things up like sludge in a kitchen drain? Get it out of there! You will be the better for it.

Well. Who will take care of you if not you, yourself? After all, it is YOUR body you live in, not your neighbor's. We old folks should all get colonoscopies. They say if done regularly, they can reduce and even prevent many kinds of colon cancer. There it is, that dreaded "C" word. I guess that is why we go through these procedures - to avoid such words.



Set up an appointment to talk to your Doctor about colon screenings today!

MEDICATION INFORMATION

From the Pharmacy

Amlodipine

- Used for high blood pressure, heart failure, or chest pain
- Common side effects: Headache, constipation, edema (swollen ankles)
- What to monitor: Heart rate, blood pressure, weight
- Tips:
 - Take at the same time every day
 - Try to avoid grapefruit juice—may increase levels of amlodipine putting you at a higher risk of side effects

Omeprazole

- Used for acid reflux and stomach ulcers
- Common side effects: headache, generally well tolerated
- What to monitor: resolution of stomach upset
- Tips:
 - Best if taken ½ hour before eating
 - Should feel relief in ½ - 1 hour

Simvastatin

- Used for high cholesterol

- Common side effects: headache (should go away over time)
- Rare but serious side effects—contact your doctor if these happen:
 - Unusual muscle pain or weakness
 - Dark colored urine
- Tips:
 - Works best if taken at bedtime
 - Avoid grapefruit juice—may increase levels of Simvastatin putting you at risk of side effects

Citalopram

- Used for mood, anxiety, postmenopausal flushing
- Common side effects and how to manage them:
 - Increased sweating
 - Dizziness and tiredness
 - Take at night
 - Dry mouth
 - Increase water intake
 - Constipation (more likely) or diarrhea
 - Increase fiber and water intake
 - Nausea and vomiting
 - Take with a meal
- Rare but serious side effects—contact your doctor if these happen:

- Worsening depression
- Thoughts of harming self or others
- Changes in behavior—agitated or irritable
- What to monitor:
 - Mood: do you feel better or worse?
 - Changes in sleep for better or worse?
 - Interests: are you doing activities you enjoy? Or avoiding them?
 - Are you having feelings of guilt or worthlessness?
 - Do you feel energetic or tired?
 - Do you feel like you can concentrate more?
 - Any changes in your appetite?
 - Have you had thoughts of harming yourself or others?
 - If yes, call your doctor
- Tips:
 - Take at the same time every day
 - Do not stop taking without talking to your Doctor
 - It takes about 2 weeks to see some improvement
 - It takes up to 6 weeks to see the full benefits of this medication
 - Avoid alcohol

Fluoxetine

- Used for mood, anxiety, postmenopausal flushing, obsessive-compulsive disorder
- Common side effects and how to manage them
 - Increased sweating
 - Dizziness and tiredness
 - Take at night
 - Dry mouth
 - Increase water intake
 - Constipation (more likely) or diarrhea
 - Increase fiber and water intake
 - Nausea and vomiting
 - Take with a meal
- Rare but serious side effects—contact your doctor if these happen:
 - Worsening depression
 - Thoughts of harming self or others
 - Changes in behavior—agitated or irritable
- What to monitor:
 - Mood: do you feel better or worse?
 - Changes in sleep: better or worse?
 - Interests: are you doing activities you enjoy? Or avoiding them?
 - Are you having feelings of guilt or worthlessness?
 - Do you feel energetic or tired?
 - Do you feel like you can concentrate more?

- Any changes in your appetite?
- Have you had thoughts of harming yourself or others?
 - If yes, call your doctor
- Tips:
 - Take at the same time every day
 - Do not stop taking without talking to your Doctor
 - It takes about 2 weeks to see some improvement
 - It takes up to 6 weeks to see the full benefits of this medication
 - Avoid alcohol

Cetirizine

- This is an antihistamine used for allergies
- Common side effects: dry mouth, headache, drowsiness
- What to monitor: side effects and improvement in allergies
- Tips:
 - Can be taken with or without food
 - Avoid alcohol—will increase drowsiness
 - If your allergies are worse during the day, take this medication in the morning
 - If your allergies are worse during the night, take this medication before bed.

Loratadine

- This is an antihistamine used for allergies
- Common side effects: dry mouth, headache, drowsiness
- What to monitor: side effects and improvement in allergies
- Tips:
 - Can be taken with or without food
 - Avoid alcohol—will increase drowsiness
 - If your allergies are worse during the day, take this medication in the morning
 - If your allergies are worse during the night, take this medication before bed.

Singulair

- This is used for allergies and asthma
- Common side effects: headache
- Rare but serious side effects—contact your doctor if these happen:
 - Aggressive behavior
 - Thoughts of harming self or others
- What to monitor: side effects and improvement in allergies. If used for asthma—monitor albuterol use
- Tips: if used for asthma—take dose in the evening
 - Take at the same time every day

Calcium/Vitamin D

- Dietary supplement/vitamin used for bone health
- Common side effects:
 - Constipation: increase fiber and water intake
 - Nausea/vomiting: take with meals
- Rare but serious side effects—contact your doctor if these happen:
 - Muscle weakness
 - Confusion
 - Severe nausea/vomiting
- Tips:
 - Try not to take any other medications within 2 hours of this supplement/vitamin
 - Take with a meal

Fish oil

- Dietary supplement/vitamin that helps decrease triglycerides and may be used to help prevent heart disease
- Common side effects:
 - Burping
 - Bad taste in mouth
 - Nausea
- Tips:
 - Taking fish oil with food may help decrease side effects

- Do not take if you are allergic to fish

Vitamin D

- Vitamin used for bone health and low vitamin D levels
 - Common side effects: well tolerated
 - Rare but serious side effects—contact your doctor if these happen:
 - Muscle weakness
 - Confusion
 - Severe/nausea/vomiting
- ### Aspirin
- Pain reliever and anti-inflammatory medication used for pain, inflammation/swelling, to prevent stroke/blood clot, and for heart protection after having a heart attack.
 - Common side effects: well tolerated
 - Rare but serious side effects—contact your doctor if these happen:
 - Severe stomach pain (ulcer)
 - Bleeding: dark/tarry stools, vomit that looks like coffee grounds, or blood in your urine
 - Cuts/scraps or nose bleeds that are difficult to stop bleeding
 - Ringing in your ears
 - Swelling of face, lips, or tongue

- **Tips:**

- Take with food to help reduce risk of stomach ulcers
- Take with a full glass of water
- Monitor for signs of bleeding
- Avoid alcohol use

- **Hydrocodone/acetaminophen (Vicodin)**

- Pain reliever and anti-inflammatory medication used for pain and inflammation/swelling

- **Common side effects:**

- Nausea/vomiting—take with food
- Dizziness and tiredness—do not drive after taking

- Rare but serious side effects—contact your doctor if these happen:

- Yellowing of the eyes or skin (liver damage)
- Rash
- Difficulty breathing

- **Tips:**

- Do not drive after taking this medication
 - Do not exceed 4,000 mg of acetaminophen in 24 hours
- Avoid alcohol use

- **Glipizide**

- This is a diabetic medication used to help lower blood sugar levels. Glipizide works by stimulating insulin secretion from the pancreas and also by making the body more sensitive to insulin.

- **Common side effects:**

- Low blood sugar
- Nausea or dizziness
- Constipation or diarrhea
- Headache

- Rare but serious side effects—contact your doctor if these happen:

- Rash, blisters, or flu-like symptoms
- Severe low blood sugar

- **Tips:**

- Take 30 minutes before a meal (preferably before breakfast)
- Let your doctor know about side effects at each doctors visit
- Do not crush or chew extended release tablets
- Avoid alcohol use
- Monitor for signs of low blood sugar
 - Sweaty, shaky, dizzy, or weak
 - Nausea
 - Numbness/tingling fingertips or lips
 - Confusion
 - Fast heartbeat

- Know the “Rule of 15s”

“Rule of 15s”

- If you think your blood sugar is low, check it right away
- If it is low, eat/drink 15 grams of carbohydrates:
 - Examples:
 - 4 glucose tablets or 1 tube of glucose gel
 - ½ cup of fruit juice
 - 4-6 ounces regular soda pop (NOT diet)
 - 3 sugar packets
 - 15 Skittles®
 - 1 tablespoon honey
- Wait 15 minutes then check your blood sugar again
 - If it is back to normal and your next meal is more than 60-90 minutes away, eat a snack to prevent your blood sugar from dropping again
 - **If it is still low:** eat another 15 grams of carbohydrates, wait 15 minutes and recheck your blood sugar. Re-treat one more time if still low.
- If after 3 times and your level is still low, call your doctor or 911

Metformin

- This is a diabetic medication used to help lower blood sugar levels.
- Metformin lower blood sugar levels three different ways:
 - decreases how much glucose (sugar) your liver makes
 - decreases how much glucose is absorbed in the gut
 - increases your body’s sensitivity to insulin
- Common side effects:
 - Diarrhea, gas
 - Indigestion
 - Nausea, vomiting
- Rare but serious side effects—contact your doctor if these happen:
 - Severe nausea, vomiting, stomach pain
 - Increased thirst
 - Confusion
- Tips:
 - Stay well hydrated—drink plenty of water (unless told not to by your doctor)
 - Let your doctor know about side effects at each doctors visit

Hydrochlorothiazide

- This is a diuretic (“water pill”) that helps lower blood pressure.
- Common side effects:
 - Dizziness (should go away with time)
 - Increased sensitivity to the sun—wear protective clothing and sunscreen
- Rare but serious side effects—contact your doctor if these happen:
 - Rash
 - Muscle pain or weakness
 - Yellowing of the eyes or skin
 - Changes in vision
- What to monitor:
 - Blood pressure
 - Urine output
 - Side effects
- Tips:
 - If this is the first time you are using this medication, you may notice an increase in urine output. This will go away with time as your body gets used to the medication.
 - Take this medication in the morning
 - Drink plenty of water (unless your doctor said not to) especially while exercising and in hot weather
 - Avoid alcohol

Lisinopril

- This is called an ACE Inhibitor and is used to help lower blood pressure. It is sometimes used to protect kidneys of diabetic patients.
- Common side effects:
 - Dizziness and headache—should go away with continued use
 - Increased potassium levels which will cause muscle weakness or cramping—let your doctor know if this happens
 - Dry cough—let your doctor know if this becomes bothersome. This will not go away with continued use and could happen at any time (no matter how long you have been using the medication)
- Rare but serious side effects—contact your doctor if these happen:
 - Swelling of face, lips, or throat
 - Severe dizziness (means your blood pressure is low)
 - Yellowing of the eyes or skin
- What to monitor:
 - Blood pressure
 - Side effects
- Tips:
 - Take at the same time everyday
 - Do not stop taking this medication without talking to your doctor first

- Let your doctor know about side effects at each doctors visit
- Avoid alcohol

- bathroom more. This will go away with continued use of the medication.
- Take this medication in the morning
- Let your doctor know about side effects at every doctors visit
- Do not stop taking this medication without talking to your doctor
- Drink plenty of water—especially during exercise and hot weather
- Avoid alcohol

Lisinopril/hydrochlorothiazide

- This is a combination pill that contains a diuretic (“water pill”) and an ACE inhibitor.
- This medication is used to help lower blood pressure
- Common side effects:
 - Dizziness and headache—should go away with time
 - Increased potassium levels (muscle weakness or pain)—let your doctor know
 - Dry cough—let your doctor know if this happens a lot
 - Increased sensitivity to the sun—wear protective clothing and sunscreen
- Rare but serious side effects—contact your doctor if these happen:
 - Swelling of your face, lips, or throat
 - Severe dizziness
 - Yellowing of your eyes or skin
 - Changes in your vision
 - Rash
- Tips:
 - If this is the first time you are using this medication, there will be an increase in your urine output causing you to go to the

Healthy Recipes

Wild Rice, Quinoa & Pine Nuts

Ingredients

2 cups of cooked wild rice
1 cup cooked quinoa
1/2 sweet Vidalia onion, diced
2 garlic cloves, minced
1/2 green bell pepper, (or jalapeno) finely chopped
3 tablespoons roasted pine nuts

4 tablespoons golden (blond) raisins
1 golden delicious apple, chopped
2 tablespoons vegetable oil
2 tablespoons fresh parsley
1 teaspoon seasoned salt, pepper to taste
1/2 cup water or chicken broth

Directions

Saute onion, garlic and peppers until golden, a couple of minutes. Combining all ingredients

Three Sister's Corn Casserole

1 pound frozen whole kernel corn
1 pound frozen green beans
4 cups summer squash, diced (about 1 pound)
1 pint fat-free sour cream
1/2 cup egg substitute, beaten
4 tablespoons margarine, melted
1 cup yellow cornmeal
1/2 cup jalapeno peppers, diced
1/2 cup reduced-fat monteray jack cheese, diced
Vegetable or canola oil spray

Directions: In a large mixing bow, mix sour cream & egg substitute together. Add remaining ingredients & mix well. Coat a baking pan or casserole dish with vegetable or canola oil spray & fill with mixture.

Bake at 350 degrees Fahrenheit for 45 minutes or until golden brown.

Yield: 10 (1 cup) servings

Nutrition Per Serving

Calories 203

*Percent calories from fat
29%*

Sodium 402mg

CLINIC
715-779-3707
Monday – Friday
8:00 am to 4:30 pm

PHARMACY
715-779-3157
Monday – Friday
9:00 am to 12:00 pm
1:00 pm to 4:00 pm

**Red Cliff Community
Health Center Hours**

OPTICAL
715-779-3707
Mondays &
Wednesdays
1:00 pm to 4:00 pm

DENTAL
715-779-3096
Monday – Friday
Call for an appointment!

Erin Tenney WHNP, CNM

Clinic days: Mondays 9:00am to 3:30pm

Call 715-779-3707 for an appointment!



Anna Carlson CPNP, CLC

Clinic days: Mondays 9:00am to 3:30pm

Fridays 9:00am to 12:00pm

Call 715-779-3707 for an appointment!