

# Tri-County Schools Insurance Group

Newsletter  
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## Inside This Issue

Fun in the Sun	1
How to Properly Dispose of Prescription Drugs	2
Common Pain Relievers May Decrease the Effectiveness of Antidepressants	2
The Importance of Play Time	3
Summer Swimming Safety Tips	4
Flag Day	4

## TCSIG

### Summer Hours



Monday—Thurs  
8:00 am to 5:00 pm  
CLOSED ON FRIDAYS

Our summer schedule  
will be in effect  
JUNE 6, 2011  
through  
SEPTEMBER 2, 2011

## Summer is here and it's time for some FUN IN THE SUN!

*Keep your family safe this summer with these Summer Safety Tips from the American Academy of Pediatrics (AAP).*

### IN THE SUN:

#### Babies under 6 months:

✱ The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

#### For All Other Children:

✱ The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

✱ Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours between 10 a.m. and 4 p.m.

✱ On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.

✱ Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.

✱ Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

### HEAT STRESS & EXERCISING IN THE SUN:

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

✱ At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.

✱ Before prolonged physical activity, a child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does



not feel thirsty.

✱ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

✱ Practices and games played in the heat should be shortened and more frequent water hydration breaks should be instituted.

Brought to you by C.O.R.E

Community Outreach for Risk Education

A NON-PROFIT ORGANIZATION

## How to Properly Dispose of Prescription Drugs by Lisa Fayed

Did you know that the federal government has guidelines for throwing out prescription drugs that may help curb drug abuse, accidental overdose, and protect U.S. water sources?

Guidelines recommend:

- **Remove drugs from original container.**

By removing unwanted, unused, or expired medicine from its original container, you are ensuring that medicine will not fall in the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and landfills.

- **Mix drugs with undesirable refuse and throw in garbage.**

Guidelines suggest mixing medications with items like used coffee grinds or cat litter and placing them in a sealed bag, empty can, or jar. Throw container in trash can. This extra step can prevent accidental overdose by children

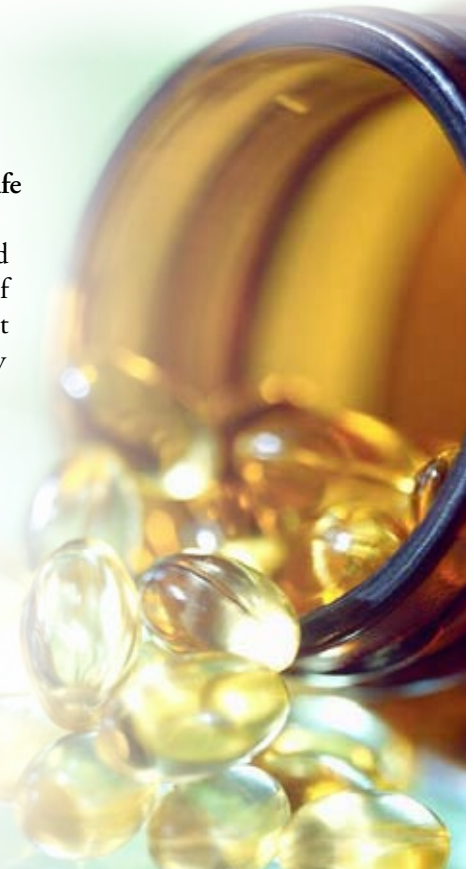
and pets and also possible drug theft.

- **Take drugs to pharmacy for safe disposal.**

Many pharmacies accept unwanted prescription drugs for safe disposal. If not, call your local health department or hospital pharmacy and ask if they will accept your medicine.

- **Do not flush old prescription drugs down the toilet.**

Unless otherwise stated on the label or in the drug information pamphlet given to you by your pharmacist, do not flush unwanted prescription medication down the toilet. The Environmental Protection Agency (EPA) is currently researching how prescription drugs affect U.S. waterways.



### Common Pain Relievers May Decrease Effectiveness of Antidepressants

**EnvisionRxOptions**  
pharmaceutical services incorporated

Findings from a recent study conducted at Rockefeller University in New York suggest that taking painkillers known as non-steroidal anti-inflammatory drugs (NSAIDs) may decrease the effectiveness of antidepressants of the selective serotonin reuptake inhibitor (SSRI) class.

In studying mice, researchers found that anti-inflammatory agents blocked certain responses to SSRI antidepressants. Data from a previous human study showed that people taking NSAIDs were less likely to have their depressive symptoms relieved by SSRIs than those not taking NSAIDs. Why or how NSAIDs may block antidepressants is not known. The potential interaction between antidepressants and NSAIDs may be why some people do not respond to antidepressants.

These results are preliminary until a clinical trial can determine the dose or length of NSAID treatment required to block the effects of SSRIs. It is not clear whether taking these painkillers short term is enough to block the effect of an antidepressant or whether it takes long-term treatment for a condition such as arthritis for there to be an inhibitory effect.

It is important that further research be done. Pain medications should not be discontinued without the consent of their physician, as physical pain can make depression worse. In light of these findings, physicians should weigh the possible risks versus benefit in giving anti-inflammatory agents with antidepressants

#### *For Your Information*

This MAY apply to those taking NSAIDs and SSRIs concurrently

**NSAID (non-steroidal anti-inflammatory drugs):**

ibuprofen (Motrin®, Advil®), naproxen (Aleve®, Pamprin®), meloxicam (Mobic®), diclofenac (Voltaren®, Flector® patch), nabumetone, etodolac, indomethacin (Indocin®), sulindac (Clinoril®), fenoprofen (Nalfon®), tolmetin, flurbiprofen, ketoprofen, meclufenamate, oxaprozin (Daypro®), or piroxicam (Feldene®)

**SSRI (antidepressant):**

fluoxetine (Prozac®), citalopram (Celexa®), escitalopram (Lexapro®), fluvoxamine (Luvox®), paroxetine (Paxil®), sertraline (Zoloft®)

# The Importance of Play Time

by Delta TeamCare



Our bodies are made to move. We can swing our legs back and forth, reach our arms above our head and bend and twist our back in many directions. Not only are our bodies designed for movement, they are also benefitted by motion. Physical activity can help us maintain or lose weight, lower our risk of cardiovascular disease, type 2 diabetes, metabolic syndrome and some cancers. Physical activity strengthens our bones and muscles, improves our mental health and mood and can prevent falls as we age. Children who participate in regular physical activity find a positive outlet for energy. Studies show they also receive a boost of self-confidence, positive self esteem and find social support from others they are active with.

Both adolescents and adults benefit from physical activity, or “play time.” The Centers for Disease Control (CDC) have set forth guidelines on the amount of physical activity adolescents and adults should achieve in order to receive the full extent of the health benefits movement offers. There are three different ways for adults to achieve the recommended amount of physical activity each week. The first is 150 minutes (2.5 hours) of moderate-intensity aerobic activity and muscle strengthening activities 2 or more days per week. The second is 1 hour and 15 minutes of vigorous-intensity aerobic activity and strengthening activities 2 or more days a week and the third is an equivalent mixture of both moderate and vigorous aerobic activity and strengthening activities 2 or more days each week.

Children are recommended to achieve 60 minutes a day of aerobic activity. This activity can be moderate or vigorous, but should include vigorous movement (such as running) 3 days per week. Bone strengthening activities such as running

or jumping, and muscle strengthening activities such as gymnastics or pushups, should also be included 3 days a week as part of the daily 60 minutes.

Placing a high value on family “play time” can help both adolescents and adults meet their recommended amount of physical activity. But what is “play time?” By being active with your children, in games and organized sports or through daily chores and responsibilities, we can strengthen the family bond and improve health at the same time. Grab a basketball and shoot hoops with your daughter. Play catch with your son, actively participate in a game of hide and seek or duck-duck-goose. Physical activity does not have to be achieved at the gym, we can get our moderate and vigorous activity through playing as well. A great way to get the family moving is to ride bikes to your favorite restaurant (instead of driving) or go to the local track and have a family race. Being creative with how you move will not only improve your health, but allow you to have fun in the process.

While playing with your children, there are a few important things to remember in addition to following standard safety guidelines (wearing a helmet on a bicycle, using cross walks when crossing the street and wearing proper fitting clothing and closed toed shoes when exercising.)

So get out there, play with your family, move your body as it is meant to be moved. And be sure to stay hydrated and safe as you improve your health with physical activity. For more information about how to incorporate physical activity into your daily routine, or to work with a personal health coach, please call Delta TeamCare at 866-724-0032.

Website Resources  
are just a  
“mouse click” away.



**Tri-County Schools  
Insurance Group**  
[www.tcsig.com](http://www.tcsig.com)

**ChiroMetrics**  
[www.tcsigchiro.com](http://www.tcsigchiro.com)

**Delta Health Systems**  
[www.deltahealthsystems.com](http://www.deltahealthsystems.com)

**Anthem Blue Cross**  
[www.anthem.com/ca](http://www.anthem.com/ca)

**EnvisionRxOptions**  
[www.envisionrx.com](http://www.envisionrx.com)

**Drug Discount Card  
(for the uninsured)**  
[www.envisiondrugcard.com/tcsig](http://www.envisiondrugcard.com/tcsig)

**Orchard Pharmaceutical  
Mail Order**  
[www.orchardrx.com](http://www.orchardrx.com)

**Human Behavior Associates**  
[www.callhba.com](http://www.callhba.com)

**Delta Dental of California**  
[www.deltadentalins.com](http://www.deltadentalins.com)

**Vision Service Plan**  
[www.vsp.com](http://www.vsp.com)

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## Summer Swimming Safety Tips from the Home Safety Council

You think that it could never happen to your family, but each year more than 800 children drown. These incidents are not only preventable but predictable. Here are the five truths about children who drown and what you can do to help keep your children safe around water.



### 1. WEAK OR NO SUPERVISION

Children drown quickly and silently-in a matter of seconds. Adults who were present when a child drowns were often distracted in some way.

#### What you can do about it:

Actively supervise your children around water and have a phone nearby to call for help in an emergency.

### 2. NO BARRIERS

Curious children, especially those younger than 4 years old, can easily find and fall in to bodies of water like pools, tubs, and buckets.

**What you can do about it:** Never leave a child alone when in or near a body of water - even if it's less than a few inches. For pool owners, make sure your pool has a four-sided fencing

and a self-closing, self-latching gate.

### 3. WEAK OR NO CPR SKILLS

Drowning victims who are rescued from the water need CPR immediately-before the paramedics arrive.

#### What you can do about it:

Get certified. There are plenty of CPR classes available to meet busy schedules.

### 4. WEAK OR NO SWIMMING ABILITY

Children from non-swimming households are eight times more likely to be at-risk of drowning.

**What you can do about it:** Enroll your child in swimming lessons. If you do not know how to swim either, enroll in a parent-child learn-to-swim class.

### 5. LACK OF LIFE JACKET USE

Nearly 5,000 boating accidents occur each year in open waters and more than 700 people drown. Of those who drown, nine out of 10 are not wearing a life jacket. Also, alcohol use is involved in up to one in five reported boating fatalities.

**What you can do about it:** Have your child wear a life jacket every time you go boating or are on a dock. Avoid or moderate your alcohol consumption when boating.

Flag Day is observed in the United States on June 14.



It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars, to match its 13 stripes.

It's not an official national holiday, but in Pennsylvania, it is a legal holiday. The President has proclaimed a public flag day observance every year. It was first observed to celebrate the 100th anniversary of the selection of the flag. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.

*The brief description of benefits does not constitute the group policy and is not a contract of insurance. It explains the essential features of the Employee Health Care Plan Document and other benefit programs. For complete information please see your benefit coverage booklet.*

