

Parkland hosts Prescription Drug Take-Back Day on April 28

Unwanted, unused and expired medications in our homes can cause poisonings, other health problems or end up in the wrong hands. In an effort to prevent accidents and improper disposal of these potentially dangerous substances, Parkland Health & Hospital System and the Dallas County Hospital District Police Department are participating in the National Prescription Drug Take Back Day. Parkland's drop-off sites will be open Saturday, April 28, from 10 a.m. – 2 p.m.

Medications can be dropped off at the following



U.S. Air Force

- Parkland locations:
- Simmons Ambulatory Surgery Center, 4900 Harry Hines Blvd., Dallas 75235
 - Hatcher Station Health Center, 4600 Scyene Road, Dallas 75210
 - Bluitt-Flowers Health Center, 303 E. Overton Road, Dallas 75216
 - Garland Health Center, 802 Hopkins St., Garland 75040

75040

- Southeast Dallas Health Center, 9202 Elam Road, Dallas 75217
- deHaro-Saldivar Health Center, 1400 N. Westmoreland Road, Dallas 75211

“Organizations from across the country are coming together to help keep left-over prescription drugs from being misused,” said Miranda Skaaning, Parkland Sustainability Manager. “It’s important that we provide this opportunity for our community members so they can properly dispose of their unused and expired medications.”

During the two Prescription Drug Take-Back Days hosted in 2017, 103 pounds of medications were collected at Parkland drop-off sites and 30,338 pounds of medications were collected statewide. Skaaning said there are numerous reasons to drop off medications at this event, including:

- Unwanted medications may result in unintentional poisonings to children and pets
- Unused medications can make your home a target for theft by drug abusers
- Improper use of medications, such as antibiotics, can

contribute to drug-resistant bacteria

“During the event individuals can drive into the parking lot and hand the medications to a law enforcement officer, no questions asked,” Skaaning emphasized. No intravenous materials, such as solutions, tubing or syringes, will be accepted at the event.

For more information about the proper way to dispose of prescription and over-the-counter medication, contact the poison experts at the North Texas Poison Center, 1-800-222-1222 or visit www.poisoncontrol.org.

Taking the necessary steps to help prevent colon cancer

By Dr. Sarah E. Laibstain

Colon cancer is the third most commonly diagnosed type of cancer in the United States, and one of the most preventable. It is important to understand the reason for colon screenings and identify ways to lower your risk of developing colon cancer. Most colorectal cancers start as a growth on the inner lining of the colon or rectum, called polyps. Not all polyps are cancerous, however these growths are commonly linked to the development of colorectal cancer. It is important to understand the benefits of screening and healthy lifestyle habits to adopt to keep your colon healthy and lower your risk of colon cancer.

Colon cancer screening is an important way to prevent cancer as early detection may lead to a better chance of treatment and recovery. A colonoscopy allows your physician, typically a gastroenterologist, to examine the inside of the colon and rectum, looking for polyps or any abnormal growths that could turn cancerous. The U.S. Preventive Services Task Force (USPSTF) recommends that adults between the ages of 50-75 get a colonoscopy, but the frequency at which one needs to go through the exam

varies. Generally, people at high risk or colon cancer require screening every 1-5 years while those at low risk require screening every 10 years.

Colon cancer is the number one type of cancer that may be preventable by diet. Obesity has been identified as a common cause of colorectal cancer, making maintaining a healthy weight through diet and exercise crucial to lowering your risk. High consumption of red or processed meat has been linked to the development of colon cancer, so limiting foods such

as bacon, salami, or hot dogs can help decrease your risk. You can lower your colorectal cancer risk by incorporating fruits, vegetables, and whole grains into your regular diet. A plant-based diet in addition to at least 30 minutes of physical activity daily helps maintain a healthy weight and promotes good colon health.

Heavy drinking and smoking are other known risk-factors for colorectal cancer development. Both alcohol and smoking are harmful to your overall health, including your digestive health. It is recommended that men limit

themselves to no more than two drinks a day and women consume no more than one. Smoking is a well-known cause of lung cancer, but it has been linked to the development of other cancers too. If you currently smoke or drink

excessively, visit your physician for help in identifying ways to quit. Your physician can advise you on ways to help prevent colorectal cancer and provide information on how to adopt and stick with healthy lifestyle habits.

Dr. Sarah E. Laibstain is a general family medicine practitioner at Family Medicine Associates of Texas in Carrollton. She thoroughly enjoys improving the health and lives of individuals ranging from young children to adulthood.

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Game #	Game Name / Odds	\$	Official Close of Game	End Validations Date
1868	Bonus Cashword Overall Odds are 1 in 3.64	\$3	5/31/18	11/27/18
1894	Texas Lottery[®] Red Overall Odds are 1 in 4.99	\$1	6/20/18	12/17/18
2019	Fast 50's Overall Odds are 1 in 4.72	\$1	6/20/18	12/17/18
1896	Texas Lottery[®] Silver Overall Odds are 1 in 3.98	\$5	6/20/18	12/17/18
2007	\$5 Holiday Gift Pack Overall Odds are 1 in 1.00	\$5	6/20/18	12/17/18
1830	50X Super Ticket[™] Overall Odds are 1 in 3.45	\$10	6/20/18	12/17/18
1852	Wheel of Fortune[®] Overall Odds are 1 in 3.44	\$10	6/20/18	12/17/18
2011	\$50 or \$100 Overall Odds are 1 in 8.33	\$10	6/20/18	12/17/18
1832	\$7,500,000 Ultimate Cash Overall Odds are 1 in 2.52	\$50	6/20/18	12/17/18

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