

WESLEY NURSE CORNER:

3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Dear LWMUMC Family,

A National topic for awareness in the month of March is : Poison Prevention Awareness.

During cold and flu season we all have our home remedies we like to use. These can be helpful at times, but they also can have some concerns, at least for some people. The article below discusses common OTC supplements people may use and the importance of discussing use of them with their provider. As with all supplements, check with your PCP to make sure your intervention is right for you and your specific health situation and medications. We all want to be as healthy as possible, but it is important to have a conversation with your PCP and or pharmacist to let them know all medications and supplements you are taking. Some medications, herbs or even foods can interact, and it is important they are aware of all things you are taking.

<https://www.healthline.com/nutrition/immune-boosting-supplements>

Note the article states the following : “Aiming to eat a nutrient-dense balanced diet, getting enough sleep, engaging in regular physical activity, and not smoking (or considering quitting, if you smoke) are some of the most important ways to help keep your immune system healthy and reduce your chances of infection and disease.

If you decide that you want to try a supplement, speak with a healthcare professional first, as some supplements may interact with certain medications or are inappropriate for some people.”

This is always good advice.

With children around, we also need to exercise caution. Many medications resemble candy or food items to children. Examples are: Chewable or gummy vitamins, round or oblong tablets, antacids and other chewable or dissolvable medications, chocolate laxatives, and even rat poison has been mistaken for candy. See the following article:

[Popular Over-The-Counter Medications That Look Like Candy - GoodRx](#)

We are also seeing more poison center calls about edibles. Often there are unintended ingestions from children finding someone's stash of edible marijuana. Many states sell products that are food and candy. See the following article from Harvard Health.

[Edibles and children: Poison center calls rise - Harvard Health](#)

Then there are problems with parents/ caregivers not communicating, mis understood directions, use of silverware instead of real tea spoons or accurate medicine measuring devices/cups and leading to improper dosing and potential overdoses- this can be serious and even life threatening.

Finally, we all need to be careful with medicated skin patches that can fall off and be eaten or absorbed through the skin of those it is not intended for. There are cases of these stuck on the bottoms of feet, backs, bums, paws and other areas of skin and even of children chewing on it or trying to imitate adults and pressing it on their skin.

Since there are so many possible concerns with children and ourselves, it is important to both know and post the number for the **Poison Help Line 1-800-222-1222**. And as always, it is always easier to practice prevention than deal with a problem.

Some fruits and vegetables highlighted for the month are :

Beans- last month we tried lentil soup. This month lets look at ways to use garbanzo or black beans.

For recipes click the links below.

[Classic Hummus - JTA Wellness; San Antonio Dietitians](#)

[Mexican Vegetable Soup - JTA Wellness; San Antonio Dietitians](#)

For St. Patricks day March 17 try [Dylan Dreyer's Irish Soda Bread Recipe \(today.com\)](#)

Try something new this month.

If you are interested in exercise, the Llano Walking Club meets M, W, F at 9 AM. If you would like to join us, call to schedule a pre-exercise appointment with the Wesley Nurse at 325-247-4011. We welcome new members so feel free to join us.

Your Wesley Nurse,

Bonita

