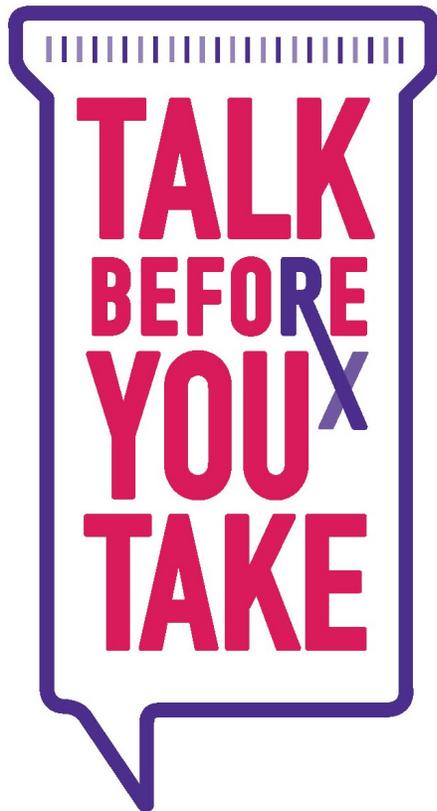


Discuss the Benefits and Risks of Prescription Medicines



If you are one of the millions of Americans who takes a prescription medicine, ask yourself:

Do I fully understand the benefits and potential risks of the medicines I'm taking?

If your response is no, take the time to talk with your healthcare provider.

Here are 4 tips to guide your conversation:

- 1 Talk to your healthcare provider and ask questions about the benefits and potential risks of prescription medicines you take.
- 2 Tell your healthcare provider about all of the medicines you are taking—including over-the-counter medicines, vitamins, and dietary supplements.
- 3 Tell your healthcare provider about any allergies or sensitivities that you may have.
- 4 Read and follow the medicine label and directions.

For more information, visit TalkBeforeYouTake.org.

Workplace Eye Health and Safety

Each day, more than 2,000 American workers suffer an eye injury, and nearly 1 million Americans have lost some of their sight due to an eye injury, according to Prevent Blindness America (PBA). These injuries have resulted in more than \$300 million in lost time, medical expenses and worker compensation, reports the Bureau of Labor Statistics (BLS). To help reduce this number, PBA has designated March as Workplace Eye Health and Safety Month.

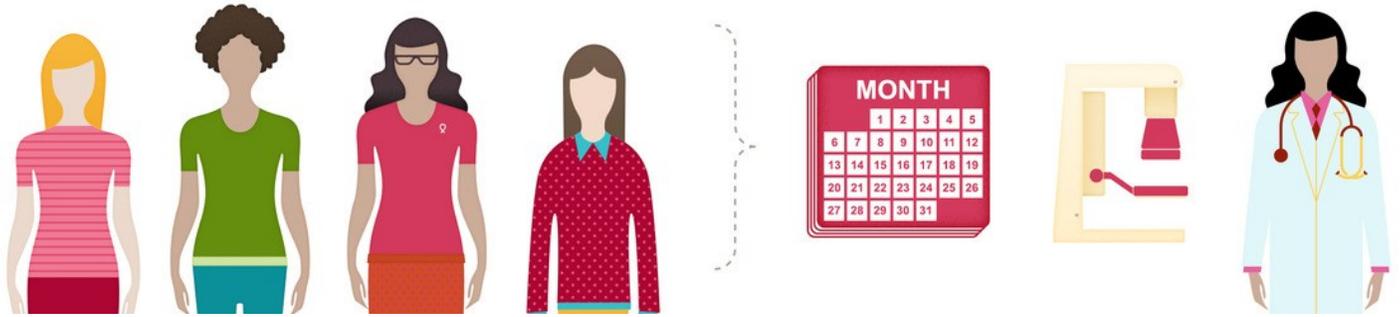
The Importance of Safety Eyewear

One of the easiest and most effective ways to reduce workplace eye injuries is to wear proper safety glasses. In fact, PBA estimates that 90% of workplace eye injuries could be avoided if safety eyewear is used effectively.

Nearly three out of five people suffering eye injuries at work were wearing no protection at all, according to a BLS survey.



Safety eyewear varies depending upon the type of work being done. The general rule is that anyone passing through a work site don safety eyewear to avoid injuries caused by flying objects, tools, particles and other hazards. The Occupational Safety and Health Administration (OSHA) requires employers to ensure workers have suitable eye protection. All eye protection should be certified by the American National Standards Institute (ANSI) as ANSI Z87.



WHY DO I NEED A MAMMOGRAM?

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

Recommendations for all women:

- Women 40 and older should have mammograms every 1 or 2 years.
- Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

WHAT HAPPENS IF MY MAMMOGRAM RESULTS ARE ABNORMAL?

If the mammogram shows an abnormal area of the breast, your doctor will order additional tests offering clearer, more detailed images of that area.

Although lumps are usually non-cancerous, the only way to be certain is to perform additional tests, such as an **ultrasound** or **MRI**. If further tests show that the mass is solid, your radiologist may recommend a **biopsy**, a procedure in which cells are removed from a suspicious area to check for the presence of cancer.