

TADISO TIMES

ISSUE 178

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BREAKING NEWS.....

PRESIDENT'S DAY

Monday, February 20, 2017
Hours are 6am-1:45pm

Tadiso Opens New Office!!

Tadiso has opened a new office at 300 Cedar Ridge Drive, Suite 312, in Robinson Twp. This office is for Suboxone treatment only. We are now accepting new patients. Anyone interested in receiving Suboxone medication and counseling at our new location, should call our main office at 412-322-8415 and enter extension 112.

Tadiso West Suboxone Office
300 Cedar Ridge Drive
Robinson Twp. 412-322-8415
ext. 112

Be One in a Million this American Heart Month

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. This month, we are highlighting Million Hearts™, an initiative dedicated to preventing the nation's leading killers and empowering everyone to make heart-healthy choices.

We can fight back against heart disease and stroke.

Launched in September 2011 by the Department of Health and Human Services (HHS), Million Hearts™ is a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S. by 2017.

Take the Million Hearts™ Challenge Today

Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps

Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge.

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Know your ABCS:
- Ask your doctor if you should take an Aspirin every day.
- Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- If you Smoke, get help to quit.



Most Americans Should Consume Less Sodium— News from the CDC

Most of the sodium we consume is in the form of salt, and the vast majority of sodium we consume is in processed and restaurant foods. Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. Excess sodium can increase your blood pressure and your risk for a heart attack and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.

Americans get most of their daily sodium—more than 75%—from processed and restaurant foods. Sodium is already in processed and restaurant foods when you purchase them, which makes it difficult to reduce daily sodium intake on your own. Although it is wise to limit your use of added table salt while cooking and at the table, only a small amount of the sodium we consume each day comes from the salt shaker.

Processed Food: A Definition

The U.S. Food and Drug Administration defines “processed food” as “any food other than a raw agricultural commodity and includes any raw agricultural commodity that has been subject to processing, such as canning, cooking, freezing, dehydration, or milling.” By this definition, nearly all food served in restaurants and many grocery store products are considered processed. Here are a few other ways to think about processed food:

- A processed food is any food that has been changed from its original, raw form.
- Processing a food often involves the use of added ingredients, including sodium-containing additives, which could make the product less healthy.



TADISO TAKE HOME MEDICATION REQUIREMENTS

Take home medication is a privilege. Tadiso understands your desire for this privilege but safety comes first. If you are fortunate to receive this privilege, and lose it for any reasons listed below, it may be difficult to regain privileges.

Tadiso reserves the right to revoke take-home medication for the following reasons:

- Recent abuse of drugs (narcotic or non-narcotic) including alcohol
- Continued no-show's for scheduled appointments
- Frequently rescheduling appointments without verification
- Missing any scheduled medication days
- Serious behavioral issues at the clinic
- Recent criminal activity
- If you are caught loitering or selling drugs on Tadiso's property or a three block radius of Tadiso
- Any disruptions identified that make for an unstable home environment or unstable social relationships
- Medication has not safely been stored
- Reports that medication was stolen
- Take-home bottle has been damaged or tampered with
- Failure to return a take-home bottle
- Anytime there is suspicion pertaining to diversion
- Coming to the clinic presenting as "under the influence"
- Violation of the Weapon's Policy
- Failing to provide a requested drug screen
- Failing to return for a scheduled "call-back"
- When an increase in patient medication is ordered, the patient is temporarily returned to daily status, until the medical doctor assesses the patient as stable on their dosage of methadone
- Financial issues resulting in an unaddressed balance for patients account
- Prescription medications are not brought in for verification
- The patient refuses to sign releases related to prescription medication
- The patient has been identified as being on the Prescription Drug Monitoring Program, BUT failed to submit the prescription to Tadiso
- The patient has been identified on the Prescription Drug Monitoring Program as receiving a prescription BUT it does not appear in their urine drug screen
- Anytime a patient is taking a narcotic, take-homes will be temporarily rescinded, until the patient has finished the prescription medication and the patient is able to provide a negative urine drug screen
- Anytime a patient is placed on a medically supervised withdrawal
- If you become pregnant while on take-homes they will be temporarily removed until the delivery of your baby; as pregnant women are continuously reassessed to ensure proper medication dosage
- After your baby is delivered, the medical doctor will reassess your dosage. The medical doctor will need to make a judgement regarding a safe dosage, if and when your take-outs are reinstated or earned for the first time
- If Tadiso's physician does not believe the patient is able to responsibly handle the care, storage, and management of methadone, a schedule II narcotic

*****Take home medication is a privilege and Tadiso is responsible for your safety and for the prevention of diversion of methadone.

*****If you are granted bi-weekly or weekly take home medication, and you lose this privilege, you can eventually re-apply for privileges. However, when you return to take home status, you will have to return to the first level of take home status, Tri-Weekly Privileges.

WE HAVE A DUTY TO KEEP YOU AND THE COMMUNITY SAFE.