

# TADiSO TIMES

ISSUE 183

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## IMPORTANT NEWS.....



**INDEPENDENCE DAY is Tuesday, JULY 4. HOURS WILL BE 6AM-1:45PM.**

### FROM ADMINISTRATION

Taking something that does not belong to you, is stealing and will result in a 7 day administrative withdrawal from the program. If you find something, give it to Security or the Dispensing Nurses.

## So Sad.....

It's so sad to see litter around the clinic. It's also embarrassing to have our neighbors complain about the litter generated by our patients. Please be responsible to the environment and respectful to our neighbors.

**STOP LITTERING**

## Tadiso Tightens Take Home Medication Guidelines

It is the policy of Tadiso Incorporated to be responsible to the community at large and to prevent the diversion of methadone. In February's issue of the Tadiso Times, we outlined the requirements for take home medication. One change has been made.

Weekend privileges have been added. Therefore, if you lose your privileges for the reasons outlined in the February issue, you will be returned to daily status. After satisfactory completion of the requirements for take home medication, you will be given Weekend Privileges. You will not be returned to your prior status.

Motivation.... Do not lose your privileges because it will not be easy to get them back and you will have to begin with weekend take homes.

In addition, you will be contacted for random "call backs". This is when you are called to return to the clinic with your bottles, for examination. If your bottles have any evidence of tampering, you will lose your privileges.

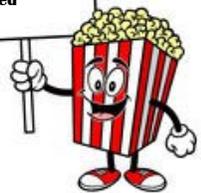
Be sure that we have a current phone number of file. We will be calling all patients with privileges. Be sure to drink your take home medication, as directed on the label. When the nurse calls you to return to the clinic, please listen to her instructions and report to the clinic as directed. You will usually have to report in the morning, with your morning dose of medication. You will drink the day's medication in front of the nurse. Your remaining bottles will be returned to you for the remaining days.

**Be safe and keep your medicine safe.**

## PATIENT APPRECIATION DAY AND HEALTH FAIR

To make this annual activity a health conscious endeavor, we decided to provide blood pressure screenings, and glucose testing for our patients. We will still be providing hamburgers and hot dogs, but we eliminated the processed, high fat and high calorie cookies. We will be providing baked chips instead of regular fried potato chips. We will still provide sno-cones, cotton candy and lightly salted popcorn. However, we will have a display educating patients and staff about the amount of sugar and salt in these treats. In the past, we served sugary drinks and soft drinks. This year, we will only be serving bottled water.

Lightly Salted



Please join us, as we attempt to make this event enjoyable for our patients but remain focused on healthy living. Our Wellness Nurses will be available for consultations about sugar, fat, and sodium content, as we learn to eat these treats in moderation.

**LIVE LIFE HEALTHY.**



## What You Need To Know About Oral Cancer

Some people think oral cancer is rare, but here are the facts: approximately 132 individuals are diagnosed with oral cancer each day in the United States alone, and someone dies of oral cancer every hour. It is a particularly deadly cancer—only about half of oral cancer patients survive five years past their initial diagnosis. But what we really want you to remember is that early detection saves lives. When oral cancer is detected early, survival rates increase by 80 to 90 percent!



### Be Aware Of The Risk Factors

Certain lifestyle activities can put you at a higher risk of developing oral cancer. Familiarize yourself with these risk factors:

Tobacco use—Smoking and other tobacco use makes you three times more likely to develop oral cancer

Alcohol consumption—Drinking alcohol more than doubles your risk of oral cancer

Excessive sun exposure—Frequent and prolonged exposure to the sun's UV rays increases your risk of developing lip cancer

Age—Two-thirds of individuals with oral cancer are over age 55

While knowing the risks can help us prevent oral cancer, it still occurs in people without any of the above risk factors. In fact, it is becoming increasingly more prevalent among non-smoking, healthy individuals. The reason for this shift is the rise of HPV, or human papillomavirus, a common sexually transmitted infection. Individuals with HPV are 32 times more likely to develop oral cancer—even more so than tobacco users.

### Get Screened Regularly At Routine Dental Exams

Oral cancer often begins as a painless sore in the mouth. Dentists encourage doing frequent self checks at home as well as visiting your dentist regularly, where you will receive routine oral cancer screenings. See a dentist immediately if you experience any lumps, white or red patches, numbness, or a sore that doesn't heal within two weeks in and around the mouth and throat.

**TADISO TIDBITS.... ANY WEAPON BROUGHT ON TO TADISO PROPERTY = DISCHARGE.**

**TAKING SOMETHING THAT ISN'T YOURS = STEALING = DISCHARGE.**



**WE ALL KNOW THAT FEELING...** you wake up in the morning to sun shining, birds chirping and happily lean over to your significant other to say hello! Instead you are greeted by the horrible smell of morning breath. Or maybe you run into friends after work and suddenly become conscious of that bad taste in your mouth. We've all been there! Unfortunately, bouts of halitosis, or bad breath, are pretty much inevitable. Today we're going to explain why that is, what causes that nasty smell and what you can do to keep bad breath at bay!

### It All Starts With Bacteria

We're not the only ones who need to eat to stay alive, so do the bacteria living in our mouths. When they snack on whatever's left behind from our last meal, they release

foul-smelling odors as a by-product, causing bad breath.

**What you can do:** Clean your teeth after every meal! Brush, floss and pop in a piece of sugar-free gum for good measure. This will eliminate food debris and bacteria from your mouth and prevent bad breath. A clean mouth, is a fresh mouth!

### Choose Breath-Friendly Foods And Beverages

Keep in mind that certain foods and beverages can make bad breath more likely, such as sugary foods and drinks, garlic, onions, coffee, and alcohol.

**What you can do:** Choose breath-friendly foods and beverages! Water washes away food debris and increases saliva flow in your mouth, protecting your teeth and mouth from bacteria. Healthy food choices such as carrots, celery and apples are high in water content and actually work as a natural toothbrush, scrubbing plaque bacteria from the surfaces of your teeth.

### Good Oral Hygiene Can Reduce Morning Breath

Morning breath seems to be an especially pungent offender. Why is this? It's mainly because of dry mouth. During the day, saliva works to wash away food debris and keep bacteria in check. When we sleep at night, however, our saliva production goes down, causing our mouths to become dry and allowing bacteria to proliferate. If you sleep with your mouth open, it can be even worse.

For the most part, bad breath is manageable. If you feel like your halitosis is severe however, especially if you follow the steps above, it can be a sign of something more serious such as gum disease, diabetes, sinus problems, gastric reflux or liver or kidney disease.