



## For Better AND Worse

Three out of every five Americans 20 and older now take at least one prescription medication; in fact, 15% take 5 or more prescriptions, and 50% take at least one kind of supplement. Of course, the desired result is better health. But there can be unintended consequences when taking medications, especially long term. Here's one to watch for:

**Proton pump inhibitors (PPIs)**, such as Prilosec, Nexium and Prevacid, are popular medicines used to ease the symptoms of excess stomach acid. But taking them for more than two years has been linked to a significant increase in the risk of vitamin B-12 deficiency.



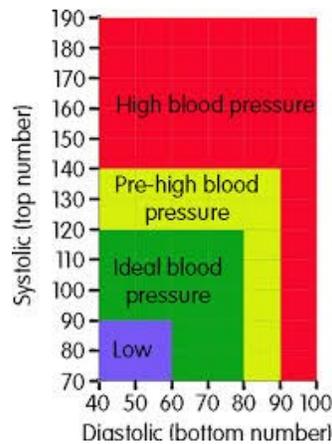
Vitamin B-12 is an important nutrient that helps keep blood and nerve cells healthy. A deficiency of B-12 can cause tiredness, weakness, constipation and a loss of appetite. If your having problems with any of these

symptoms and you've been taking a PPI, talk to your doctor about whether you should be tested for a B12 deficiency.

## Can Lower Sodium = Lower Blood Pressure?

For your heart and arteries to stay healthy, it's important that your blood pressure be within a healthy range. There are many factors that affect blood pressure. Some factors you can't control, like age, family history, gender and race; and some you can—such as weight, physical activity and a healthy diet.

Keeping track of your salt intake is something you *can* do to help manage your blood pressure. Experts recommend limiting sodium to 2300 mg/day. But salt is sneaky—sometimes it hides in unexpected places. For example, a cup of cottage cheese has 819 mg of sodium. One serving of canned tomato soup has 617 mg, and there are 294 mg in two slices of white bread. Reading food labels can help you monitor your sodium intake.



### What's New at FDHU

#### Coming Events

- February 7 & 8 and March 7 & 8  
Food Safety Class  
Minot Office
- February 16 & March 16  
Kick Start Tobacco Quit Class  
Minot Office
- February 14 & March 14  
Car Seat Checks  
Ryan GMC/Buick/Cadillac, Minot
- February 25th  
Winter Walk  
Roosevelt Park Zoo

For details and more local events, click 'Calendar' at [www.fdhu.org](http://www.fdhu.org)



## Loading... Please Be Patient!

First District Health Unit is moving up! We are implementing a new electronic medical record system, and like every change, it will take some time and practice.

Please allow a little extra time for medical appointments, such as immunizations and family planning, for the next couple months. Our billing system is also changing. It will take some work, but our goal is to serve you better!

## Medical Marijuana Implementation Update

The North Dakota Department of Health (NDDoH) has been meeting regularly to take steps towards implementation of Measure 5, otherwise known as the Compassionate Care Act, which was approved by North Dakota residents in November. The measure legalizes marijuana use for qualifying patients suffering from certain medical conditions. Qualifying patients will be able to obtain marijuana for medical use through a network of designated caregivers and dispensaries, known as compassion centers. The Compassionate Care Act places the registration, licensing, regulation and enforcement functions with the NDDoH.

The NDDoH is reviewing alternatives to pay for startup costs that will be incurred in the current and upcoming budget periods. Funding is required to provide:

- ◆ Staff to develop systems to register all qualifying patients and license designated caregivers and compassion centers as required by the new law
- ◆ Staff to provide monitoring and enforcement activities consistent with the law
- ◆ An adequate information management system for tracking data required to be reported annually and a verification system for law enforcement and caregivers to verify registration of qualified patients as required by the law
- ◆ Office equipment, office space, and other operating expenses

The NDDoH is seeking legal guidance to provide clarity to address conflicting provisions. A number of bills are expected to be addressed in the State Legislature to clarify and fund the implementation of the Measure.



## Toddlers and Televisions—a Deadly Duo

A child visits the emergency room every 45 minutes because of a TV tipping over—and every 3 weeks, one of those children dies. What can you do to be sure this doesn't happen in your home?

**Wall Mount TVs:** Mounting a modern flat panel television on the wall is the best way to ensure that it will stay put, as long as mounting instructions are followed.

**Anchor TV and Stand:** If your television sits on a stand, make sure that both the stand and the television are anchored to a wall stud. Even a low, sturdy stand can become destabilized when a child's weight is hanging from the front.



**Recycle:** If you have an old box-style (CRT) television you don't use, considered recycling it. If it's not in your home or garage, it's no longer a threat.

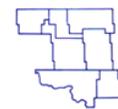
**Other Furniture:** Anchor dressers and free-standing shelf units to the wall with straps, braces or brackets. Be sure the anchor is secured to a stud or beam, and not just screwed into drywall.

*Every 3 weeks a  
child dies as a  
result of a  
television tipping  
over.*

**National Poison  
Prevention Week  
March 19-25**



Poison problems: liquid nicotine for e-cigarettes, detergent packets, opioid medications, and synthetic cannabis. Learn more at [www.AAPCC.org](http://www.AAPCC.org).



**First District  
Health Unit**  
[www.fdh.u.org](http://www.fdh.u.org)

For more info, contact:

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Washburn 462-3330

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Mohall 756-6383

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**Ward County:**

Kenmare 385-4328

Minot 852-1376

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