



# Health

## Knights organize campaign

A campaign to raise funds for people with mental retardation is being organized by the Father John O'Leary Council of Dallas Knights of Columbus. Entitled "Measure-Up," the campaign will raise money through accepting donations for handy six-inch rulers. Local K of C members will have the rulers available on April 19 from 11 a.m. to 1 p.m. at the Dallas and Shavertown Shopping Centers.

The Knights of Columbus Council locally raised \$500 in 1985, which was contributed to the Association for Retarded Citizens. The funds from the 1986 campaign will again be donated to the Association for Retarded Citizens of Luzerne County.

The Knights urged everyone to come out and "Measure-Up" with them. The funds donated are tax deductible and will give mentally retarded children and adults the chance to lead a more productive rewarding life.



## Volunteers praised

Wilkes-Barre General Hospital will honor the people who "give from the heart" during National Volunteer Week, April 21-27. Hundreds of women, men and teenage boys and girls are members of General's volunteer corps. Each helps provide an important service by donating their time to the hospital. Pictured above are General's mother-daughter volunteers. From left, seated, Regina Hoban, West Pittston; Irene Andrusky, Kingston and daughter, Debbie Dobbs, Kingston; Gina Roos, daughter of Regina Hoban, is absent from photo. Standing, Cee Cee McCarthy, Wilkes-Barre and daughter, Mary Ellen Horn, Kingston; Cornelia Romanowski Plymouth, and mother Cornelia Conyngham, Shavertown.



## Nurses honored

Registered nurses from Wilkes-Barre General Hospital's critical care units recently passed the national Critical Care Registered Nurse certification examination, earning recognition as certified critical care registered nurses (CCRN). Pictured above are the certified critical care nurses. From left, seated, Brenda Salantino, CCRN (Education Department), Kingston; Kathy Pilconis, CCRN, Wilkes-Barre; Mary Durako, CCRN, Ashley; Joelle Hargraves, CCRN, Shavertown; Lori Lulewicz, CCRN, Wyoming. Standing, Ruth Renna, director- Nursing Services, Wilkes-Barre; Sandra Hopkins, CCRN, Dupont; Margaret Marlott, CCRN, Wilkes-Barre; Jacqueline Alesczyk, CCRN, Plains; Jay Thomas, CCRN, Plymouth; June McNulty, CCRN, Harveys Lake; Christine Rutkowski, CCRN, Shickshinny; Fran Rogers, CCRN, Pittston Township; Bob Sapiego, CCRN, Exeter. Absent at the time of the photo were Debra Danko, CCRN, Shavertown; Mark Kearney, CCRN, Kingston; Carol Ltona, CCRN, Pitston, Kathleen Dobish, CCRN, Nanticoke; Catherine Julius, CCRN, Mountaintop.

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## Ask right questions about your medications

When taking medication, whether it be a prescription from your doctor or over-the-counter drugs, have you ever asked yourself questions like these:

- Will this medication make me too drowsy to drive to work?
- Will I be able to drink anything at the cocktail party tonight if I take this pill?
- Will there be any reaction between this drug and my other medications?

Jack B. Ogun, R.Ph., director of the state Health Department's Drugs, Devices and Cosmetics Division, says they are important questions to ask.

"Every drug has one important purpose and that is to aid in improving maintaining the health and well being of the patient. However beneficial most, if not all drugs,

have some side effects which can result from the drugs themselves, sensitivity of the patient to the drugs, or when taken with other drugs or certain foods."

Ogun advises everyone buying either over-the-counter or prescription drugs to ask the pharmacist about them. He is knowledgeable about drugs.

Ogun says before purchasing over-the-counter drugs ask:

- About drug reactions that may affect your ability to drive or operate machinery.
- About product safety if you are of child bearing age or pregnant.
- If there may be a possible

reaction between the over-the-counter drug you are purchasing and medication already being taken. Your pharmacist maintains patient prescription records and can easily determine interactions between different drugs and between drugs and foods or alcoholic beverages.

- Ask about the actions of ingredients listed on the label and whether the claims made are those most important to your symptoms.

- For advice in self treating for common ailments such as colds, sunburn, acne, constipation, etc.

- About extended use of the drug. Over-the-counter drugs are for temporary relief. When getting pre-

scription drugs ask:

- About special label warnings or package inserts and what they mean. Be sure to read directions carefully before using the medication. Colors and flavors may vary without changes in effectiveness. This is particularly important to note when a different appearing generic is dispensed.

- About interactions with foods or alcoholic beverages.

- About its effect on driving or operating machinery.

- About the importance of refilling your prescription and any special precautions.

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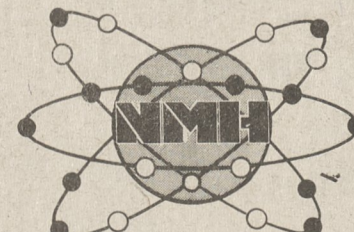
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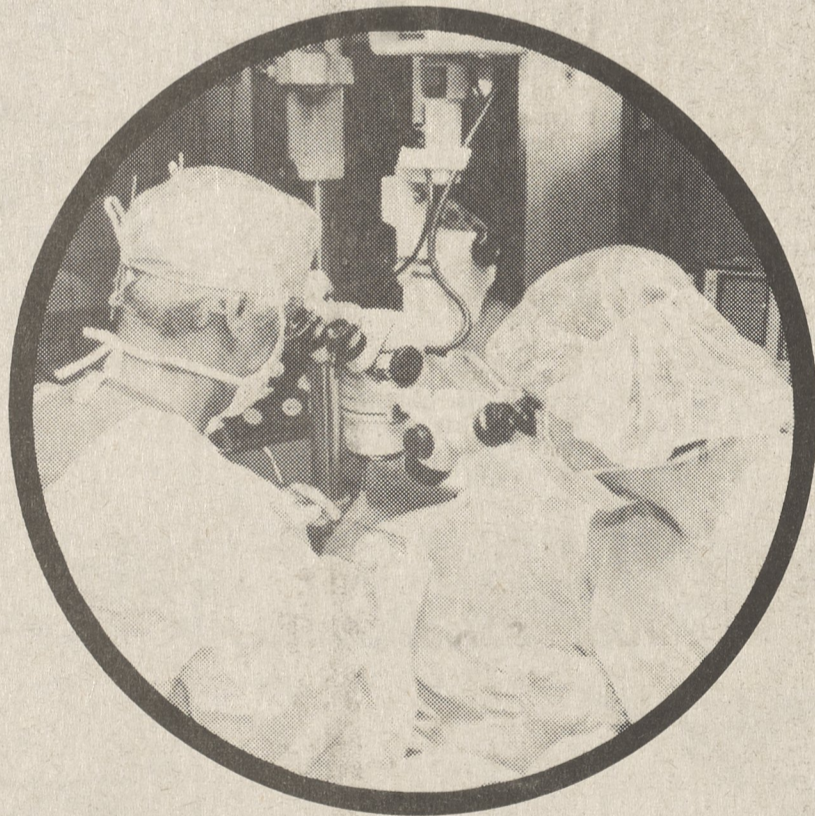
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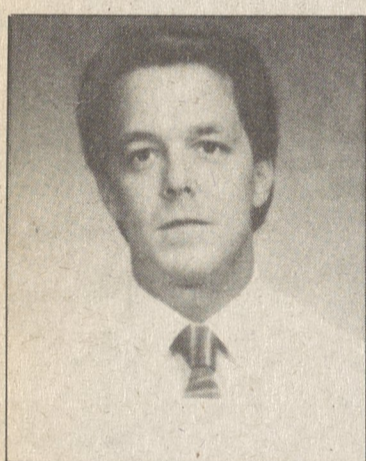
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