

## **CHAPTER PUBLIC AFFAIRS OFFICER**

Please identify a chapter Public Affairs Officer (PAO) to work with the VCOC Public Affairs Committee. Expanding publicity in local civilian and military newspapers is a proposed VCOC goal for the upcoming year. **Chapter PAOs, please email VCOC PAO.** It is also important that each chapter include your PAO when listing chapter leader info (to VCOC Secretary) for the VCOC Directory. For the Directory, the following info is needed: Name, Rank, Service Branch, Status (active, retired, vet etc), address, phone number, email address and spouse's name (and name of chapter).

**Thanks** / *Melva Mallison, MAJ, USAF, Ret, VCOC PAO [melvamaj@cox.net](mailto:melvamaj@cox.net) (757) 596-5536*  
*Melva is VCOC 2<sup>nd</sup> VP in 2010-2011*

## **AUXILIARY POWER**

### **DANGERS OF OVER THE COUNTER DRUGS**

Seasonal change inevitably brings with it sniffles, coughs and cold viruses. Most folks keep a supply of over the counter (OTC) meds and pain relievers just in case. However, some of these meds cause significant problems in older adults.

Many meds are metabolized differently as people age, kidney and liver function decreases in efficiency. This changes the way the body responds to medication and increases the risk of side effects. Cold or allergy medications increase drowsiness, confusion, constipation and even delirium in some.

Clinicians use the Beers criteria as a guideline for prescribing medications for the elderly. It lists drugs that are unsafe, have side effects, or increase the risk of injury and death. Example, Benedryl, used for allergy, is listed on the Beers criteria as a drug **not** to be taken by older adults.

High blood pressure increases the risk of side effects. Naproxen, an OTC pain reliever, is high in sodium, which increases blood pressure.

Tylenol is the most commonly prescribed and widely used pain reliever, however, acetaminophen is a common ingredient of most OTC meds. Older individuals need to read labels closely. New warnings of kidney and liver failure have been suggested of products containing acetaminophen.

Check with your health care provider or pharmacist before taking OTC meds. Read labels, report any side effects immediately.

When the sniffles and aches begin, think carefully before picking up that bottle of OTC medication.

*/Nanette Lavoie-Vaughan, nurse practitioner and professional consultant, MOAA*

### **BEST WISHES FOR A SAFE AND HEALTHY HOLIDAY SEASON**

*/Jackie Peters, VCOC Auxiliary Liaison through-2009*



### **VCOC AUXILIARY LIAISON NEEDED**

**STARTING JANUARY 2010**

Email capability is needed, to interface with MOAA Auxiliary Committee, Virginia chapter Auxiliary Liaisons and VCOC board. Contact VCOC President, COL Sam Wilder, USA, Ret, if willing to serve.

**AUXILIARY MEMBERS MAY FILL OTHER POSITIONS TOO!**

