HealthProCHOICES
A newsletter for participants in the Health Professionals’ Services Program (HPSP)

January 2017

“Hope smiles from the threshold of the year to come, whispering ‘it will be happier’...” - Alfred Tennyson

New Bend Caduceus Forming

A Caduceus meeting in Bend is in development. Tentatively, the meetings will be held Wednesday Evenings at 7:00 p.m. Please contact Dan at 541-771-9582 for additional information.

Westside Collection Closure

You likely already heard that Care Testing at 9370 SW Greenburg Rd. has closed. Remember to use the app or website to see other test locations. Alternative collections sites include:

- **GS TESTING - Electronic Site**
  17649 SW 65TH Ave
  Lake Oswego, OR 97035
  Phone: 503-992-6359
  Hours: Open 24/7
  Someone will be present from 7am to 7pm Monday – Sunday. Please call 20 minutes in advance.

- ** Legacy CENTRAL LAB - Paper Chain Site**
  1225 NE 2nd Avenue - 1st Floor Draw Station
  Portland OR 97232
  Mon-Fri: 7am-7pm (Open 24 hours during the week, after 7pm, pick up phone to be buzzed in)
  Sat: 8am-4:30pm
  Phone: 503-413-5113

- **CONCENTRA/TANASBOURNE - Electronic Site**
  (If you are currently not connected to this site please contact your agreement monitor or Markus at (503) 802-9816.)
  2225 NW Town Center Drive
  Beaverton OR 97006
  Mon-Fri: 8am-5pm
  Sat: 8am-5pm
  Phone: 503-726-1021

Over the Counter Prescriptions

Everyone is reminded to review the Over-the-Counter Medication List at www.RBHMonitoring.com under other resources and Medication Management Form under forms. Remember to avoid taking medications that contain alcohol, diphenhydramine, and pseudoephedrine.

Over-the-Counter medications containing alcohol are to be avoided and cannot be approved by a provider by a Medication Management Form. If your physician or other practitioner prescribes a centrally acting antihistamines or decongestants such as diphenhydramine (Benadryl) or hydroxyzine (vistaril or atarax), these medications and some others, even though they are over the counter, require the completion of medication management forms. Please have these forms in place in advance of non-negative toxicology.

Outreach

The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton, Ph.D.
((503) 802-9813; chamilton@reliantbh.com) for more information or to schedule a meeting.
Resolving to Get a Healthy Start on the Year Ahead

If you’re like most people, this is the time of year when you look ahead to the next 12 months and resolve to make changes in your life. Some of those resolutions likely will be about trying to lead a healthier lifestyle -- whether that’s quitting smoking or trying to lose a few pounds or getting more sleep.

There’s a good bet that many resolutions made New Year’s day won’t be kept during the year, but Don R. Powell, Ph.D., president of the American Institute for Preventive Medicine, says that’s because we don’t set realistic goals. It takes time to develop a bad habit, so you can’t expect to change overnight. You also should try to work on only one bad habit at a time. Trying to change too much too soon is a recipe for failure.

Dr. Powell offers a list of major changes to consider. You should pick one or two that are important to you. Once those goals are met, work your way down the list, one goal at a time.

Healthy resolutions

I resolve to get moving. A regular exercise routine is one of the most important steps you can take to improve your health and longevity. Starting this year, devote 60 minutes most days of the week to an aerobic activity you enjoy. Good choices include walking, running, swimming, biking, skating and aerobic dancing. Be sure to check with your health care provider before beginning an exercise program.

I resolve to aim for an ideal body weight. This year, eat high-fat foods in moderation. Sixty-five percent of American adults are overweight or obese, and these extra pounds contribute to heart disease, diabetes, stroke and an increased risk of certain cancers.

I resolve to stop smoking and avoid people who still light up. Cigarette smoking is the leading preventable cause of death and disease in America today. Secondhand smoke is just as bad; it can be deadly to nonsmokers who inhale it on a regular basis. Cigarette smoking has been linked to diseases such as leukemia, cataracts, pneumonia and cancers of the cervix, kidney, pancreas and stomach, according to the U.S. Surgeon General.

I resolve to keep my blood pressure under control. If you haven’t had your blood pressure checked recently, do so. Follow your doctor’s instructions if it’s high, and faithfully take any prescribed medication. If left untreated, high blood pressure is the primary cause of stroke.

I resolve to develop a strong social support network. Studies have shown that people who have supportive relatives, friends and co-workers are sick less often than those who don’t. Be a friend to others and keep your family close and caring.

I resolve to reduce my cholesterol. This year have your cholesterol tested. About 37 million Americans have a cholesterol level of 240 or greater, which is considered high risk. (Below 200 is considered healthy.) If your level is high, follow your doctor’s instructions and reduce your consumption of red meat, regular dairy products and foods high in saturated fats.

I resolve to control my temper. For your heart’s sake, make an effort to control a bad temper. Anger and hostility may be as bad for your heart as smoking and high blood pressure.

I resolve to develop a positive attitude. People who live long lives characteristically possess a positive attitude about life. Try not to dwell on negative thoughts, which may negatively influence your health and emotional well-being.

I resolve to always wear a seat belt. Don’t start your vehicle until you and all your passengers are buckled up. Make sure that any children riding with you are in an appropriate child safety seat or booster seat.

Upcoming Opportunities


ORPRN Conference - REGISTRATION AVAILABLE SOON
ORPRN Conference - SAVE THE DATE
The Professional Recovery Network of Oregon 2017
Saturday, April 8, 2017 in West Salem at Chemeketa Eola