

Bland County  Medical Clinic

Medication Assistance Program

For those on the program, it is that time of year to update your income information. We need the following from you before we can order your medication. Please know that certain programs require the last 30 days of income and throughout the year we may need your paystubs for those companies.



UPDATED INCOME DOCUMENTATION:

This includes proof of each source of income received by each member of the household:

- A copy of **Form 1040** from your 2008 tax return (cannot be W-2's)
 - Pay stubs from the last thirty days
 - The 2009 benefit award letter from Social Security stating what you will receive each month

** Please note if you file taxes we will have to have a copy of your Form 1040, even if the income has not changed*

Please send the information to the clinic, Attn: Medication Assistance Program. Also, if you are unable to pick your medication up within 2 weeks after we notify you, it will have to be put back. You will be contacted by phone or mail at least twice. You must notify us if you are not able to come in so we can put a hold on it. Failure to call us will result in your medication being put back and we will not be responsible for getting your medicine when you run out. Once your medication has been put back twice without you calling, you will be removed from the program. If you have any questions you can reach Elizabeth Hicks at (276) 688-0441. Thank you.

Patient Referrals

Patient referrals are a time consuming process. Our staff makes every effort to provide you, the patient, all the necessary information for your scheduled appointment for tests or specialist appointment. However, there are some aspects of referrals that are the patient responsibility, such as the financial aspect of your referral.

It is the patient's responsibility to make financial arrangements.

We try to provide you with financial assistance applications and such at our disposal, but this is not always possible. Therefore each patient should make their own inquiries of the facility they are being referred to as to their financial policy. It is also the patient's responsibility to re-schedule their own appointments. If you can not attend an appointment that has been made for you, please call the office of the facility you were to attend and ask for another appointment. Thank you.

You have a cough?
Go home tonight, eat
a whole box of Ex-Lax
- tomorrow
you'll be afraid
to cough.



Metformin Does More:

In analysis of 40 randomized clinical trials, metformin was associated with reduced cardiovascular death by 26% in comparison to other diabetes drugs and a placebo.

—Archives of Internal Medicine, Oct. 27, 2008.

Useless Trivia

The number 57 on a Heinz ketchup bottle represents the number of varieties of pickles the company once had.

Please be aware, Bland County Medical Clinic is NOT a Free Clinic. We must charge a co-pay for our services. If you need the services of a Free clinic you may try Brock-Hughes in Wytheville at 223-0558, or Mercer Health Right in West Virginia at 304-327-4210. For further information, you may visit the following web sites:

<http://www.vafreeclinics.org/>

<http://www.wvfreeclinics.org/>

Avoid the Itch:

It only takes as little as one-billionth of a gram of urushiol, the potent toxin found in poison ivy, oak or sumac to make you scratch like crazy. The best way to avoid the itch is to prevent contact. Before heading into the woods, apply some deodorant to your arms and legs.

The active ingredient in many deodorants (aluminum chlorohydrate) can actually prevent urushiol oil from irritating the skin. If you do come in contact, wash yourself quickly. Washing your skin and your clothes in soapy water within ten minutes of contact can minimize the rash. Use a solvent that can remove the oil from your skin, like rubbing alcohol or acetone. How long should you wash? Mark your skin with ink and wash until the ink comes out. If your skin does become irritated, there are steps you can take to soothe the itch. Applying ice and calamine lotion are both great ways to minimize the irritation. If the skin is blistering, do not apply ice

CANCER SUPPORT GROUP

A general support group is being offered at the Clinic for current patients, survivors, caregivers, family, and friends challenged with a cancer diagnosis. Provides an opportunity to express thoughts, feelings, experiences, information, education, and support. Hopes to increase empowerment, confidence, and a sense of control in relation to living with cancer or within remission.

Next Scheduled meetings:

June 22nd at 6:30pm.

July 27th at 6:30pm.

Where: Here at the Clinic.

Contact: Colleen Darling, RD
276-688-0014

**Tips To Remember Your Medications:**

- * Make a checklist of all the medications you take daily.
- * Post your checklist in an obvious location of your home.
- * Use a pillbox that keeps track of a week's worth of
- * Make taking medications part of your daily routine.
- * Try to fill all your prescriptions at the same pharmacy.
- * Talk to your doctor about all medications,

Breakfast Makeover

These suggestions can help you add some variety to your breakfast:

- Spread cottage cheese on a piece of raisin bread, top with a dollop of crushed pineapple, and broil for a few minutes.
- Mix Egg Beaters® (cooked), diced red pepper, a crumbled soy sausage patty (cooked), low-fat cheese, and salsa together. Wrap egg combination into a tortilla.
- Mix low-fat pancake mix according to package directions, but add a few handfuls of bran cereal and fruit before cooking.
- Make Cream of Wheat® according to package directions. Stir in reduced-calorie jam and slivered almonds.
- Make a bowl of old-fashioned oats according to package directions. Halfway through the cooking time, add ¼ cup (C) chunky applesauce, 1 diced banana, ¼ C raisins, and a dash of cinnamon. Stir in ¼ C vanilla-flavored soy milk.
- Mix ground turkey, one or two slices of torn wheat bread, sage, a diced apple, and a dash of black pepper together. Form mixture into patties and broil until cooked through.
- Mix Egg Beaters and milk together. Add some vanilla extract and cinnamon. Dip thick slices of whole-grain bread into mixture, coating both sides, and place into a baking dish. peach slices to dish. Bake at 450° F for 15 minutes, flipping halfway through baking time.
- Spread a whole-wheat English muffin with peanut butter. Top with a sliced banana and drizzle with honey.
- Top frozen whole-grain waffles with blackberries and lite maple syrup. Add a dollop of reduced-fat whipped cream and a sprinkle of cinnamon.

