

## CLINICAL TIP

Each time an injectable medication is dispensed for your patients, make sure to verify if the vial is a single dose product or a multiple dose product. Single dose products do not contain the antimicrobial preservatives required to help suppress bacterial growth after entry into the product and can be used only once and must be discarded, even if there's medication remaining in the vial. Multiple dose injectables do contain antimicrobial preservatives and can be used multiple times within the beyond-use-dating specified by the manufacturer. The manufacturer's expiration date is to be followed for unopened/unpunctured products that have been stored according to the manufacturer's specifications. Beyond-use-dating takes into account that the product has been opened/punctured and usually the product will have to be discarded before the expiration date. If there's no beyond-use-date specified by the manufacturer, then the multiple dose med expires 28 days after the initial entry/opening of the vial. The date the vial was entered should be documented on the product and keep in mind that the healthcare worker administering the medication must use proper technique to ensure that the product is not contaminated. *Reference: USP 797*

## WALK FOR YOUR HEALTH AND HAPPINESS!

The sun is shining and the air is getting warmer. Spring is finally here! I've never been so thankful for temperatures above 40 degrees as I am today! We can finally go outside. This month I'd like to inspire all of you that are able to go for a walk outside to go as much as possible. There are many benefits to walking including: cardiovascular strength, building muscle and greater circulation to name a few. After this long winter, improving one's spirit is also at the top of the list! Here are a few tips to keep in mind as you head outdoors.

**Warm up and cool down:** Spend about 3 minutes

stretching before and after you exercise.

**Choose proper foot gear:** Supportive, breathable and moderately loose shoes will do.

**Pay attention to your feet:** If you notice swelling, red spots or any other abnormality contact your doctor.

**Walk on solid ground:** Well broken in paths or concrete is best.

**Walk with a friend:** For the social benefit and added safety and comfort.

Have a great Spring! As always, STAY CONSISTENT AND HAPPY EXERCISING!!

## HEALTHY SNACKS

Snacking has become a way of life for both adults & children. A recent study reported that over 95% of the women and children in this country have at least one snack each day. Many common snack foods are high in fat, sugar & sodium. If these foods are used for snacks frequently, they can affect our health. Snacks can be good for us if we make healthy choices. If you're trying to manage your weight, choose snacks that are 150 calories or less.

### Simple Healthy Snack Ideas

- Raw vegetables; such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini may be served with a low-fat dip.
- Fresh fruit in season; cut in slices or halves, such as apples,

oranges, bananas, peaches, grapefruit, grapes, melons, pears, plums or strawberries.

- Low-fat quick breads and muffins; such as pumpkin, zucchini, banana or bran.
- Snack mixes made with raisins and nuts.
- Popcorn
- Low-fat yogurt with fresh, frozen or canned fruit.
- Shakes with low-fat milk or yogurt & fruit.
- Nuts
- Greek Yogurt