

CLINICAL TIP

Acetaminophen is a very common pain reliever and fever reducer used by residents. This medication is effective and safe when used appropriately, but at high doses can be very toxic to the liver (the organ responsible for the medication's metabolism). If the liver is bombarded by too much acetaminophen to metabolize, a toxic byproduct accumulates and causes damage to liver cells. This severe toxicity can lead to life threatening acute liver failure. In 2009, the FDA proposed to lower the maximum on both the daily consumption of acetaminophen to 3250 mg/day and to encourage not exceeding 650 mg per dose. While the current maximum dose is still 4000 mg/day and single doses of 1000 mg are utilized depending on indication, it is wise to use caution especially for patients with existing liver dysfunction or patients who consume alcohol due to their greater risk for liver injury. Keep in mind that acetaminophen is often used in combination products for pain, cold, and flu; and all sources of daily acetaminophen intake must be accounted for. If you have questions about an individual resident's acetaminophen use, please consult their physician or pharmacist!

EXERCISE FOR SENIORS: Balance Exercises



These "anytime, anywhere" exercises are great for seniors and will help improve balance. You can do them as often as you like, as long as you have something sturdy nearby to hold onto if you become unsteady.

- Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.
- Practice standing up and sitting down without using your hands.
- Stand on one foot. Remember to alternate feet!

Nutrition Tip: Fit in Fiber!

We have all heard that a high-fiber diet is good for us. The recommendation is to get 25-35 grams of fiber per day. A high-fiber diet can help lower cholesterol and prevent constipation. It also may protect you from colon problems such as irritable bowel syndrome (IBS) or diverticulosis. Research has also found that high-fiber intake may reduce your risk of diabetes and certain types of cancer. Finally, people that are trying to lose weight can benefit by eating more fiber. Fiber fills us up and high-fiber foods tend to have fewer calories.

While we all know that we should eat more fiber, how do we fit it in? **See the enclosed green handout for ideas.**

To your health!

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