



D.A.W.N., Inc.

Membershid Notice

September 2000

When to worry about hearing loss

Most of us will not face hearing impairment, but one in 10 Americans will experience some hearing loss -- and it is often so gradual we don't realize it. It is recommended you have your hearing checked if you:

- Ask others to repeat themselves.
- Strain to hear better.
- Turn the TV volume so high that others complain.
- Frequently mumble or speak too loudly.
- Experience ringing or buzzing in your ears.

Sussex County AIDS Task Force

Sussex County AIDS Task Force will be hosting a fundraiser in conjunction with the Sussex Counsel on Alcohol and Drug Abuse. The intention of this fundraiser is to help pay for the annual retreat held by the AIDS Center at Hope House. This retreat provides the clients of the AIDS Center with a much-needed rest and a time to reflect spiritually on their lives and living with HIV/AIDS.

A C.C. & Company production, The "Island Vacation," an interactive dinner theater, will be held at 7:30 p.m. on Saturday, September 23 at Christ Episcopal Church, 62 Main Street in Newton. Tickets for the dinner and show are \$45.00. For information and reservations call: (973) 827-5743

Also, Raffle tickets for a beautiful Hand Made Quilt, quilted by the Friendly Quilters, can be purchased, for a \$1.00, by contacting Rob at (973) 579-6617 or Janine at (973) 361-5565 ext. 158. Proceeds from the sale of the tickets will benefit a retreat for persons living with HIV/AIDS.

Americans with Disabilities Act

Assistance at Self-serve Gas Stations: On the last page of this notice is a copy of the guidelines requiring self-serve gas stations to provide equal access to their customers with disabilities. Reproduction of the document for hand-outs is encouraged.

Smithsonian American History Museum Unveils Disability Rights Exhibit

The Smithsonian's National Museum of American History will showcase the disability rights movement in the United States in conjunction with the 10th Anniversary of the Americans with Disabilities Act (ADA). "Disability Rights Movement" opened July 6th, and consists of four showcases designed to provide maximum accessibility for all visitors.

"The disability rights movement exhibition examines the history of activism by people with disabilities, by their friends, and families to secure the civil rights guaranteed to all Americans," said exhibition curator, Katherine Ott.

The web-based kiosks were designed for visitors to use, regardless of ability or disability. The kiosks

duplicate the exhibition by using visual and audio descriptions, graphic images, captioned video clips, and accessible design throughout.

For more information and to pay a virtual visit to the exhibit, visit the museum's web site at <http://americanhistory.si.edu>

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President's Committee on Employment of People with Disabilities

New White House Web Site The White House announced the launching of its newly updated web site. You can find the web site at www.whitehouse.gov. The new site, which features a more current design and more user-friendly features than the previous site, will give users quicker and easier access to the wide range of on-line information and services provided by the White House.

REMINDER(s)

If you need special accommodation (i.e. assistance, interpreter, wheelchair, etc.) for any of our outings, you must inform us at the office at least two weeks before an event. By informing us of your needs, we will have time to make arrangements that will be of help to you. Please do not assume we know what your needs are.

DAWN's grant, from the County of Sussex, to provide home modifications (e.g. ramps, widening doorways) to people with disabilities and the frail elderly living within the county. To qualify for the program: you must be at risk of institutionalization if modifications are not done to your home and must show a medical and financial need for the modification. The maximum grant is \$250 per project and you must provide three cost estimates of the work to be done. If you or someone you know would like more information, contact Roberta Schwartz (973) 361-5666 or (973) 361-6032 TTY.

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Information From Your Family Doctor An article on this topic is available in this issue of AFT.

Herbal Health Products--What You Should Know

Aren't herbal health products safe because they're natural? Don't think that herbal health products are safe just because they come from plants. Even some plants are poisonous. Although herbal Products are advertised as "natural," they aren't natural to the human body.

Unlike prescription medicines, herbal products don't have to be tested to prove that they work well and are safe before they're sold. In addition, herbal products may not be pure--they might have other things in them, like plant pollen, that could make you sick.

Do any medical problems make it more dangerous to take herbal health products? Yes. It may not be safe to take herbal medicines if you have certain health problems. Talk to your doctor if you have any of these problems:

- High blood pressure
- Diabetes
- Thyroid problems
- Heart disease
- Psychiatric problems
- Epilepsy
- Parkinson's disease

Glaucoma

Enlarged prostate gland

Stroke at some time in the past

Blood clotting problems

What are possible side effects of herbal health products? Herbal health products aren't tested to be sure they're safe, so they may cause problems. Be sure to tell your doctor if you get a health problem while you're taking an herbal product.

- If you're taking Ginkgo Biloba, you may have bleeding as a side effect.
- St. John's Wort can cause an upset stomach, a tired feeling, dizziness, confusion, or dry mouth. You may also get a sun-burn more easily.
- If you're taking an Ephedra product (also called Ma Huang), you could have many problems. You might get high blood pressure or an uneven heartbeat. You may feel nervous, have headaches or have trouble falling asleep. You could even have a heart attack or a stroke.
- If you take Kava products, you may feel sleepy, get a rash or have strange movements of your mouth and tongue, or other parts of your body.

Can herbal products change the way prescription medicines work? Yes. Some medicines shouldn't be taken with herbal products.

- Don't take Ginkgo Biloba if you're taking aspirin, ticlopidine (brand name: Ticlid), clopidogrel (brand name: Plavix) or dipyridamole (brand name: Persantine).
- Don't take St. John's Wort if you're taking an antidepressant.
- Don't take Ephedra if you're taking a decongestant or a stimulant drug, or if you drink caffeinated beverages.
- Don't take Kava products if you're taking a benzodiazepine, a barbiturate, an antipsychotic medicine or any medicine used to treat Parkinson's disease. Also, don't drink alcohol if you take Kava products.

This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject. Copyright © 1999 American Academy of Family Physicians. Permission is granted to reproduce this material for nonprofit educational uses. Written permission is required for all other uses, including electronic uses. This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP on the World Wide Web (<http://www.aafp.org/healthinfo>). 3/99