

SMARxT DISPOSAL™

A CAMPAIGN TO RAISE AWARENESS OF IMPROPER MEDICATION DISPOSAL AND THE IMPACT ON THE ENVIRONMENT

A concern we must all address is the disposal of medications and their effect on human life, wildlife, lakes, rivers and streams throughout our country. This issue is relevant to everyone's personal health safety and the protection of our environment.

The SMARxT DISPOSAL campaign, developed by a unique public-private partnership between the U.S. Fish and Wildlife Service, the American Pharmacists Association, and the Pharmaceutical Research and Manufacturers of America, is designed to raise awareness about the potential environmental impact from improperly disposed of medications and to provide simple tips for proper disposal alternatives.

A Few Small Steps Can Make an Important Difference in Safeguarding Lives and the Environment.

Follow your medication prescriber's instructions and use all medications as instructed. If you do not use all of your prescribed or over-the-counter (OTC) medication, you can take a few small steps to make a huge impact in

safeguarding lives and protecting the environment by disposing of unused medicines properly:

- DO NOT FLUSH unused medications and DO NOT POUR them down a sink or drain.* (see **Note on page 2** for a list of flushable medications)
- Be proactive and dispose of unused medication in the household trash. When discarding unused medications, be sure to protect children and pets from potentially negative effects:
- Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), crush or add water to dissolve it.

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- Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.
- Seal the plastic bag and put it in the trash.
- Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.
- Check for approved state and local collection programs. Another option is to check for approved state and local collection alternatives such as community based household hazardous waste collection programs. In certain states, you may be able to take your unused medications to your local pharmacy or other location for disposal.
- Consult your pharmacist with any questions.



**SMART
DISPOSAL**

A Prescription for a Healthy Planet

**SMARxT Disposal™
Partnership Members:**

U.S. Fish and Wildlife Service
Branch of Environmental Contaminants
(800) 344-WILD (9453)
www.fws.gov/contaminants

American Pharmacists Association
External Communications
(800) 237-APhA (2742) ext 7537
www.APhAnet.org

**Pharmaceutical Research
and Manufacturers of America**
Communications and Public Affairs
(202) 835-3460
www.phrma.org

***Note: The FDA advises that the following drugs be flushed down the toilet instead of thrown in the trash:**

Actiq (fentanyl citrate)
Daytrana Transdermal Patch (methylphenidate)
Duragesic Transdermal System (fentanyl)
OxyContin Tablets (oxycodone)
Avinza Capsules (morphine sulfate)
Baraclude Tablets (entecavir)
Reyataz Capsules (atazanavir sulfate)
Tequin Tablets (gatifloxacin)
Zerit for Oral Solution (stavudine)
Meperidine HCl Tablets
Percocet (Oxycodone and Acetaminophen)
Xyrem (Sodium Oxybate)
Fentora (fentanyl buccal tablet)

Additional Note: Patients should always refer to printed material accompanying their medication for specific instructions.



on Pulmonary Rehab
The following is an update on two more pulmonary rehabilitation programs offered in our area:

Butler Rehabilitation Center
200 Renaissance Drive
Butler, PA 16001
724-282-0755
(contact Kelli Thompson)

**Jameson Memorial Hospital
Pulmonary Rehabilitation**
1211 Wilmington Avenue
New Castle, PA 16105
724-658-9001 Ext. 5550
(contact Susan Arnett, RN)

Smooth SailingSM



15th Annual Cruise for Respiratory Patients

coordinated by

American Respiratory Alliance of Western Pennsylvania

Turks & Caicos and the Bahamas aboard the Carnival *Miracle* from New York City Wednesday, October 7 through Thursday, October 15, 2009

Trip includes:

- 9 days/ 8 nights aboard the *Carnival Miracle*
- 3 Ports of Call: Grand Turk Island, Half Moon Cay, and Nassau, Bahamas
- All on-board meals
- Shipboard gratuities (a \$80 value/person)
- Port and Departure taxes including security fees
- Oxygen and Equipment, if needed
- Educational seminars (optional)
- Volunteer Medical Staff
- All baggage handling

Inside stateroom (Deck 1, Category 4A) is \$1,399.00 per person/double occupancy (pp/do); Ocean View stateroom (Deck 1, Category 6A) is \$1,499.00 pp/do. Balcony stateroom (Deck 4, Category 8A) is \$1,579.00 pp/do or (Deck 5, Category 8C) is \$1,619.00. Oxygen, other respiratory equipment (except vents, BiPAP and CPAP), and standard wheelchairs will be provided free of charge. Trip cancellation insurance is offered and we strongly encourage you to enroll when you make your reservation to qualify for the waiver of the pre-existing medical conditions clause. **A passport is required.**

The above fares do **NOT** include roundtrip motorcoach transportation from Western Pennsylvania to New York City. Estimated cost for roundtrip ground transportation is \$125-\$150 per person, depending on the number of travelers from our area.

To receive a detailed cruise packet including reservation forms, please call:

1-800-220-1990



You may be eligible for a FREE HFA albuterol inhaler

The American Respiratory Alliance has received a limited-time offer from the Respiratory & Allergic Disease (RAD) Foundation and Teva Specialty Pharmaceuticals to help implement the proper transition for patients who have not yet switched from their current CFC metered-dose inhalers to ones with a hydrofluoroalkane (HFA) propellant.

In order to receive a voucher for 1 Free inhaler you must meet the following criteria, sign the form below, and mail to us. Vouchers expire 6/30/2009.



I verify that the following information is true and accurate:

- I have asthma or another condition requiring a rescue inhaler.
- I am uninsured.
- I have no medicaid, medicare, or other third party prescription drug benefits, or co-pay medication plan at present.
- I have a new prescription or a prescription on file at my pharmacy for an albuterol inhaler.

Name (Please PRINT)		
Address		Phone
City	State	Zip
Signature		Date

Mail to: American Respiratory Alliance; 201 Smith Drive, Ste. E; Cranberry Township, PA 16066



Cranberry Professional Park
201 Smith Drive, Suite E
Cranberry Township, PA 16066

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