

# MDs strengthen advice against codeine for kids' coughs, pain

By **LINDSEY TANNER**  
AP MEDICAL WRITER

CHICAGO — The American Academy of Pediatrics has strengthened its warnings about prescribing codeine for children because of reports of deaths and risks for dangerous side effects including breathing problems.

The academy's advice, published in a report in its medical journal, Pediatrics, mirrors warnings from the Food and Drug Administration about using codeine for kids' coughs or pain.

Studies suggest it is still commonly prescribed by doctors and dentists despite the risks and lack of evidence that it works to relieve coughs.

Doctors and parents should choose another remedy when possible, including acetaminophen and ibuprofen for pain and simple remedies such as ice or ice pops after tonsillectomies, said Dr. Charles Cote, a Boston anesthesiologist and co-author of the report.

"Maybe a little pain is better than the alternative," he said.

## THE DRUG

Codeine is an opiate drug once commonly used in over-the-counter cough syrups and as a painkiller, particularly after surgery. But the report notes that a rare genetic variation makes some people metabolize it too quickly, potentially resulting in excessive sleepiness and difficulty breathing. A different genetic variation makes the drug ineffective for

pain relief in as many as a third of patients.

It is available by prescription, including in cough syrup sold in pharmacies in 28 states, Cote said.

## THE RISKS

Codeine has often been prescribed for pain relief after tonsillectomies but the FDA has advised against this use. These operations are sometimes recommended to treat enlarged tonsils that cause sleep apnea — a common condition involving breathing pauses while sleeping. The condition has been linked with obesity and Cote said children with sleep apnea are particularly vulnerable to codeine-related breathing difficulties.

The academy report cites an FDA review that found 21 codeine-related deaths in children younger than 12 and 64 cases of severe breathing problems over five decades.

## THE ADVICE

Better education of parents and doctors is needed, along with additional research on risks and benefits of codeine and non-opioid painkillers for children, the report says.

A previous academy report highlighted codeine's risks and lack of benefit in treating coughs. The new report is more comprehensive, adding concerns about using codeine for pain along with information on deaths.

Opioid drug safety issues and the need for better opioid research in children were among topics raised last week at a two-day FDA advisory committee meeting.

## Mental Health Moment

By **NANCY J. STEPHANI**

Structure works. That means family rules. Children see us trying to follow written rules such as those posted at the pool or license bureau. We won't discuss speed limit signs, but, if we overdo it, they certainly witness us paying the consequences. Ours are now house rules and these have changed as our family has changed. But most of them are basic and these are taken from Daniel Amen's "New Hope for Frazzled Parents":

- Tell the truth.
- Treat each other with respect. (This means no yelling, hitting, kicking, name calling, or put-downs.)
- No arguing with parents. (As parents, we want and value your input and ideas, but arguing means you have made your point more than one time.)
- Respect each other's property. (This means we ask permission to use something that does not belong to us.)
- Do what mom and dad say the first time without complaining or throwing a fit.
- Ask permission before you go somewhere.
- Put things away that you take out.
- We look for ways to be kind and helpful to each other.

Putting family rules in writing and posting them someplace like the refrigerator is helpful. Amen discusses a child he worked with who was terrified of monsters and went through elaborate rituals to make sure there were none in his room at night before he went to bed. Finally, his parents helped him make a sign for his door that said "No Monsters Allowed" and all was well. The sign protected him.

For teenagers, especially, we had the rule that we all had a right to know where you going, who you were going with and when you would be home.

We also insisted that if you have a cellphone we pay for, then please keep it on and answer when we call. It is the adult thing to do. If you feel unsafe, call and you will be picked up immediately, no questions asked, until the next day.

At several points in our life, we had a young person in our household who liked being on the computer or video games more than socializing eyeball to eyeball with other human beings. So we made a chart and the teen at the time got as much time on the computer or video game as spent in face-to-face socializing with others.

This social time could include church youth group, after-school activities, but school did not count into this equation. We frequently had to invoke rule number 3 above, no arguing with parents, but eventually it took and they developed social and conversational skills and got to practice that critical thinking they were learning in school. Structure works.

*Stephani, coordinator of emergency services at Century Health, is a licensed independent social worker supervisor. She is on professional staff at Ohio State University at Lima. If you have a mental health question, please write to: Mental Health Moment, The Courier, P.O. Box 609, Findlay, OH 45839.*



Stephani

## Weekend Doctor

By **DR. THOMAS F. VAIL**

Did you know that September is Fall Prevention Awareness Month and Thursday, the first day of fall, was designated by the National Council on Aging as Fall Prevention Awareness Day?

The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year's event was "Ready, Steady, Balance: Prevent Falls in 2016!" Since Fall Prevention Awareness Day was first observed in 2008, the organization has grown in participation from 11 states to 48 states and the District of Columbia in 2015.

This year, they hope to expand their reach even further. And who better to help with your balance and prevent falls but your podiatrist.

In fact, many podiatrists have entire programs dedicated to educating senior patients on fall prevention. The federal government requires that a fall analysis be conducted for patients over the age of 65 that rates their risk of falling.

Podiatry encompasses not only treating foot conditions but preventing them, and this includes falls related to poor foot health. Keeping your feet healthy will diminish the risks of falling. Here are some tips to keep you ready, steady and balanced.

• Wear shoes that keep you safe. Choose rubber or nonskid soles that fit well. Athletic shoes are a good choice. Choose flats or shoes with low heels and avoid high heels or platforms. Don't wear flip-flops or backless shoes or slippers. And remember never to walk around in stocking feet, even when indoors.

• Improve your balance by wearing foot braces or custom orthotics. There are new braces today that have slim profiles and fit in most shoes. They will give your ankle extra support while walking. Custom orthotics put your foot back in the "neutral" position, thus supporting your arch and correct pronation and supination.

• Build strength in your feet and toes. Exercises, including resistance and stretching, will help your feet stay strong and supportive as you age.

• Talk with your primary care physician about your medications at every visit. The way your body reacts to medications can change as you age, so certain medications that were fine in the past may cause side effects now. Your health care provider can help review your medications and make changes if needed.

• Check your vision and hearing. Problems with vision or hearing can lead to falls. Get your eyes checked at least once a year and your hearing every other year. Take time to adjust to new glasses. Inner ear problems can affect your balance.

• Remove hazards from your home that you can trip on like throw rugs, boxes or cords.

• Using a cane or walker will keep you steady on your feet. Remember to use your cane on your stronger side. Don't leave home without them!

• Don't let fear keep you from leading an active life. Fear can lead to isolation from others, depression, or the use of more medications or alcohol. All these things can make falling even more likely.

As we get older, we're not as steady on our feet as we once were. But you can do things to make falling less likely. Talk to your podiatrist or primary care physician and lead a safe and active life.

*Vail is with Advanced Footcare Clinic, Findlay. Questions for Blanchard Valley Health System experts may be sent to Weekend Doctor, The Courier, P.O. Box 609, Findlay, OH 45839.*



Vail

## Survey: More U.S. adults use marijuana, don't think it's risky

NEW YORK (AP) — Marijuana use is becoming more accepted among U.S. adults as states loosen pot laws, new national survey data shows.

More are using marijuana, using it more often and far fewer think it's risky, the government

survey found.

That's understandable, experts say, as dozens of states now allow medical marijuana and four states have recently legalized pot for recreational use.

More than a half million U.S. adults participated in the survey

over a dozen years, and the responses show a shift in attitude. Only a third of adults in 2014 said they thought weekly marijuana use was dangerous, down from half of adults in 2002.

That runs counter to scientific research about pot, said Dr.

Wilson Compton, lead author of the study published online by the journal Lancet Psychiatry.

"If anything, science has shown an increasing risk that we weren't as aware of years ago," said Compton, deputy director of the National Institute on Drug Abuse.

# Discover Your Adventure In The Hancock Parks

## OCTOBER Programs & Events

### 1 Saturday Make and Take: Foil Leaf Print Picture

Oakwoods Nature Preserve  
Discovery Center  
1 PM  
Recommended for ages 10 and up.  
Register with \$3 per person by 4:30 PM on Thursday, September 29.

### 3 Monday Pioneer Tyke Hikes

Litzenberg Memorial Woods  
Gatehouse  
10 AM & 1 PM  
Recommended for ages 3-6 with an adult companion; other aged siblings are welcome to attend.  
Free, registration not required.

### 8 Saturday Our Insignificant Place in the Cosmos

Riverbend Recreation Area  
Shelter 5

7 PM  
All ages welcome.  
Free, registration not required.

### 8 Saturday Richard S. "Doc" Phillips Discovery Center Open House

Oakwoods Nature Preserve  
Discovery Center  
10 AM - 4 PM  
All ages welcome.  
Free, registration not required.

### 13 Thursday - 16 Sunday Escape Room

Litzenberg Memorial Woods  
Activity Barn  
Times are 1 PM, 2:30 PM, 4 PM, 5:30 PM, 7 PM & 8:30 PM Thursday through Saturday and 7 PM and 8:30 PM on Sunday.  
Recommended for adults and children ages 9 and up; children ages 15 and under must be accompanied by an adult.

Register with \$15 per person for ages 13 and up. Register with \$10 per person for ages 12 and under. Register by 4:30 PM on Wednesday, October 12. Minimum: 2 Maximum: 8 per session.

### 15 Saturday Art in the Park: Nature Journaling

Oakwoods Nature Preserve  
Discovery Center  
10 AM - 12 PM  
Recommended for teens and adults.  
Free, registration not required.

### 16 Sunday Harvest the Past

Litzenberg Memorial Woods  
1 - 5 PM  
All ages welcome.  
Free, registration not required.

### 19 Wednesday Impact Series: Plight of the Pollinators

Oakwoods Nature Preserve  
Discovery Center  
6 PM  
All ages welcome.  
Free, registration not required.

### 21 Friday Planetarium: Orionids Meteor Shower

Oakwoods Nature Preserve  
Discovery Center  
Time?  
Recommended for ages 5 and up with an adult companion.  
Free, but register by 4:30 PM on Wednesday, October 19.

### 22 Saturday Kids in the Park: Hayride and Fall Fun

Riverbend Recreation Area  
Shelter 1  
Hayrides at 1 PM & 2 PM  
Recommended for children of all ages. Register with your preferred hayride time with \$5 per

person by 4:30 PM on Thursday, October 20.

### 22 Saturday Meet James A. Willis & The Ghosts Of Ohio

Litzenberg Memorial Woods  
Activity Barn  
7 PM  
Recommended for ages 7 and up.  
Register with \$7 per person by 4:30 PM on Thursday, October 20.

### 24 Monday Wee Ones: Pumpkins

Oakwoods Nature Preserve  
Discovery Center  
10 AM & 1 PM  
Recommended for ages 3 and under with an adult; other aged siblings are welcome to attend.  
Free; registration not required.

## UPCOMING... mark your calendars!

### Pizza Planetarium Party!

Friday, November 4

### Kids in the Park: Fall Nuts Nature Hike

Saturday, November 5

### Barn Dance

Saturday, November 5

### Discovery Stories: Where do bees go in winter?

Monday, November 7

### Bird Monitoring

Saturday, November 12

### Make and Take: Nature's Cornucopia

Saturday, November 19



## HANCOCK PARK DISTRICT:

1424 E. Main Cross St., Findlay, OH 45840  
Office hours: Mon - Fri, 8 AM - 4:30 PM

Phone: 419-425-PARK/7275

Email: HPDparks@hancockparks.com

[www.HancockParks.com](http://www.HancockParks.com)

Look under our "Calendar" or "What's New?" pages for complete park program & event descriptions or call us today!

Like & Share Us on Facebook

[www.Facebook.com/HancockParkDistrict](http://www.Facebook.com/HancockParkDistrict)

## HOMESCHOOLERS IN THE PARK:

September 7  
Moon Phases  
Oakwoods Nature Preserve,  
Discovery Center

October 5  
Bats and Echolocation  
Oakwoods Nature Preserve,  
Discovery Center

November 2  
Thanksgiving in the 1840s  
Litzenberg Memorial Woods,  
1847 McKinnis House

December 7  
Prehistoric Life in Ohio  
Oakwoods Nature Preserve,  
Discovery Center

January 4  
Winter Chemistry  
Riverbend Recreation Area,  
Brugeman Lodge

February 1  
Reduce, Reuse, Recycle  
Oakwoods Nature Preserve,  
Discovery Center

March 1  
Introduction to the Scientific Method  
Oakwoods Nature Preserve,  
Discovery Center

April 5  
April Showers & the Water Cycle  
Oakwoods Nature Preserve,  
Discovery Center

May 3  
May Flowers Hike  
Litzenberg Memorial Woods

June 7  
Outdoor Recreation Fun  
Oakwoods Nature Preserve,  
Dold Lake