



# Backdoor Reading From Your Parish Nurse

## Red Flags About Pain Relievers

For many people, pain relievers are wonder drugs, allowing them to carry on with their lives despite disabling arthritis, for recurrent headaches. But *all* pain relievers, whether sold over-the-counter (OTC) or by prescription, have potential risks. The most recent warning came from a large Danish study of people who previously had

a heart attack. Those who took certain pain relievers, including ibuprofen (but not aspirin or naproxen), had about a 50 percent increased risk of having another heart attack or dying during the next three months—even after just a week’s use. The basics: Though there are many brands of

OTC pain relievers, there are 2 basic types: acetaminophen (Tylenol) and NSAIDS (nonsteroidal anti-inflammatory drugs (Motrin, and Advil) and naproxen (such as Aleve). Two years ago the FDA ruled that the labels of all OTC pain relievers should carry tougher warnings about risks.



### What To Watch Out For

These issues relate to people who take these drugs at least several times a week:

- Cardiovascular risk:

NSAIDS increase the risk of heart attack and blood pressure followed by ibuprofen.

- GI bleeding: NSAIDS can damage the stomach lining and cause bleeding and ulcers.
- Liver damage: Acetaminophen does not cause

GI blding but long term can cause severe liver damage. My advice:

- Try nondrug treatment 1st.
- Talk to your doctor.
- Consider acetaminophen.
- Take lowest dose possible.
- Do not exceed Dose.



## Inside Story Headline

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This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.



**Caption describing picture or graphic.**

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to

convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

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This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book re-

view, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

**“To catch the reader's attention, place an interesting sentence or quote from the story here.”**

## Inside Story Headline

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This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the



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caption of the image near the image.

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# Organization

## Business Name

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!

example.com

## Back Page Story Headline

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This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

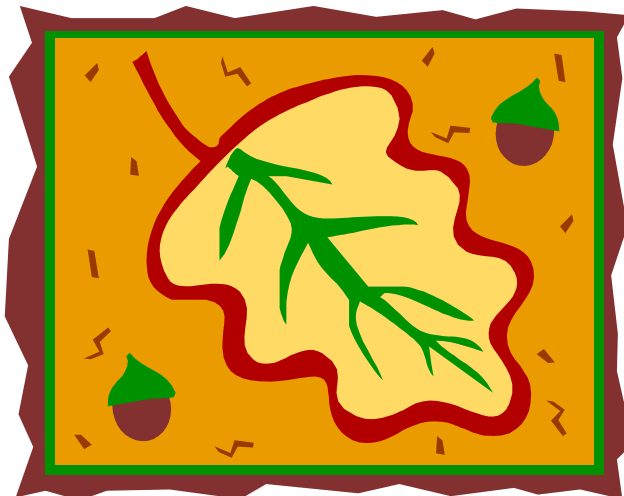
If you have any prices of standard products or services, you can include a listing of those here. You may want

to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regu-

lar event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.