

CANCER-CAUSING SUBSTANCES IN MEDICATION: What You Need to Know

When you pick up your prescription medicine from your local pharmacy, you may assume that it has been tested and is perfectly safe to use. However, several drugs have been issued recalls in the last few years because of unsafe levels of the chemical compound nitrosamine. These recalled drugs include prescription medications for high blood pressure, stomach problems, and diabetes.

Nitrosamines have been linked to causing kidney, bladder, stomach, lung, brain, and esophageal cancer. While you are exposed to extremely small amounts of nitrosamine every day, the nitrosamine found in some medications can be toxic. In fact, the Food and Drug Administration (FDA) strongly urges patients to stop taking particular medications and speak to their doctor about finding a substitute as soon as possible.

Potential Cancer-Causing Drugs

Some of the medications that have recently been recalled due to nitrosamine include:

Valsartan/Angiotensin II receptors (ARBs): In 2018 and 2019, the FDA recalled a few different ARBs that were used to treat heart failure and high blood pressure. The nitrosamines in these medications were most likely made when the solvent utilized to break down the drug ingredients was not efficiently eliminated.

Zantac: In April 2020, the FDA asked all manufacturers to recall Zantac, a popular medication used to treat stomach acid and ulcers.

Chantix: This medicine that aided cigarette smokers to put their butts out was recalled in 2021 after it was discovered that nitrosamine could be made from a chemical reaction involving the medicine's active ingredient.

Metformin: The FDA told five companies to recall certain kinds of metformin in May 2020 after it discovered the impurity in certain extended-release versions of the medicine.

What To Do if Your Medication Contains Potential Cancer-Causing Agents

Even if you are concerned about your medicine, don't abruptly stop taking it. Talk to your doctor. Your healthcare provider understands your health condition, including what alternative drugs can work best for you.

If you have a question, call your pharmacist or contact the FDA's Division of Drugs Information (DDI) by calling **1-855-543-DRUG (3784)**.



We will give a \$50 reward
to the first person to correctly identify the type of U.S. fighter plane shown here from the World War II Museum in New Orleans. All entries in this contest must be submitted in writing by U.S. mail (no UPS or FedEx entries allowed).



How to Find the **BEST LAWYER** for Your Unique Situation

Do you need an attorney? Finding the right lawyer for your needs can seem like a daunting task. But as with any other important decision you need to make, taking the time to do the proper research is essential.

At some point in their lives, many people will need the assistance of a seasoned lawyer. Whether it's navigating the financial troubles after suffering an injury at work or being involved in an auto accident, there are numerous reasons where the expertise and experience of a good lawyer will be needed.

If you need to choose an attorney, here are a few tips to take into consideration.

Always Hire an Expert We know that many of our clients around the country need lawyers in different fields. Sadly, some of our clients are struggling financially and need a bankruptcy expert to help them with a fresh start. Others need help with a personal injury, a divorce, or even estate planning to provide a plan to keep the family home from being taken to pay a Medicaid lien for nursing home services later in life. While we have attorneys licensed in a number of states, many legal services require licensing in states where we do not have licensed attorneys. However, if

you need legal help, let your case manager know. In most instances we can help you locate an expert attorney to assist you at no additional cost to you.

Has Experience with Your Type of Case All attorneys have their own unique set of specialties. It's crucial to pick a lawyer who has experience in defending your type of case. You wouldn't hire a chiropractor for brain surgery, would you?

When interviewing potential attorneys, make sure to ask them about their experience in handling cases similar to yours. If they lack that experience, you shouldn't hire them.

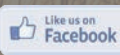
Check Client Reviews It's never been easier to check and see if an attorney has happy clients. Before hiring a lawyer, take some time to research any reviews that previous clients posted online. Use these simple tips to find a lawyer that is perfect for your needs. You never want to walk into a courtroom with a one-star attorney.

Call our office, we are here to help.

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A referral is the greatest professional compliment we can receive. If you have a friend, neighbor, or family member who is in need of legal representation with the VA, please consider referring them to our firm. We will do our best to provide the highest possible level of service and deliver winning results.

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SENIOR DRIVERS & SAFETY: How to Stay Secure Behind the Wheel

Older Americans are more active and healthier now than ever before. It is estimated that there will be over 70 million people 65 and older by 2030. Senior drivers are considered the safest in the nation. They rarely speed, rarely drink and drive, and always wear their seatbelts. However, seniors are more likely to be seriously or fatally injured in an automotive accident.

If you're a senior driver, here are some tips to stay safe when you're behind the wheel.

Drive During the Daylight

As we age, our eyesight can start to diminish. The glare from oncoming headlights and the darkness can make it tough to see what's on the road ahead.

Drive When There is Less Traffic

Hitting the road during peak traffic hours can be stressful. Try to drive when traffic is lighter.

Select Safer Routes

If you're going for a long drive, plan a safer route ahead of time. Try to limit your need to travel on busy highways.

Understand Your Medications

Some medications can make you feel drowsy. This can make you less alert and impact your reaction time.

These simple safety tips can help you feel calm and confident behind the wheel!



Our office is open & actively working with clients. We are focused on taking all necessary precautions to keep visitors to our office, as well as our staff, safe.