

US FORUM CONNECTION #82, OCTOBER 2010

This free newsletter is sponsored by the United States Forum of The Delta Kappa Gamma Society International. The Delta Kappa Gamma Society International is an organization of leading women educators with over 100,000 members. Delta Kappa Gamma members wishing to subscribe to this FREE newsletter should send a request to Angela.Bedenbaugh@usm.edu. We urge you to share this newsletter with other interested individuals who are not members of Delta Kappa Gamma or members who do not subscribe to this publication.

A SITE TO HELP YOU COMPARE CANDIDATES HISTORY OF HALLOWEEN DRUGS WHICH CAN CAUSE MEMORY PROBLEMS

A SITE TO HELP YOU COMPARE CANDIDATES

If you go to the site www.votesmart.org/voteeasy/ you can select your state and find the candidates running for election in a number of races. The site tells you the percentage of the population that is registered to vote and the percentage of registered voters who voted in the last election. By clicking on one of the twelve issues at the top of the screen and giving your position on that issue (you select how strongly you feel about that issue) the pictures of the candidates relative to your position enlarge or contract. For example under Education, you are asked the question ♦ Do you support federal education standards and testing requirements for K-12 students? ♦ Select yes or no and then on a scale of one to five select how strongly you hold that position.

HISTORY OF HALLOWEEN

The National Women ♦s History Museum has put together a program on the history of Halloween. It can be seen at <http://www.nwhm.org/about-nwhm/press/featured-press/halloween>

DRUGS WHICH CAN CAUSE MEMORY PROBLEMS (This is a repeat of information from Issue 51 in March 2008)

Recently published studies have found that a number of common prescription drugs can cause memory loss problems. Memory problems are more likely to occur in older individuals; however, some cases have also been reported in younger individuals. General classes of drugs are in bold, generics are followed by the patented trade name in parentheses). Some of the prescription drugs known to have this effect are

Antiarrhythmics [e.g. digoxin (Lanoxin) and disopyramide (Norpace)]

Antibiotics and antivirals [e.g. Acyclovir (Zovirax), ciprofloxacin (Cipro), ganciclovir (Cytovene), metronidazole (Flagyl)]

Antihistamines [chlorphiramine (ChlorTrimeton), dimenhydrinate (Dramamine), diphenhydramine (Benadryl)]

Antihypertensives [clonidine (Catapres), and beta blockers such as atenolol (Tenormin) metoprolol (Lopressor) propranolol (Inderal)]

Corticosteroids [methylprednisolone (Medrol, Meprolone) prednisone (Deltasone, Orasone)]

Cough and congestion medications [Dextromethorphan (Robitussin Cough Gels). Pseudoephedrine (Sudaphed)]

Gastrointestinal medications [cimetidine (Tagemet), diphenoxylate (combined with atropine in Lofene, Lomotil), dicyclomine (Bentyl), glycopyrrolate (Robinul), hyoscomine (Anaspaz, Cystospaz), scopolamine (Scopace)]

Incontinence medications [oxybutinin (Ditropan) solifenacin (VESicare), tolterodine (Detrol)]

Migraine medications [Naratriptan (Amerge), rizatriptan (Maxalt)]

Muscle relaxants [cyclobenzapine (Flexeril) orphenadrine (Antiflex)]

Painkillers [codeine (generic), meperidine (Demerol), pentazocine (Talwin), propoxyphene (Darvon)]

Parkinson's medications [amantadine (Symmetrel), levodopa (Sinemet), selegiline (Eldepryl)]

Sleep medications [eszopiclone (Lunesta), zaleplon (Sonata) zolpidem (Ambien CR)]

Tricyclic antidepressants [amitriptyline (Elavil), imipromine (Tofranil), nortriptyline (Pamelor)]

This information is given as a guide in determining alternatives each individual may want to consider. It also serves to inform you that memory problems may be caused by taking these drugs rather than advancing age. Younger individuals are not affected as dramatically as older individuals.

For on-line information on specific bills go to <http://thomas.loc.gov/>

CONTACT ADDRESSES FOR GOVERNMENT INFORMATION

U.S. GOVERNMENT CONTACT INFORMATION can be obtained through Congressional Switchboard 1-866-327-8670 (this is a toll free number). You can contact your Congressman and Senator through this number without paying long distance charges.

<http://www.house.gov/> for members of the House of Representatives <http://www.senate.gov/> for members of the U.S. Senate

STATE GOVERNMENT CONTACT INFORMATION can be obtained through <http://www.emailyourgovernor.com/> Information available at this site allows contact with governors, members of the state legislature, state supreme court, congressional delegation and state agencies such as the Education Department, Attorney General, Motor Vehicles Department and Voter Registration.

INFORMATION ON HOW YOUR CONGRESSMAN VOTED ON KEY BILLS

<http://projects.washingtonpost.com/congress/111/bills/>

FIVE CONSTITUENT CONTACTS WILL CAUSE A LEGISLATOR TO PAY SERIOUS ATTENTION TO A GIVEN ISSUE.

Archival copies of the U.S. Forum Connection can be found at <http://ocean.otr.usm.edu/~w305514/HomePage.htm>

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