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# Doctor's Advice

Published by the Monroe County Medical Society

**The Risks of Online Pharmacies**

**Help Your Teen Practice Safe Driving**

**Measles Risk and the  
Importance of Vaccination**

**Agent Orange: You Know What It Is,  
But Do You Know What It's Done?**

**WELLNESS**

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# MEET OUR AUTHORS



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*The Risks of Online Pharmacies – page 6*

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*Help Your Teen Practice Safe Driving – page 10*

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*Measles Risk and the Importance of Vaccination – page 12*

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**Laura Stradley**

*Agent Orange: You Know What It Is, But Do You Know What It's Done? – page 14*

Laura Stradley is an Army veteran who spent eight years on active duty, during which time she was deployed to Bosnia in support of Operation Stabilization Force. Just before leaving the service, Laura earned her Master of Science in Business Administration from Baker College. In July of 2012, Laura assumed the role of Director for the Monroe County Veterans Service Agency. She serves on the Board of Directors for two local non-profit organizations, and she's co-authored two military test-prep books – *The Pocket Idiot's Guide to the ASVAB* and *The Complete Idiot's Guide to the ASVAB*.



Fall 2014

Vol. 6 No. 2

www.mcms.org

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**Published** by the Monroe County Medical Society and the Seventh District Branch of the Medical Society of the State of New York, The Park at Allens Creek, 132 Allens Creek Road, Rochester, NY, 14618, (585) 473-7573.

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# Message from the President

## Take Charge of Your Wellness



Peter M. G. Deane, MD  
President  
Monroe County  
Medical Society

***“The basis of wellness is to pull back to yourself and consider what you need to do, for yourself, to be well.”***

...we must all face the choice between what is right and what is easy.”  
—J. K. Rowling

*Wellness* has been defined as a healthy balance of the mind, body and spirit which results in overall well-being. We hear a lot about it lately. Many sources offer wellness programs. But the most important thing is to be mindful of everyday good health as a goal, and to keep at it. In our society, this isn't easy to do.

Fast-food is so much easier than a meal based on the produce aisle and the butcher counter. Our jobs keep us seated for much of the day, but we are creatures designed to move. Portable devices can go everywhere and fill our waking thoughts.

The basis of wellness is to pull back to yourself and consider what you need to do, for yourself, to be well. We have all heard the right things to do, but can we do what is best?

In this issue of *Doctor's Advice* we cover some very different topics, but a common theme is to get each of us to ask ourselves: What am I really doing with myself? Please use this issue to help you take a moment to consider a few steps that would help you feel truly well — whether it's a change in what you eat for lunch, walking a bit more each day, or getting the check-up you have put off. Many resources to help are available, certainly including your primary physician.

Give it a try — you won't regret it.

*Peter M. G. Deane, MD is an allergist and rheumatologist in practice at Allergy Asthma Immunology of Rochester, PC. At the University of Rochester, he serves as an Assistant Clinical Professor of Medicine and Pediatrics.*

# Building Healthy Communities



Jean V. Joseph, MD, MBA  
Medical Editor,  
Doctor's Advice

***“Wellness is not just about exercising, or making better food choices. It is about making safe and healthy decisions.”***

Promoting wellness involves participation in activities that promote health. These can involve an individual, a group in the community or at work. Wellness programs are often initiated at work, as employers seek to keep their workforce healthy. Regardless of the setting, it is about making healthy choices.

Wellness programs are often aimed at health issues or concerns for which we may be at risk. Employers have long recognized the economic impact of the health of their employees on their productivity. They seek to reduce health-related expenses, which can come from direct health care costs, or from the costs of absenteeism, or lack of productivity. There is much information to support these programs as cost-saving initiatives. Companies that establish these wellness programs say they experience less employee turnover and better financial outcomes.

A major part of the health care law is the Prevention and Public Health Fund. It aims to provide opportunities to boost the public's health through wellness activities at work. Two hundred million dollars are being made available to provide grants for small businesses to implement wellness programs. These programs are an important part of the nation's plan to tackle the rise in the prevalence of chronic diseases, which is estimated to cost our health care system \$4.2 trillion annually by 2023.

Besides the workplace, the health care law aims to promote wellness programs at the community level. This is linking the health of the nation to the health of the community, and ultimately to the health of the individual. Community and population health initiatives promote best practices to keep the individual healthy. The goal is to create partnerships between public health organizations and community-based organizations to increase the availability of wellness programs, furthering a culture of health.

Promoting wellness is to create a culture that encourages and supports healthy lifestyles. This is ultimately about prevention, or about increased awareness of activities that can negatively affect our health. This is not just about exercising, or making better food choices. It is about making safe and healthy decisions.

Recently, a Colorado woman's brush with death was reported on CNN. She was driving to work, but wanted to communicate with her daughter to ensure that she was safe. She dictated a text in her phone to her daughter while driving. She took her eyes off the road to read the text, to ensure its accuracy. She found herself off the road, and, ultimately, in a hospital bed, impaled with a metal rod from the guardrail. She made a wrong choice, which could also have affected the lives of many others. In this issue of *Doctors' Advice*, we address the issue of texting and driving. We also discuss conditions to which one is exposed in the environment that are best tackled through knowing one's risk, and timely interventions.

Promoting wellness is also being aware of conditions for which you may be at risk, whether from environmental exposure, or genetic predisposition. Staying healthy is about engaging in behaviors that do not jeopardize your health. It is a conscious phenomenon at the individual level that affects our health as a nation, and ultimately our economy.

*Dr. Joseph is a professor in the Department of Urology and the Wilmot Cancer Center at the University of Rochester Medical Center. He is the Head of the Section of Urologic Laparoscopy and Robotic Surgery, and Director of the Fellowship in endourology, laparoscopy, and robotic surgery. Dr. Joseph is also the Medical Director of Patient Family Centered Care at URMC.*



# The Risks of Online Pharmacies

Drugs sold by illegal online pharmacies may not contain the correct active ingredients, they may be expired, or they may include unregulated and/or harmful ingredients.

**By Mona Chitre, PharmD and Nicole Dawley, RPh**

In today's increasingly competitive world, retailers are constantly seeking new ways to reach consumers. The convenience of the internet has provided companies a powerful alternative to traditional retail stores. Online shopping websites sell items in every category from expensive electronics to everyday groceries. While much of online shopping can be safe and efficient, purchasing prescription and over-the-counter medications from online pharmacies can be dangerous and potentially life threatening.

Many people may not be aware of the risks associated with online pharmacies and how commonly they are used. Worldwide sales of counterfeited prescription medications totaled greater than \$75 billion in 2010.<sup>1</sup> These 'rogue websites' that sell drugs which have never been monitored for safety and effectiveness can be very dangerous to consumers.

Products sold by these websites may not contain the correct active ingredients, they may be expired, or they may include unregulated and/or harmful ingredients. It is estimated that there are over 10,000 websites that sell drugs online, and only 150 to 200 are licensed pharmacies.<sup>2</sup> The National Association of Boards of Pharmacy (NABP) completed a review of more than 8,000 websites that sell prescription medications and found that 96% of them were operating illegally.<sup>1</sup> Creating a website for a fake pharmacy takes only 15 minutes to set up and can be done for less than \$80.<sup>3</sup>

Medications with high abuse potential, such as those used for pain management, anxiety, and erectile dysfunction, are commonly counterfeited. However, the dangers of online pharmacies are not limited to drugs with a high potential for abuse. Medicines used for the treatment of cancer, high blood pressure, high cholesterol, infections, and allergies are

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"I think I should say something,  
but what if I'm wrong?"

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## The Risks of Online Pharmacies

*Continued from page 6*

also commonly sold by fake online pharmacies. Many of these online pharmacies attract customers with advertisements claiming ultra low prices, no prescription is needed, and fast delivery.

### **The first and easiest way to spot an unsafe online pharmacy is if the website offers to sell prescription medications without a prescription.**

To evaluate the potential risks of online pharmacies, the Food and Drug Administration (FDA) purchased Tamiflu® (a prescription flu medication) from several different online sources.<sup>4</sup> One of the products the FDA received arrived from India in an unmarked envelope and contained unlabeled, white tablets. These tablets were found to contain acetaminophen (the active ingredient of Tylenol®) and talc (or talcum powder). The tablets did not contain the active ingredient found in Tamiflu, oseltamivir. The FDA was also informed of an unfortunate situation involving individuals who had placed orders over the internet for the anti-anxiety medications Xanax® (alprazolam), Lexapro® (escitalopram), Ativan® (lorazepam), and the sleep aid Ambien® (zolpidem). Instead of receiving the drug that was ordered, they received the antipsychotic Haldol® (haloperidol). This resulted in trips to the emergency room requiring treatment for difficulty breathing, muscle spasms, and stiffness.

With such a large amount of websites selling medications, it is important for consumers to be informed on how to distinguish between a legitimate online pharmacy and one that may be operating illegally. Patients looking to buy medications from online sources should check with a pharmacist or another healthcare provider before making a purchase. Perhaps the easiest way to verify that an online pharmacy operates legally is to locate the NABP's Verified Internet Pharmacy Practice Sites™ (VIPPS) seal. This stamp of approval means that the website meets the state board of pharmacy requirements for the state in which they are located. Legitimate websites will likely be located in the United States, have an actively licensed pharmacist available to answer any questions, and require a prescription before dispensing the medication.

To raise awareness of the dangers of fake online pharmacies, the FDA has launched a national campaign called BeSafeRx ([fda.gov/besaferrx](http://fda.gov/besaferrx)).<sup>5</sup> Among several other useful resources on the BeSafeRx website, there is a link to each state's board of

pharmacy license database where users can verify pharmacies and/or pharmacists that are actively licensed.

There are also some helpful ways to identify if an online pharmacy may be operating illegally. The first and easiest way to spot an unsafe online pharmacy is if the website offers to sell prescription medications without a prescription. Providing prescription medications without a valid prescription is illegal regardless of the source of medication. Another indication of an illegitimate website is prices that appear to be dramatically low. An additional cause for concern is if the medication delivered does not list from where the drug was manufactured or shipped. Knowing the medication is a valuable way to avoid potential harm. Every time a prescription is filled, make sure the medication looks same. If the medication looks different, check with a pharmacist before taking the medication. Although the drug may look different simply because it is made by a different pharmaceutical manufacturer, it is always best to be safe and verify with a pharmacist.

People frequently seek online pharmacies because they may offer medications at a lower cost than typical retail pharmacies. However, there are other safer ways to save money on prescription medications.

#### **Tips to Save Money on Prescriptions**

- If you are prescribed an expensive brand name medication, it may be possible to switch to a generic version. Even if there is no generic available for a particular medication, the doctor may be able to prescribe a similar medication that is less expensive or has a lower co-pay.
- You can also ask your doctor or pharmacist if there is a financial assistance program associated with your medication. Many drug manufacturers offer coupons that can help reduce costs.
- If you have prescription drug coverage, your insurance company may offer you the option to use a mail order pharmacy. Please note that the mail order pharmacies that your insurance company participate with are legal pharmacies that have a license to dispense medications and are required to abide by the same laws that your local pharmacy have to follow. They offer you the convenience of having your medication delivered to your home, the ability to talk to a pharmacist and may even save you money on your prescriptions.

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## The Risks of Online Pharmacies

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There are many dangers and risks associated with fake, online pharmacies. It is important not to get caught up in the convenience and low prices that are offered, as often times they are too good to be true. Prescription medications always require a prescription, and the prescription should always come from your doctor after you have been evaluated. If you are considering ordering your medications online, speak to your doctor or pharmacist first.

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# Help Your Teen Practice Safe Driving

By Colleen Mattimore, MD

We have all seen it, people young and old, using their cell phones while they are driving or when they are stopped at a red light. This behavior is referred to as “distracted driving” which includes any act that takes a person’s attention away from driving their vehicle. Distracted drivers put themselves, their passengers and other drivers at risk. It is dangerous.

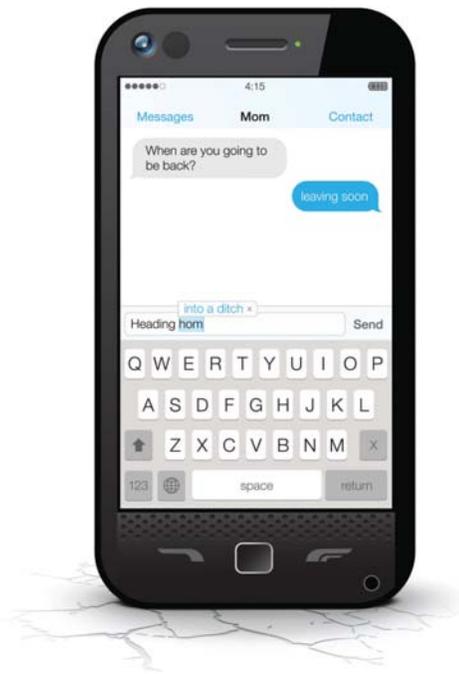
Automobile crashes are the leading cause of death of teenagers in America. Inexperience, driving too fast, other passengers in the car along with texting while driving makes teens vulnerable drivers. Hundreds of teens die each year from crashes that result from texting behind the wheel, this number is increasing. There are now more car crashes involving cell phone use than alcohol.

The teenage brain is still developing and does not mature until 25 years of age. The area that is last to mature is the front of the brain, this area is the part used for planning, impulse control and decision making. Teenagers don’t make the best decisions; they like to impress their friends. Teens are less likely to wear a seatbelt than adults, especially when their friends are in the car, they want to look cool. And teenagers think they will live forever. And you never see a teenager without their cell phone. Over 82 % of American teens own a cell phone and in one survey 44% of teens admitted to texting while they drive.

Texting while driving requires a driver to take his eyes off the road, an average text message will take the driver’s eyes off the road for 5 seconds. It requires you to use your hand which takes one off the steering wheel. Texting takes concentration, you are thinking about what was sent and what you will respond. If you text and drive it is like driving after you have drunk 4 beers. So for a teen, with underdeveloped decision making skills and impulse control, texting while they drive can be an accident waiting to happen!

Texting while driving is against the law in NYS. If convicted the violation carries points to your license and a fine. NYS has some of the toughest distracted driving laws in the country.

Parents can be the key in changing this behavior. Parents are more influential on teen behavior, including cell phone use, than the law. Parents need to get involved. Teen may appear to not be listening to their parents, but they are!



auto|correct

Correct the behavior. Don't text and drive.

Hundreds of teens die each year from texting while they are driving. Visit [www.ny1aap.org](http://www.ny1aap.org) to join the pledge and correct the statistic.

Parents need to give clear instructions to their teen about cell phone use in the car. Parents should have their teen sign a NO Texting Pledge or contract. They are available through the American Academy of Pediatrics New York Chapter 1 ([www.ny1aap.org](http://www.ny1aap.org)); Allstate Insurance Agency; and the DMV. Pediatrician’s offices may have them too.

Parents need to lead by example. They should never text while they drive, especially while their teen is in the car. Parents should always buckle up and insist on all passengers wearing their seatbelts.

Parents need to know the law, especially the Graduated Drivers License Law for their state. The restrictions of the GDL aim to protect the young driver, for example it limits the number of passengers a junior driver can have in the car, and restricts their driving at night, a time when teen drivers are most at risk. One of the most effective ways to limit teen’s texting and driving are apps that deactivate the phone when the car is moving. Many experts feel that these apps may be the solution to stop teens from texting while they drive. Examples are SAFELY Go, an app that enables the phone to automatically answer your calls, and Drive Safe Mode an app with teen driver safety in mind. Some of the apps have a fee associated with use, others are free.

Distracted driving is dangerous. Texting while driving is dangerous and against the law.

Send the message, correct the behavior, DON'T TEXT and DRIVE!

*Continued on page 11*

## New York State Texting & Driving Law

Under New York State law you cannot use a hand-held mobile telephone or send a text or an email while you drive. If you use a hand-held mobile telephone while you drive (except to call 911 or to contact medical, fire or police personnel about an emergency) or use a device to text or send email, you can receive a traffic ticket and be subject to a fine, points on your record and a surcharge.

Conviction of a cell phone use or texting violation will result in points being added to your DMV driving record. If you receive 11 points in an 18 month period, your driver license may be suspended. For more information on texting and driving laws visit [dmv.ny.gov](http://dmv.ny.gov).

### Minimum and maximum fines/surcharges

The minimum and maximum fine for violations committed on or after July 26, 2013 are:

- first offense: the minimum fine is \$50 and maximum fine is \$150
- second offense committed within 18 months: the minimum fine is \$50 and the maximum fine is \$200
- third or subsequent offense committed within 18 months; the minimum fine is \$50 and the maximum fine is \$400

The surcharge for these violations can be up to \$93.

### Driver violation points

- for offenses committed between October 5, 2011 and May 31, 2013, this violation carries three driver violation points
- for offenses committed on or after June 1, 2013, this violation carries five driver violation points

### Penalties for probationary and junior drivers with a Class DJ or MJ driver license or learner permit

The first conviction of a cell phone use or texting violation will result in a suspension of the driver license or permit for 60 days. A second conviction within six months will result in:

- a revocation of at least 6 months of a probationary license, or
- a revocation of at least 60 days for a Class DJ or MJ driver license or learner permit

auto correct

Correct the behavior. Don't text and drive.

## Contract

I, \_\_\_\_\_ will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times.

### I promise that I will obey all the rules of the road.

- Always wear a seat belt and make all my passengers buckle up
- Obey all traffic lights, stop signs, other street signs, and road markings
- Stay within the speed limit and drive safely
- Never use the car to race or to try to impress others
- Never give rides to hitchhikers

### I promise that I will make sure I can stay focused on driving.

- Drive with both hands on the wheel
- Never eat, drink, or use a cell phone to talk or text messages while I drive
- Drive only when I am alert and in emotional control
- Call my parents for a ride home if I am impaired in any way that interferes with my ability to drive safely
- Never use earphones to listen to mp3 player or other electronic devices while I drive

### I promise that I will respect laws about drugs and alcohol.

- Drive only when I am alcohol and drug free
- Never allow any alcohol or illegal drugs in the car
- Be a passenger only with drivers who are alcohol and drug free

### I promise that I will be a responsible driver.

- Drive only when I have permission to use the car and I will not let anyone else drive the car unless I have permission
- Drive someone else's car only if I have parental permission
- Pay for all traffic citations or parking tickets
- Complete my family responsibilities and maintain good grades at school as listed here:

\_\_\_\_\_

- Contribute to the costs of gasoline, maintenance, and insurance as listed here:

\_\_\_\_\_

- Additional Promises:

\_\_\_\_\_

***The Parent-Teen Driving contract establishes the rules, responsibilities, and consequences for the teen driver. It may be downloaded at [www.ny1aap.org](http://www.ny1aap.org).***

**66%** of teens say their parents influence their cell phone use in the car, more than the law.

**48%** have seen their parents on the phone while driving.

**15%** have seen their parents texting.

***Children learn their driving habits from their parents so it is very important for parents to be a good role model for their teens.***

**The US faces a record high number of measles cases in 2014.**



## Measles Risk and the Importance of Vaccination

**By Byron Kennedy, MD, PhD, MPH  
and Anita C. Weimer RN, BSN**

Many people may not know that measles is considered one of the most contagious viral illnesses according to the Centers for Disease Control (CDC). Measles can be spread person to person through contact with nasal or throat secretions of a person with measles, but also can be spread through the air when a person coughs or sneezes.<sup>1</sup> There have been reports of measles transmission occurring when a person simply walked past someone who was contagious with measles. Persons with measles are contagious to others from 4 days before they get a rash until 4 days after the rash appears.<sup>2</sup> Measles symptoms include runny nose, cough, slight fever, as well as red, sensitive eyes, and small bluish white spots surrounded by a red area that can appear in the mouth; symptoms will normally appear 10-12 days after exposure to a person with measles, but it can take as long as 18 days for symptoms to appear.

The fever usually rises each day and can reach 103 to 105 degrees. On the third to seventh day after contracting measles a rash that is red and blotchy will appear, usually beginning on the face then spreading down the body and out to the hands and feet. Serious problems such as pneumonia, encephalitis and death can occur as a result of measles infection.<sup>2</sup>

Almost every American (3-4 million people each year) had measles prior to the measles vaccine coming out in 1963, with 495 deaths per year attributed to measles prior to that time.<sup>2</sup> In 2000 there were 86 cases of measles in the U.S.<sup>7</sup> In 2011, 222 measles cases were reported in the U.S., with 70 of the cases being hospitalized and no reported deaths.<sup>4</sup> It is important to note that 65% of these cases were not vaccinated and another 21% had unknown vaccination status. "Of the 141 people who got measles in 2011, 9 were infants aged 6-11 months who had international travel (this age group can receive 1 dose of measles vaccine before such travel), 14 were 12-15 months (recommended age to receive measles vaccine), and 66 were 16 months to 19 years of age. Of these 66 cases of measles, 76% were not vaccinated due to a philosophic, religious, or personal objection."<sup>4</sup>

From January 1- July 11, 2014 the CDC reported 566 cases of measles in the U.S. in 20 states.<sup>5</sup> This is the highest reported number of measles cases in the U.S. since it was considered eliminated in 2000. The majority of these persons are unvaccinated. The CDC believes the increase in cases is due to travel to and from countries currently experiencing measles outbreaks like countries in Europe, and the Philippines, as well as an increased number of Americans in various

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## Measles Risk and the Importance of Vaccination

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*This child shows a classic day-4 rash with measles.*

*Photo courtesy of: www.cdc.gov*

communities who are choosing to not vaccinate their children with the recommended 2 doses of Measles, Mumps, and Rubella vaccine (MMR).<sup>5</sup> As of June 2014 New York State had 5 confirmed cases of measles with 1 of those cases residing here in Monroe County. The Rochester resident who developed measles attended a local college and was exposed to measles during international travel while on a break from college.

It is important to remember that the single best way to prevent measles is to be vaccinated with 2 doses of the MMR vaccine. Children should be vaccinated with MMR at 12 months of age and again at 4-6 years of age (before starting school). If traveling to another country you can have your 6-11 month old child vaccinated with MMR, ideally at least 2 weeks prior to leaving. This first dose will need to be repeated if given before 12 months of age and still would be followed by the second dose at 4-6 years.<sup>2</sup> Adults born during or after 1957, at high risk, which includes international travelers, college students and healthcare workers should receive two doses of MMR vaccine. Adults born before 1957 are considered immune or already exposed to measles, so they are not considered at risk for developing measles. Persons who are considered immune compromised such as cancer patients, and pregnant women, cannot receive the live MMR vaccine. All other adults born during or after 1957 who do not have proof of immunity to measles should receive 1 dose of MMR vaccine if medically able.<sup>2</sup>

**It is important to remember that the single best way to prevent measles is to be vaccinated with 2 doses of the MMR vaccine.**

The MMR vaccine has received a lot of press surrounding potential problems that were believed to somehow be linked to disorders like autism. Part of this concern is due to the timing of this vaccine at 12-15 months and the first signs of autism which often appear at this same time. We continue to emphasize that no studies have found an association between the MMR vaccine and autism, and in fact the article that caused the debate was retracted from *The Lancet* (1998) in 2010 given concerns about ethical misconduct of the author.<sup>6</sup> The MMR vaccine is much safer than getting measles, and most people only get minor reactions like fever, mild rash or swollen glands. Severe reactions to the vaccine are very rare.<sup>5</sup>

### References:

1. <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/measles-rubeola>
2. <http://www.cdc.gov/vaccines/pubs/surv-manual/chpt07-measles.html>
3. <http://www.cdc.gov/mmwr/preview/mmwrhtml/00001454.htm>
4. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6115a1.htm>
5. <http://www.cdc.gov/measles/about/photos.html>
6. [www.sciencedirect.com/science/article/pii/S0140673697110960](http://www.sciencedirect.com/science/article/pii/S0140673697110960)
7. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5106a2.htm>

### Measles Symptoms:

- runny nose
- cough
- slight fever
- red, sensitive eyes
- small bluish white spots surrounded by a red area that can appear in the mouth

Symptoms will normally appear 10-12 days after exposure to a person with measles, but it can take as long as 18 days for symptoms to appear.

# Agent Orange: You Know What It Is, But Do You Know What It's Done?

Monroe County Veterans Service Agency speaks out about the effects of Agent Orange on local Vietnam Veterans and their families.



**By Laura Stradley**

If you ask most Americans whether they've heard of Agent Orange, you would probably get a mixture of answers. Those who were alive during the Vietnam War are undoubtedly familiar with the chemical defoliant mixture that was used to deaden the vegetation of the Vietnamese jungles. The herbicide, which was stored in chemical drums marked with an orange stripe, was so effective in killing foliage that the military sprayed an estimated 17 to 20 million gallons of it during the Vietnam War.

Unfortunately, the same chemicals used to destroy vegetation have been slowly destroying the health of our nation's heroes who served where it was sprayed. What's more, the powerful toxicity of Agent Orange has become a legacy that is passed on to the children of those who were exposed to it.

Although there is less publicity about the use of Agent Orange outside of Vietnam, it is a fact that the chemicals were used by the military in several additional locations during the 1950s and 60s, both stateside and abroad.

And the results have been devastating. Forty three illnesses have been recognized by the Department of Veterans Affairs as being directly linked with Agent Orange. These include several types of cancer, Diabetes Type II, Ischemic heart disease, skin conditions, Parkinson's disease, and more.

Research is still being done about the effects of Agent Orange on children and grandchildren, but the VA currently recognizes fourteen illnesses for children of female veterans and Spina Bifida for children of male veterans subjected to Agent Orange. The staff of the Monroe County Veterans Service Agency urges you to make an appointment with an accredited service officer as soon as possible if you were exposed to Agent Orange while serving in the military. Eligible veterans may be entitled to free VA healthcare and monetary compensation ranging from \$130 to more than \$3,000 per month for themselves and family.

Ken Moore, Outreach Coordinator and Service Officer for the County's Veteran Service Agency, puts it this way: "If you're not concerned about yourself and the issue of compensation, then think about your family. If something happens to you because of Agent Orange, your wife (or husband) should be taken care of. If you file a claim for your service connected disabilities now, they may be entitled to compensation if you pass away."

*For more information, call (585) 753-6040 and ask to speak with a Service Officer about Agent Orange.*

## If You Are Looking for a Primary Care Physician, We Can Help

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