

THE TRUSTEE

February 2022

Rx

CanaRx has mailed out a three page letter to all Trust members. The letters explain the CanaRx opportunities as simple, safe, and smart. CanaRx offers Brand Name medications, in the original factory sealed manufacturers packaging, delivered to your door from certified Tier I pharmacies in Canada, the United Kingdom, and Australia. There is zero copay, easy and convenient refills, and no additional costs. Since the Trust implemented the CanaRx program in July 2016, it has saved the Trust over \$4.5 million. There are a number of available drugs that our members have not used and the mailing is an effort to provide an awareness of the opportunity to save yourself and the Trust substantial costs. An easy enrollment form is included in the mailing and additional information, including a video, is available at: KTFMeds.com.

Meanwhile, ProAct continues to reshape their prescription platform. We have identified some co-pay issues related to ProAct's new platform, such as some drugs needing prior authorization, even after being used for years. Going forward, prior authorization will affect only new prescriptions and not affect existing prescriptions. We have adjusted co-pay issues on some classes of drugs and some members will receive a reimbursement of previous payments. As with any change in format, there will be glitches. Again, if you're affected, call the Trust (1(844) KTF-Fund; 583-3863) and we will remedy the concern.

ICE---SLIP & FALL

Last week's ice storm created some treacherous conditions for travel. We are aware of "black ice", the clear, slick ice covering asphalt roadways, but one of the hidden dangers is when ice is camouflaged by a light covering of powdery snow. One misstep can render serious injury. It's the force of your whole body mass accelerating toward the ground. While serious neck, arm, leg, hip, and shoulders can sustain significant injury, the greatest threat is to the head. While the former listed injuries may be readily apparent, head injuries may not seem serious, but they can be traumatic.

The actor, Liam Neeson's wife, Natasha Richardson, while skiing and wearing a helmet, took a routine fall, hitting her head. She felt no extreme discomfort, took a Tylenol, and went to bed. The next day was worse and she was hospitalized and, several days later, she passed away from the swelling of her brain. Two weeks ago, the actor/comedian, Bob Saget, died of blunt force trauma to the

back of his head, most probably the result of a fall in his hotel room. He laid down on his bed and never woke up. The force created a fracture of the back of his skull and produced two orbital fractures around his eyes. So, how is that possible? Here's an empirical analysis.

When you slip and fall, your feet go out from under you. As you fall backwards, you instinctly crunch forward as your hips and back hit the ground. Then your head snaps back and hits the ground, or pavement. This whiplash has the skull forcing the brain forward with such thrust that it can fracture bones on the front of the face. The force can push the brain toward the forehead and toward the ears. The brain, usually protected from the skull by the spinal fluid surrounding it, is now bruised. This is a concussion.

Slipping and falling and hitting the back of your head may result in posterior scalp cuts, blood forming between the skull and scalp (subgaleal hemorrhage), a buildup on the surface of the brain (subdural hematoma), and bleeding in the space that surrounds the brain (subarachnoid hemorrhage). The blood can compress the brain and cause death. It can be a silent killer if it's ignored. Anyone who is on blood thinners is at the greatest risk of bleeding out.

A CAT-Scan is needed to determine the extent of any head injury. Even if a preliminary scan taken soon after the fall shows no extensive injury, there is the possibility of brain swelling and of cranial bleeding, so an injured person should not be left without continued contact with a caregiver. The person needs to be monitored until symptoms subside.

Concussions are usually classified into three grades: 1-Mild, with symptoms that last less than 15 minutes with no loss of consciousness; 2-Moderate, with symptoms lasting longer than 15 minutes with no loss of consciousness; and 3-Severe, with a loss of consciousness, even if only for a few seconds. Symptoms include confusion, slurred speech, nausea or vomiting, blurred vision, sensitivity to light, balance issues or dizziness, ringing in the ears, irritability, difficulty concentrating, fatigue, sleep problems, depression, and loss of smell and taste. You can't see a concussion, so you need to recognize the symptoms.

And, although ice was the culprit last week, wear a helmet where recommended, clear clutter from floors and hallways at home, turn lights on when moving about, and reduce the number of scatter rugs throughout the house.

For small children, their head is the biggest part of their body. Adolescents are growing quickly and awkward physical moments may occur. Any head injury may not be readily known, so watch for the same symptoms as with adults.

IN MEMORIUM: Minerva Tancredi | Elizabeth (Betty) Madonna