

# MEDIA TIP SHEET

STORY IDEAS FROM CAROLINAS HEALTHCARE SYSTEM

CALL PUBLIC INFORMATION AT 704-355-3141

APRIL 2009

**TAKE YOUR MEDICINE! IT'S GOOD FOR YOU!** - Did you know those supplements you buy at the health store may be damaging your liver? Most people don't. In fact, if not for research going on at CMC'S Cannon Research Center, that might have remained a mystery. But that's not all – the active ingredient in Tylenol is the most common cause of liver failure – about 50% of cases are attributed to acetaminophen each year! Rounding out the major causes of liver failure are prescription drugs – *things we take to get well when we are sick!!*

“These findings are very timely considering the popularity of natural remedies and dietary supplements,” says Herbert L. Bonkovsky, MD, Vice President for Research. “Individuals need to know that just because they can buy certain supplements over the counter does not mean they are necessarily good or safe to take.”

Would you like to interview Dr. Bonkovsky? Contact Public Information.

**WHAT IS AMERICA'S NUMBER ONE DRUG PROBLEM?** – Marijuana? Nope. Cocaine? Heroin? Meth? Not even close. It's alcohol, a fact often overlooked in the focus on illegal drugs. If you would like more information about alcoholism, alcohol abuse or other addictions, call and we'll put you in touch with someone from CMC-Mercy Horizons.

**EVERYBODY KNOWS THAT AUTISM IS CAUSED BY CHILDHOOD VACCINATIONS, RIGHT?** – **WRONG!** But there may be a lot of harm that is done by *not* getting those routine shots for babies and young children. Call for an interview with a pediatrician from one of our practices or a member of the Levine Children's Hospital faculty.

**NEED A SHRINK?** – The secret is out: these are perhaps the most stressful times in the last 30 years. Let's face it, you almost certainly know someone who has lost his or her job; those of us who contribute to 401(k) accounts don't even bother to open the quarterly updates (downdates because they are such a downer to read!).

For some it's getting to be too much. Dr. Chad Rittersbach, a psychologist at CMC-Randolph, is available for interview.

**A UNIQUE APPROACH TO ORAL HEALTHCARE** – Carolinas Center for Oral Health is much more than a dentists' office. It is that, too, but very few such practices also include an oral surgeon skilled in maxillofacial surgery. Or a pediatric dentist. Or an expert in oral medicine including complications from treatment of oral cancers.

If you'd like more, just open up and say “Ahhh, could I get an interview?”

**HEAR, HEAR** – Check out our podcasts at [www.carolinamedicalcenter.org](http://www.carolinamedicalcenter.org). You might get an idea for yet another story. April features Drs. Lee Garvey and Hadley Wilson talking about our network of accredited chest pain centers and the Code STEMI program for heart attack patients.