

The Boyk Bulletin

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We Have Six Offices to Serve You

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Think twice before popping that pill

As baby boomers say hello to retirement, they could also be at risk for prescription errors.

The *Journal of Hospital Medicine* reported that 49 percent of almost 500,000 hospital patients 65 years old and older have been prescribed one or more drugs known to be unsafe to older patients.

The attorneys in our office deal with cases involving prescription errors all the time, and see the serious injuries that they have caused.

"People depend on and trust their doctors to make the right decisions for them when it comes to their prescription drugs," Attorney Chuck Boyk said.

Attorney Mike Bruno races to the mike with Danica Patrick

Danica Patrick's small stature does nothing to hinder her big dreams.

The Indy race car driver was the guest speaker last month at the Italian American Sports Club's 23rd Annual Scholarship Fund Dinner and Sports Night at the SeaGate Centre, where Attorney Mike Bruno was the Master of Ceremonies. Mike is also the President of

Use "P.I.L.L.S." to Prevent an Rx Error



Prepare a list of all dosages and medications you are taking.

Inform your pharmacist of all medications you are taking.

Listen to the name of the drug your doctor prescribes & match it to his paper prescription.

Limit the number of pharmacies you go to - only use one.

Speak up! Ask questions, double check before taking anything.

"But it is also important to ask questions and double check with both the physician and pharmacist to ensure that your medication is not injuring you instead of helping you."

The Institute of Medicine reported that at least 1.5

million Americans are sickened, injured, or killed each year by errors in prescribing, dispensing and taking medications.

According to the Institute, prescription errors can be characterized as any
See **Rx errors**, page 2

the club.

Danica spoke on the importance of following your dreams, even if that dream is not related to sports.

"It was really neat that she had her dad drive her to the event from Indianapolis," Attorney Chuck Boyk said. "It was apparent that he was a huge influence in her life as a coach and mentor. Since



Danica Patrick & Mike Bruno

some of us have daughters who are athletes, it was interesting to listen to Danica

See **Danica Patrick**, page 3

Ask-A-Nurse on how to avoid catching the common cold

Dear Ask a Nurse: Every year during the winter, I end up getting sick. I think it is just the common cold, but I'm not sure. What can I do to prevent getting sick this time of year, and what can I do to feel better if I do end up catching a cold? - *Sick & Miserable in Toledo*

Dear Sick and Miserable, The single most important thing you can do to prevent catching or spreading a cold is to wash your hands. Washing your hands frequently throughout the day is so important in preventing the spread of germs. Wash your hands wherever you go, since germs are everywhere.

For instance, grocery store carts are full of bacteria. Some grocery stores provide disinfecting wipes to wipe the handles of a cart. Make sure to wipe all areas that your hands come in contact with.

Even if a public restroom is out of soap, it is better to wash your hands without it instead of not at all. The warm water and friction caused by your hands rubbing together is enough to get rid of some germs. Use your elbows or a paper towel to turn off the faucets.

Avoid using anti-bacterial gels too



often, since they lower the amount of good bacteria on your hands and skin that is used to fight germs.

Drink plenty of fluids during the winter, including juices and water. Hot tea is also a good choice to keep you hydrated.

A good multivitamin is also important to ward off sickness. Vitamins help boost your body's immune system and provide you with important minerals like Vitamins C, D, and A.

Another way to avoid catching a cold is to get lots of rest. Allow your body at least seven to eight hours of sleep each night, to rejuvenate itself from the rigors of the day. Children and teens need more, around 10 hours for kids and nine for teens.

What happens if you take all of these precautions and you still get sick?

There are two types of sickness that you may encounter. The first is a cold, or head cold. Symptoms include sneezing, congested or runny nose, watery eyes, and headache. A good and inexpensive way to treat a head cold is to flush your sinuses with a saline solution that can be bought over-the-counter at any pharmacy.

The second type of sickness is a virus. Virus symptoms include body chills, nausea, or vomiting. Unfortunately, since the cold virus is not bacterial, a doctor cannot prescribe antibiotics to treat a viral infection. Plenty of rest and lots of fluids should help.

If you experience symptoms such as fever, any discoloration in mucus or nasal discharge, ear aches, sore throat, or excessive coughing, it is important to see a doctor. Your illness could be something more serious.

Thank you to our client, nurse Theresa Johnson, for being our Ask-A-Nurse this month! If you have a health question, or are a nurse who would like to contribute to *The Boyk Bulletin*, contact Anneke at 419.720.4452 or akurt@charlesboyk-law.com.

Rx errors, *Cont. from Page 1* of the following:

- Prescribing the wrong medication.
- Dispensing the wrong medicine.
- Prescribing the right medication in the wrong dosage.
- Prescribing a medication that may have severe interactions with other medications the patient is currently taking.
- Filling the wrong prescription or dosage.
- Giving patients the wrong instructions for taking the

medications.

- Neglecting to monitor the patient's response to drugs.
 - Mislabeling the drug placed in a bottle and misuse of generic drugs.
- Patients and caretakers need to be extra cautious before taking any type of medication, whether it is over-the-counter or prescription, in order to prevent potentially fatal prescription errors.

Talk to your doctor and your pharmacist about your medications, and make sure that the paperwork matches what you discussed.

Read all labels and make sure that the bottles have your name and contact information on it. Also make sure that your pharmacy is aware of all drugs that you are taking, in order to prevent adverse side effects, overdose, or drug interactions.

If you have a question for the pharmacist, avoid using the drive-thru at your pharmacy. Go inside to ensure that you can see the drug that he or she is talking about, as well as the instructions that come with the medication.

Greensweep makes clean sweep of area roads

The snowplow empire Greensweep, Inc. started off with a shovel in the back of a pick-up truck.

Started in 1985 by Attorney Chuck Boyk's longtime friend and client Steve Fuzinski, the snow removal business has grown to one of the largest in the United States. Steve employs over 280 people at any given time, and Greensweep holds the largest private stockpile of salt in Toledo. They rank as the 11th largest snow removal company in the country. Steve's five-year goal? To be at least fifth by 2014.

"I started as a kid shoveling sidewalks for extra money, and I loved the challenge," Steve said. "My father, grandfather, and his father all plowed snow, so it was natural for me to go into the business."

Steve says that the art of

plowing snow is a lot more difficult that most people realize.

"We are out in the worst conditions at the most miserable times, and we are expected to perform miracles," Steve said. "We must second guess the weather and be on target when the paid professional weather men don't even come close with their predictions."

While it is nice to give clients a clean parking lot, prevention of injury is Greensweep's top priority.

"We want to ensure our customers can arrive to a safe, snow-free lot," Steve said. "I'm really proud of our safety record and the ability to adapt to each storm."

Chuck and Steve are such good friends that Steve gave Chuck a sheep one year as a gift. Oatmeal, as Chuck's kids named him, now hangs out with Jack and Jill the goats, and other barn animals.

"I value Chuck's friendship not only professionally, but personally," Steve said. "He is always there for me and my company. What I enjoy and value the most is our daily phone conversations where we can

discuss our respective business issues and just know that he is listening."

Chuck respects all of the hard work that Steve has done over the years to get where he is today.

"Steve has achieved fantastic success by outworking everyone else and by producing a top quality product," Chuck said. "He is a living example of the American dream."

If you would like more information on hiring Greensweep for your snow removal needs, call 419.861.6666 or visit www.Greensweepinc.com.



Steve Fuzinski



Oatmeal Boyk, a gift from Greensweep

Local Business Spotlight is a feature that will run periodically in *The Boyk Bulletin*. If you know of a business you would like to see highlighted, contact Anneke at 419.720.4452 or at akurt@charlesboyk-law.com

Danica Patrick, *Cont. from Page 1* speak."

Danica also told of how she used to beat Sam Hornish, Jr., of Defiance, Ohio, at go-cart racing when they were kids. Hornish won the Indianapolis 500 in 2006.

Money raised from ticket sales for the event went to the scholarship fund that provides high school senior student athletes with assistance for college.

"We are very proud of the student athletes, and happy that we could give them help with paying for college," Attorney Mike Bruno said.

One of the student athletes, Emily Figliomeni, a volleyball player who attended Notre Dame Academy, was

surprised yet grateful when she found out that she had received one of the scholarships.

"During the interview [for the scholarship] it was really cool that they wanted to know more about who I was versus what I had accomplished," Emily said.

Like Danica, family is important to Emily as well.

"Everyone in my family is a member of the Italian American Sports Club -



Ms. Patrick speaking at dinner
Photo by Andy Morrison/The Blade

my grandparents, my parents, all of my aunts and uncles, they're all members. We have a huge family, and we are so tight-knit. I'm really lucky. I can call up any one of my family members at any time and they'll help me with whatever I need."

Emily describes how her Italian heritage has affected her life.

"Growing up in an Italian family means you eat a lot and get together a lot," Emily said. "I really love my family and have a huge respect for them and our heritage. It's one thing that's really important to me."

Emily is a freshman at Ohio University majoring in English, with a specialization in creative writing.

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Call Anneke at 419.720.4452 or email her at akurt@charlesboyk-law.com**

Grandpa Schoen's Skinny Cakes & Breakfast Sausage

For Skinny Cakes:

*1 1/3 cup milk • 4 eggs • 1 cup flour
4 Tablespoons butter, divided
1 teaspoon salt • 4-6 Tablespoons sugar*

1. Preheat skillet on medium heat.
2. In blender, add milk, 2 Tablespoons butter, eggs, blend 2 min. Add flour, salt, sugar, blend 1 min.
3. Add 1/2 tablespoon butter to hot skillet. Pour in batter to make thin layer. Flip when you see bubbles in the batter.

For Homemade Breakfast Sausage:

*2 lbs. ground pork
1 teaspoon each: salt, pepper, sage,
red pepper flakes, brown sugar*

Repeat until batter is gone.

1. Preheat skillet on medium heat.
2. Mix together & form into patties.
3. Add 1/4 inch of water to hot skillet, cook patties in water until no longer pink in middle.



Surprise
your
Sweetheart with this
Valentine's Day breakfast!

What our clients have to say...

Frequently, our clients ask how they can express their appreciation for the work we have done. They tell us we made them feel like family - not just some person with a case. This is one of the greatest compliments you can give us.

The truth is, we are grateful to you. We are grateful to you for entrusting us with such an important matter. We promise to do everything in our power to achieve the best outcome possible.

Thank You!

Here are a few kind words that previous clients have shared with us:

"I appreciated Charles Boyk Law Offices taking the time to understand my position and for having a sense of humor with some things."

- Jason B., Bowling Green

"Not only was everyone very professional, but very personable at the same time. I appreciate their kindness."

- Matthew R., Maumee

Do you have a testimonial you would like to see published in *The Boyk Bulletin*? Contact Anneke at 419.720.4452 or at akurt@charlesboyk-law.com.

Cases of Interest our office is handling

25-year-old man is shot by relative while hunting. Man clinically dies twice while in life-flight transport, and now has permanent foot injuries.

40-year-old man falls 40 feet while working on a bridge. The worker was provided with no safety harness or equipment, and suffered injuries to most of his body.

45-year-old man suffers broken nose and a fractured vertebrae after another car turned in front of him.

Woman slips on black ice due to negligent snowplowing while walking into gas station, suffering a severe closed head injury and memory loss.

Mother and children, ages 2 and 3, are struck by another car. Mother suffers injuries to head, neck, jaw, ear, as well as double fracture to hand.