



## Gary says:

### Unhealthy medication combinations for the elderly

A recently released study, reported in the *Journal of the American Medical Association*, showed that about two million older Americans are taking combinations of drugs that may put their health at risk.

The study looked at medications that included aspirin, cholesterol medications, blood thinners, and herbals, such as ginkgo capsules, and found disquieting results, particularly among older men.

Nine in ten in the 57–85 age group studied took only a single medication for heart disease or related problems. At least half of those studied took up to four additional drugs, including prescriptions, over-the-counter (OTC) medicines, and supplements.

Frequently taken risky combinations included:

- OTC ginkgo supplements and aspirin, which can cause excessive bleeding.
- Lisinopril, a generic medication, and potassium, which when combined can lead to abnormal heart rhythms.
- Prescription cholesterol statins and OTC niacin, which can increase risk of muscle damage.

### Machine-injured workers

Many workers are injured on the job while performing machinery maintenance.

According to a nonprofit organization compensation study, many workers injure their fingers and hands during and after machinery maintenance. Hands get caught in pulleys, belts, and other moving parts as equipment starts unexpectedly or when maintenance workers fail to replace safety guards that were removed to make adjustments.

### Finger loss

A female worker lost three fingers that got caught in a feeder machine. Her attorney contended that the employer was at fault because maintenance employees, who had removed a safety guard while getting the machine running after a breakdown, had failed to reinstall the guard when work was to resume. A jury provided the employee a significant award.

## Referrals

Our practice continues to grow through referrals from our clients and friends. If you know someone who has been seriously injured or hurt in an accident, we hope you will recommend us.

Thank you,  
**Gary E. Rosenberg**

**(718) 520-8787**

**www.InjuryAtty.net**  
**(Personal Injury Web site)**

*What is written here is not legal advice. You should consult your attorney before applying any of this information to a specific situation.*

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# Poem of the month:

## The Negro Speaks of Rivers

By Langston Hughes (1902–1967)

Born in Joplin, Missouri, Langston Hughes is of both African American and Native American descent. He earned degrees from Lincoln University in Chester County, Pennsylvania. Harlem was his primary home for most of his life. When only 17 years old, he composed “The Negro Speaks of Rivers,” one of his finest poems.

With its allusions to deep, dusky rivers, the setting sun, sleep, and the soul, this poem is permeated with images of death and, at the same time, the idea of immortality.

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I've known rivers:

I've known rivers ancient as the world and older than the flow  
of human blood in human veins.

My soul has grown deep like the rivers.

I bathed in the Euphrates when dawns were young.

I built my hut near the Congo and it lulled me to sleep.

I looked upon the Nile and raised the pyramids above it.

I heard the singing of the Mississippi when Abe Lincoln went  
down to New Orleans, and I've seen its muddy bosom turn  
all golden in the sunset.

I've known rivers:

Ancient, dusky rivers.

My soul has grown deep like the rivers.

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