

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever to lower risk of accidental overdose from acetaminophen.



## Tylenol Lowers Maximum Dose

(AP) — Johnson & Johnson said Thursday that it's reducing the maximum daily dose of its Extra Strength Tylenol pain reliever to lower risk of accidental overdose from acetaminophen, its active ingredient and the top cause of liver failure.

The company said the change affects Extra Strength Tylenol sold in the U.S. — one of many products in short supply in stores due to a string of recalls.

Starting sometime this fall, labels on Extra Strength Tylenol packages will now list the maximum daily dose as six pills, or a total of 3,000 milligrams, down from eight pills a day, or 4,000

milligrams. Beginning next year, the company will also reduce the maximum daily dose for its Regular Strength Tylenol and other adult pain relievers containing acetaminophen, the most widely used pain killer in the country.

Besides Tylenol, acetaminophen is the active ingredient in the prescription painkillers Percocet and Vicodin and in some nonprescription pain relievers, including NyQuil and some Sudafed products. It's found in thousands of medicines taken for headaches, fever, sore throats and chronic pain.

# HEALTH

## Healthier Happy Meal Coming

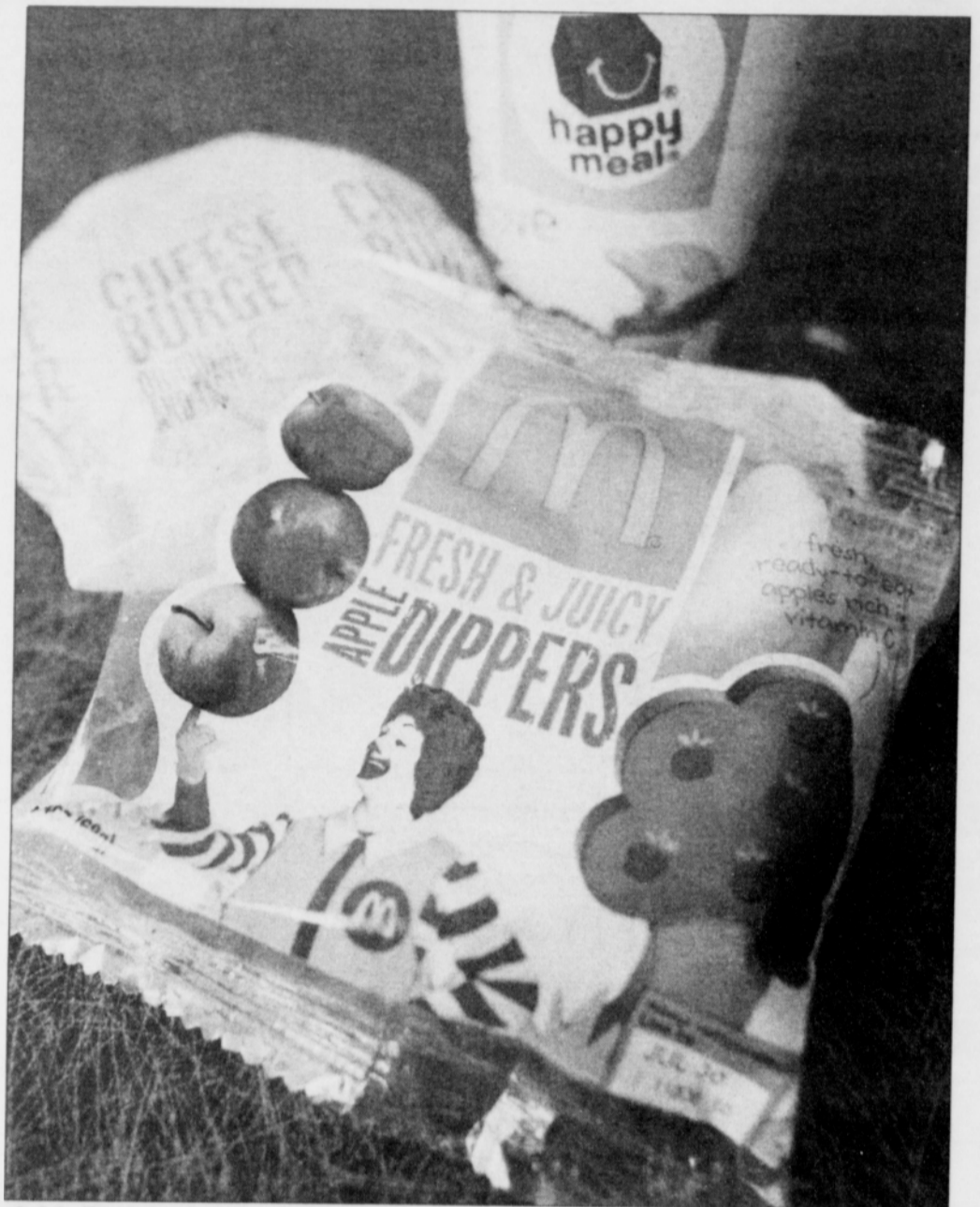
### Menu draws praise from First Lady

Fast-food giant McDonald's has unveiled a revamped menu in a move to offer healthier options and join the fight against obesity, drawing praise from First Lady Michelle Obama.

The chain will add a serving of fruit or vegetable to its "Happy Meals," which are aimed at children, and shrink the portion of French fries.

The new French fry holders will contain 1.1 ounces (31 grams) of potatoes, down from 2.4 ounces. The meals also will include apple slices, carrots, raisins, pineapple slices or other fresh produce. The change will cut calories by an average of 20 percent.

The move comes amid pressure from health advocacy groups to get the fast-food industry, blamed for



A McDonald's Cheeseburger Happy Meal with the new apple slices option.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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much of the obesity epidemic, to offer more healthy choices.

"McDonald's is making continued progress today by providing more fruit and reducing the calories in its Happy Meals," the first lady said in a statement.

"I've always said that everyone has a role to play in making America healthier, and these are positive steps toward the goal of solving the problem of childhood obesity. McDonald's has continued to evolve its menu, and I look

forward to hearing about the progress of today's commitments, as well as efforts in the years to come."

McDonald's will begin rolling out the new Happy Meal in September, with the goal of having them available in all 14,000 restaurants in early 2012.

The new Happy Meal will also include the choice of a hamburger, cheeseburger or Chicken McNuggets, and options for low-fat milk.

## Precincts to Collect Discarded Medicines

Permanent prescription drug disposal boxes are now available at the Central, North and East police precincts.

The boxes are located in the precinct lobbies thanks to a partnership between the Portland Office of Neighborhood Involvement and the Portland Police Bureau. Simply bring in unused and expired medications and drop them in the box located in the precinct lobbies during lobby hours.

Acceptable items for deposit include prescription medications and samples, all over the counter medications, vitamins, pet medications, medicated ointments, and

liquid medication in leak proof containers.

Items not acceptable for deposit are thermometers, sharps, syringes, IV bags, bloody or infectious waste, hydrogen peroxide, aerosol cans, inhalers and EpiPens.

The prescription drug drop box is one solution to the growing problem of teenagers gaining access to unused and expired medications in the medicine cabinets of their own homes, homes of friends and of grandparents. There is also a demand from the community to provide a safe disposal option for medications in an effort to protect our waterways.