



Medical Society of Delaware

Practice Matters

Keeping Your Practice Informed Through Weekly Broadcast Fax

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MEDICAL FRONT OFFICE SKILLS CERTIFICATE PROGRAM

October 21-22, 9:00 am – 5:00 pm at the MSD Conference Center in Newark
To register visit <https://reg.planetreg.com/MFOS2021>.

2021 HIPAA/OSHA/BLS TRAINING

Get your 2021 HIPAA, mandatory OSHA, & BLS training scheduled with MSD Compliance Coordinator Dwayne Downs at 302-366-1023.

Contact MSD

302-366-1400
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Get Vaccinated For Flu By October 31

The Division of Public Health (DPH) recommends that Delawareans get their annual flu vaccinations by October 31. Those who did not yet receive a COVID-19 vaccination can get the flu vaccine and the COVID-19 vaccine during the same visit, but it is recommended that each vaccine be given in a separate arm. Flu vaccines are available at pharmacies, participating medical provider offices, and Federally Qualified Health Centers, and DPH's community-based COVID-19 vaccination events. Individuals without insurance or those on Medicaid or Medicare may receive flu and COVID-19 vaccinations at Public Health clinics. For more information visit flu.delaware.gov.

FDA Issues Sodium Reduction Final Guidance

The U.S. Food and Drug Administration (FDA) is issuing final guidance for the food industry that provides voluntary, short-term (2.5 year) sodium reduction targets for a broad range of processed, packaged, and prepared foods to help reduce the amount of sodium in the U.S. food supply. Sodium reduction is a critically important public health issue because Americans consume on average 50% more than the recommended limit for those age 14 years and older. In the U.S., diet-related chronic diseases are the leading cause of death and disability. The targets in the guidance are designed to support decreasing average daily sodium intake by about 12%—from approximately 3,400 milligrams (mg) to 3,000 mg per day, with expectations of tens of thousands of fewer cases of heart disease and stroke and billions saved in healthcare costs. The FDA believes these targets are feasible to achieve in two and a half years and covers both manufactured foods and foods prepared by commercial establishments, such as restaurants. For more information visit <https://tinyurl.com/pedpejpc>.

USPSTF Rethinking Use of Aspirin to Ward Off First Attack/Stroke

Taking low-dose aspirin regularly to prevent a first heart attack or stroke has been the recommendation for middle-aged and older Americans. However, the U.S. Preventive Services Task Force's (USPSTF) draft recommendation statement indicates this treatment may have a "small net benefit" for those who are at risk for cardiovascular disease. Aspirin is a blood thinner and can help prevent clots, but it can also cause major bleeding especially in older adults. The Task Force is now proposing that starting this regimen in adults ages 40-59 with a 10% or greater 10-year cardiovascular disease (CVD) risk should be an individual decision. Adults age 60 or older shouldn't start taking low-dose aspirin daily for the primary prevention of CVD, as the higher risk of bleeding with age cancels out the potential benefit of aspirin. For more information visit <https://tinyurl.com/5pzb7j8>.

Mental Health Free Virtual Event

Join MSD, the Campaign for Kids OBVIOUS Initiative, and Nami Delaware for a Mental Health Virtual Event taking place on **November 16th at 6:00 pm**. Hear presentations by special guest speakers, Anne Slease, M.Ed; Norwood Coleman, Jr., LCSW-S, ACSW; Meghan Tuohy Walls, PsyD; and Vanessa Patel, MD. This free event is open to all allied health professionals and the general public. Registration is free and required to attend. To register visit <https://reg.planetreg.com/MentalHealthAwareness>.

Register For MSD Annual Meeting (Virtual)

The Medical Society of Delaware's 2021 Annual Meeting & Educational Program week will be held **Tuesday November 9th - Thursday November 11th**. This year's education program will focus on Navigating Technology in the Medical Practice. **Speakers include:** Adam Balick, Healthcare Attorney Balick & Balick and Winston Liaw, MD, MPH Chair, Department of Health Systems and Population Health Sciences, University of Houston College of Medicine. To register <https://tinyurl.com/2bc7c35h>.

Drive The Monster Mile and Receive COVID-19 Vaccine on October 16 and 17

Up to 800 drivers who pre-register for a COVID-19 vaccination at Dover International Speedway as part of the "Race to End COVID" can drive two laps on the Monster Mile. Up to 800 drivers who pre-register for a COVID-19 vaccination at Dover International Speedway as part of the "Race to End COVID" can drive two laps on the Monster Mile. Pre-register at <https://tinyurl.com/5bbfnw8>.

National Prescription Drug Take Back Day

The National Prescription Drug Take Back Day will be held on **October 23 from 10:00 am – 2:00 pm**. This program helps to dispose of expired, unused, and unwanted medication. Drop off these medications at one of the designated locations to ensure proper disposal and a safe environment. Drugs must be in a container, such as a pill bottle, box, blister pack, or zip lock bag. To find a collection site near you visit <https://takebackday.dea.gov/>.