

# PuuMedi

## **Varicella Vaccine Will Be Added to National Vaccine Program**

It's now confirmed that the varicella vaccine will be added to the national vaccine program. According to the preliminary plan, vaccinations will begin next fall. Vaccination is available for all kids age 18 months to 11 years, who have not suffered varicella.

The goal of extensive vaccinations is to eradicate varicella from Finland in the next 2-3 years. Varicella vaccines save approximately 16 million Euros of tax payer's money every year, and allows parents to take approximately 76 000 less sick days.

Source: [www.thl.fi](http://www.thl.fi)

## **Reduced Tobacco Usage Is Saving Lives**

Anti-smoking initiatives are working. Between 2008 and 2014, 53 million people in 88 different countries quit smoking. The number of deaths associated with smoking decreased, especially in Russia, Bangladesh and Vietnam.

In particular, raising tobacco taxes and restricting smoking laws have helped to prevent 20 million deaths over the past decade. In addition, the restriction of advertising of tobacco products, adding warning texts and images to packaging and various actions taken to support smoking cessation have helped to reduce smoking. However, WHO estimates that every year, about six million people still die from tobacco.

14 per cent of women in Finland are smoking every day. The number has remained roughly the same since the 1980s. Although the number of Finnish men who are smoking is gradually decreasing, 17 percent of them still use tobacco daily.

Source: <http://yle.fi/>

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## **From 1.1.2017 Only Electronic Prescriptions Are Approved**

From 1.1.2017, prescription medications can only be submitted electronically (e-prescription). Written or phone prescriptions will be accepted only in exceptional cases. In those cases, the prescriber must also provide reasoning for not using the e-prescription.

Exceptions for submitting a written or over-the-phone prescription are the following:

- Technical failure doesn't allow the doctor to submit e-prescription
- Technical failure doesn't allow the pharmacy to deliver the prescribed medication
- The need for treatment is urgent and submitting a written / over the phone prescription will speed up the delivery of the medicine
- Issuing certain medicine requires a special permit (from Fimea)
- Medicinal gas
- *Pro Auctore* prescription
- Prescription to animals
- Prescription is sent to a hospital pharmacy (hospital pharmacies aren't currently able to accept electronic prescriptions).

If the prescription is submitted in written form, it's required to use the new prescription form.

As of 1.1.2017, pharmacies are obliged to file and store all telephone and paper prescriptions they receive. As a result, managing patients' treatment becomes easier, as doctors have better knowledge about the patient's medical history.

The electronic prescription system is secure. The prescriber can access electronic services by using his or her professional identity card. This card ensures the identity of the prescribing doctor, as well as his or her right to prescribe drugs.

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## **Finnish New Year's Resolutions: Improve Health and Take Care of Friends and Family**

The year 2017 is here, and as usual, people make resolutions for the new year. Below is a list of the New Year resolutions Finns made a year ago. Now is the time for everyone to look back and see how successful the year was.

The most common resolutions last year were to take better care of their fitness/health, change their eating habits, eat less treats, and add healthier options to their diet.

Many people wanted to be a better friend and family member. Their goal was to be more present, keep better touch with friends, and make their loved ones happy.

[uudenvuodenlupaus.fi](http://uudenvuodenlupaus.fi) is part of the One Life Campaign by the Finnish Brain Association, Finnish Diabetes Association and Finnish Heart Association. The goal of the project is to help people implement lifestyle changes.

Here are the most common resolutions made for the year 2016, according to [uudenvuodenlupaus.fi](http://uudenvuodenlupaus.fi):

- Exercise and improve physical condition 28%
- Improve eating habits 15%
- Pay more attention to family and friends 11%
- Lose weight 9%
- Take better care of oneself 8%
- Stress less 7%
- Drink less alcohol 5%
- Sleep more 5%
- Keep positive life attitude 4%
- Learn new things / pick up a new hobby 3%
- Quit smoking 3%
- Enjoy life 3%

What is your New Year's resolution? Visit [uudenvuodenlupaus.fi](http://uudenvuodenlupaus.fi) to submit your resolution there!

Source: <http://www.diabetes.fi/>

Puumedi letter December 2016 (6)

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**Puumedi wishes you a very happy and successful new year!**

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**Puumedi Letter**

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