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AOC Tips:

• Do not move your response system without first calling AOC. We will give you information on how to disconnect and reinstall your unit. We will then update your account information to assure we have the correct address and directions.

Direct Draft Card

Your account will be drafted on or after the 5th of each month. Please sign the card and return with a voided check. A "test" draft will be activated for the first month to ensure accuracy, therefore, you will receive one more statement for that month to be paid by check or money order. Thereafter, all monthly payments will be direct drafted from the account requested by you.

Vitamin E: Infection Prevention

Vitamin E supplements may play an important role in preventing colds and other upper respiratory infections, report Tufts researchers in a new study.

An annoyance to many, the common cold is often a big health problem for the elderly – resulting in long-term debilitation and even death. But new research from Tufts indicates that vitamin E supplements may be powerful preventative medicine – significantly cutting the risk of colds and other infections among the elderly.

"In the study of 617 nursing home patients aged 65 or older, those who swallowed a vitamin E supplement daily had significantly fewer common colds and had a 20 percent overall lower risk of acquiring a cold, compared to participants given a harmless placebo," reported the international newswire, *Reuters*.

The research, which was led by Tufts' Dr. Simin Nikbin Meydani and published in the *Journal of the American Medical Association (JAMA)* – indicated that the supplements appeared to ward off other upper respiratory infections as well.

"Vitamin E might be more effective against upper respiratory infections because most, like the common cold, are caused by viruses," reported *ABC News*.

That's good news for many elderly people who struggle with colds.

"Infections, particularly respiratory tract infections, are common in elderly individuals, resulting in decreased daily activity, prolonged recovery times, increased health care service use, and more frequent complications, including death," reported *Medical News Today*.

But the preventative effects of vitamin E aren't limited to the elderly – they appear to have similar results in the general population.

"We did a study with young men where we supplemented them with vitamin E," Meydani – who directs the Nutritional Immunology Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts – told *ABC News*. "There was a significant improvement [in immune response], but the degree of improvement was not as much as we saw in the elderly. This is understandable because the elderly have a lower immune response to begin with, so vitamin E might be more effective with them."

—Tufts University



Authorization Agreement for Pre-authorized Payments

Company Name: Acadian On Call

Company ID#: 72-0701964

I (we) hereby authorize Acadian On Call to initiate debit entries to my (our) Checking account indicated below at the depository named below, hereinafter called DEPOSITORY, to debit the same to such account.

****First month is test month. You will receive a bill.**Please include voided check**

****For the initial debit month, all previous balances will be debited to bring account current.****

Depository Name: _____ Branch: _____

City Routing Number: _____ State: _____ Zip: _____

Account#: _____

This Authorization is to remain in full force and effect until Acadian On Call has received written notification from me (either of us) of its termination in such time and in such manner as to afford Acadian On Call and DEPOSITORY a reasonable opportunity to act on it.

Name(s): _____ ID#: _____

Date: _____ Signed _____ Signed _____

Note: All written debit authorizations MUST provide that the receiver may revoke the authorization only by notifying the originator in the manner specified in the authorization.