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June 24, 2012



A Clear Vision to Healthy Living!

What Should “YOU” Know About Your Medications?

Do you take your medication as prescribed?

Do you skip taking your medication one day and double the dosage on the second day?

Do you combine home remedies with doctor prescribed medications? Are your medications out of date? If this is “YOU”, then you need to

READ THIS HEALTH TIP!



YOU & the medication juggling act.

“YOU” should:

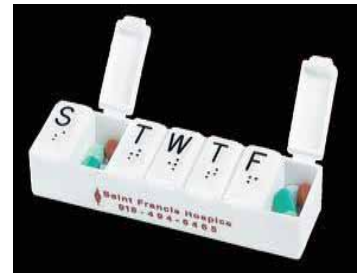
- **Know what to do if you miss a dose.** Some medications should be taken as soon as you realize you have missed a dose, while others should be skipped until the next dose. Ask your doctor or pharmacist for the special instructions for EACH medication you are taking.
- **Know whether you should take your medications with food or on an empty stomach.** Medications may require they be taken with food in order to prevent stomach upset. Others require they be taken on an empty stomach so that the entire dose can be absorbed.
- **Know what time of day you should take a medication.** There are some once a day medications that are best taken in the evening while others should be taken in the morning. The time of day that you take a medication could be important in order to avoid certain side effects.
- **Know the possible side effects of your medication and know what to do if you experience a side effect.** Some side effects are more serious than others. If you experience a side effect, it may be the kind which goes away over time. Other side effects may be more serious and require you to discontinue the

medication. It is important to always check with your pharmacist or doctor if you experience symptoms associated with your medication that are troubling to you. They may be able to offer a solution which helps you stay on the medication.

- **Know if the medications you are on interact with other medications** or if there are certain kinds of foods you should avoid. Some medications may not have their full benefit or may be dangerous when taking them with certain foods or medicines.

Tips to help “YOU” remember when to take your medicine

- **Use an Organizer Pill Box:** If you take several medications, you can keep track of all your medications by using a pill box where you can organize your medications on a weekly or monthly basis.
- **Keep a Medication Record:** If you take more than 2 or 3 medications on a routine basis, a medication record is important to maintain. You may ask your pharmacy to print a record of all your medications and their dosing schedules. You may also make a medication record for yourself. Go to www.safemedication.com for a form. Include your over-the-counter (OTC) medications and herbals since they may also result in drug interactions with prescribed medications. Show to your physician this list at each appointment.



Why is all this important for “YOU”?



Dr. Brenda Jamerson, PharmD- Director, Campbell University College of Pharmacy Clinical Research Center and Associate Professor states, **“Become educated about your medications and take charge of your health. Ask your pharmacist for the written medication information for each prescription. The pharmacist is easily accessible and is there to help you maintain your good health.”** Remember the ABC’s: Ask for help. Be informed. Control and take charge of your health.

For more information, refer to the following websites & phone number:

www.adultmedication.com

www.mypillbox.org

www.seniorpharmassist.org

Senior PharmAssist at 919-688-4772

(If “YOU” have a low income and are 60+, call SeniorPharmAssist or ask your pharmacist about any special programs to help you financially.)

Health Tip for Healthy Sunday is prepared by Community Health Coalition, Inc. in association with North Carolina Mutual Life Insurance Company, the Interdenominational Ministerial Alliance of Durham and vicinity, Central Carolina Black Nurses Council, Inc., and Durham Regional Hospital. **Healthy People 2020 – A Clear Vision to Healthy Living!**