

# Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989



## June 2019

### SUNDAY HEALTH TOPICS: Medication Management & Men's Health

Medication Management is a type of intervention that is performed to help patients and caregivers to be able to accurately and effectively manage their medication issues. This intervention helps them to address unwanted side effects, missing medication therapy, adherence, drug interactions, and more. It is a tool for safety that helps patients avoid unnecessary provider visits, hospitalizations, and maybe even death.

**“Don’t be afraid to ASK questions, Get to know your Pharmacist, and Get to know your medications,” says Darius Russell, PharmD, a Clinical Community Pharmacist from Russell’s Pharmacy & Shoppe.**



In order for patients to manage their medications the best that they can, there are three main factors that are needed: they must not be afraid to ask questions, they must get to know their Community Pharmacist, and they must get to know about the medications that they are prescribed.

#### Don't Be Afraid to Ask Questions

First, to be able to manage not only your medications effectively, but your health as well, you must be willing to ask QUESTIONS! You must be your biggest advocate. Some patients may be fortunate enough to have family members who can help with their healthcare, but if you do not, you must advocate for yourself. Ask questions of your Providers. Ask questions of your Nurse or Medical Assistant. And ask questions of your Pharmacist!

#### Get to Know Your Pharmacist

Each patient has the freedom to use just about any pharmacy that they choose. When choosing a pharmacy, there are many factors that play a role in the decision-making. One of the most important factors that should help you decide where to get your medications filled should be your Pharmacist. As a patient, you want and need a Pharmacist who is knowledgeable and takes the time to talk with you about your medications.

#### Get to Know Your Medications

According to the CDC, 48.9% of people in the US have taken at least one medication in the past 30 days. That statistic increases as the age increases of individuals 65 years and older taking at least 5 or more medications within the past 30 days. This number has almost tripled within the past 20-30 years. You should be able to understand why you are taking a medication, what the name is, what the strength is, and what the any side effects are. There are many Community Pharmacists who can perform a Comprehensive Medication Review (formerly known as “brown bag”) with you to go over all of your medications. That Pharmacist can review your side effects, give you a list of your current medications, and even communicate with your Providers if there is a need for change of any of your medications.



“Men, we are all champions” says **Edward Clemons, DDS, Owner of a Private Practice-General Dentistry in Durham, NC.** “We are the head of the household, usually the major breadwinner, and most of the family responsibility falls on us. But, when it comes to taking care of ourselves, our health, it gets pushed back, delayed and we are losing the battle. We are dying to early.” There are many hidden enemies that we don’t see, feel, nor know we have. Here are a few:

- Hypertension (high blood pressure): untreated can lead to a weakening inside the blood vessels that can lead to an aneurism (ballooning of the vessel), depriving the organs or muscles of blood, supplied by the vessel, or a stroke.
- Cardiovascular Disease (heart disease): can lead to a heart attack or stroke.
- Diabetes: a condition in which blood sugar is too high, and if left untreated can lead to other complications
- Periodontal disease (gum disease): an inflammatory condition of the teeth and surrounding tissues (gingivitis), if left untreated this bacterial infection can lead tooth lost, and a transfer of bacteria into the blood stream, leading to other complications, as the ones listed above.
- Cancer: a group of diseases involving abnormal cell growth, with the potential to spread and invade other tissues and organs.

There is **GOOD** news; men, can do something to **WIN** the war to better health. We can become active and informed participants in our health care decisions to improve our health and live longer productive lives.

**For More Information**

<https://www.nia.nih.gov/health/topics/medicines-and-medication-management>  
<https://seniorpharmassist.org>

**Russell’s Pharmacy & Shoppe** (919) 908-1060

**Remember your ABC's**

**A**sk Questions

**B**uild a Great Relationship with your Pharmacist & Medical Provider

**C**are enough to Know your Medications

**Duke Energy Safety Tip:** Keep anything flammable away from the space heater front, including medications, paper, drapes, pillows, blankets.

**Please Donate:** Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

**You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!**



Click below to make a payment↓  
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Thank you.

**Health Tip is a message from Community Health Coalition, Inc.** and is written in partnership with



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