



June 2024

## MEN'S OVERALL HEALTH AND MEDICATION MANAGEMENT



Dr. Darius Russell, PharmD, RPh

The Covid-19 pandemic affected so many things in our lives, and our health was one of the main ones, especially that of men's health. Now that things are getting somewhat back to normal, let's get out and exercise more, eat healthier, and see our physician and dentist for our annual checkups. Let's slowly begin to get out and socialize with our friends and coworkers to help maintain our mental health.

 **Check Up**

 **Holistic Care**

 **Vaccinations**

 **Specialized Expertise**

 **Diagnostic Services**

### MORE INFORMATION

Senior PharmAssist (919) 688-4772

[www.heart.org](http://www.heart.org)

[www.cdc.org](http://www.cdc.org)

[www.russellpharmacyshoppe.com](http://www.russellpharmacyshoppe.com)

[www.blackdoctor.org](http://www.blackdoctor.org)

<https://medicine.iu.edu>

Russell's Pharmacy & Shoppe at (919) 908-1060



Dr. Russell states, "Men are much less likely than women to see or report their symptoms to a healthcare provider. Only 3 out of 5 men go for a yearly check up and only 2 out of 5 go to see a doctor if something is seriously wrong. Men, let's make sure that we get a regular checkup."

## **Important Tips to Remember for Managing Your Health and Medications:**

- Get to know your healthcare provider and pharmacist.
- Choose a pharmacist who will help you understand your medications.
- Don't be afraid to ask questions of your pharmacist or healthcare provider regarding your medication(s).
- Be an advocate for yourself and loved ones.
- Know your medications and know why you are taking them.
- Consistently take your medicines as prescribed by your healthcare provider.
- Consider using adherence packaging (blister packing) if you have multiple medications.
- If you feel that you cannot afford your medications, talk with your pharmacist about alternatives or help (there may be discounts or copay cards that can help with your final cost).

## **Remember the ABCs**

**A**dvocate for yourself.

**B**uild great relationships with your physician, dentist & pharmacist.

**C**onsistently take your chronic medications.

## **To Request Over-the-Counter (OTC) Medicines from MedAssist**

Contact: Community Health Coalition at (919) 470-8680

Email: [contact@communityhealthcoalition.com](mailto:contact@communityhealthcoalition.com)

## **For More Information on Community Health Coalition**

Visit: [www.communityhealthcoalition.com](http://www.communityhealthcoalition.com)

## **Please Consider Giving**

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, OTC medications, community health education workshops, and a library of brochures and pamphlets about chronic diseases. You may give to Community Health Coalition, Inc. through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on [DONATE](#) to make an online donation. Thank You!