

SAND RUN PHARMACY

Safe Medication Use at Home

December 2016 Newsletter

As you get older you may be faced with more health conditions that you need to treat on a regular basis. Research shows about 440,000 people are dying annually from preventable hospital errors, but no statistics show errors that occur after discharge or in day-to-day home medication use. Seniors are more likely to take multiple medications. Doctors, nurses, and pharmacists work hard to keep you healthy, but you are also responsible. Below are some tips that will help you be more aware of safe medication use at home.

When taking medications at home, follow these tips to prevent mistakes:

- Read the label every time you take a dose to verify you have the right drug and follow the proper instructions
- Store medication out of reach from children



- Keep your medications separate from your pet's medications
- Turn on the lights when you take your medications to make sure you take the medication you intended
- Make sure you store tubes of cream and ointments away from your toothpaste
- Do not take other people's medications

- Do not chew or crush tablets unless instructed by your doctor or pharmacist



- Ask your pharmacist for an oral syringe to give liquid medications. Household spoon volumes vary, which can lead to dosing errors.



In addition to following these safety tips, you should also keep an up-to-date list of all medications you are taking tucked in your wallet or purse. It is wise to also provide a loved one with your list as well, in case of an emergency. The list should include the following:

- Drug name
- Strength (example: 100mg)
- Frequency (how often you take it)
- Indication for Use
- Prescribing Doctor
- Medication and Food Allergies
- Over-the-Counter Medications
- Vitamins and Herbal Supplements

Take this list with you to all of your doctor appointments and update accordingly. Medication safety requires everyone's careful attention. If you have questions, please do not hesitate to ask one of our friendly pharmacists for advice. We're here to help!

December Events

* **Thursday, December 8th**
Senior Luncheon Series, 1590 WAKR
The Tangier at 532 West Market Street
Doors open at 11 am

* **Saturday, December 10th**
The Village of St. Edward's, 2nd Annual
Christmas Bazaar at 3125 Smith Road in
Fairlawn (Village Center) 11 am to 2 pm

have fun
do Good
end alzheimer's
benefiting the alzheimer's association

Sponsored by: Summa Health and Senior Helpers
Numerous vendors will be present for this fund-
raising event including Premier Design Jewelry,
Tastefully Simple, Thirty One, Lula Roe, and tons
more! 20% of vendor sales will be donated to the
Alzheimer's Association. **The Village Bakery**
will be holding a fundraiser where 100% of
the sales from the bakery will go to the Alz-
heimer's Association.



Have you had a change in insurance
coverage? Don't forget to bring in your new
insurance card!

Boxed Christmas Cards!



Holiday Hours

Saturday, December 24th: 9 am - 2 pm

Sunday, December 25th: Closed

Monday, December 26th: 9 am - 2 pm

Saturday, December 31st: 9 am - 2 pm

Sunday, January 1st: Closed

Monday, January 2nd: 9 am - 2 pm



Cuyahoga National Park Calendars

\$14.95

CUYAHOGA VALLEY NATIONAL PARK



2017