



SAND RUN PHARMACY

Tips for Keeping Your Medications Straight

Managing medications can be one of the most challenging tasks for aging adults and their caregivers. Studies show that many people over the age of 65 take between two and seven prescription drugs a day. Remembering when you should take your medication, what each drug is for and how you should take it can be hard. However, there are some simple strategies you can use to help you manage your medicines wisely.



Keep a list of your medications

- Prescription, over-the-counter, and vitamins
- Mark the amount you take, time of day you take it, and whether it should be taken with food
- Store one copy on your refrigerator door and one in your purse or wallet

Dispose of old drugs

- Pay close attention to expiration dates

Presort pills into daily reminder boxes

- Use containers that are organized by the day of the week
- If you do forget, you will notice it right away



Refill your prescriptions online

- At Sand Run Pharmacy, our customers have the ability to refill at www.sandruncharmacy.com

Arrange for pills to be picked up or delivered

- You don't want to forget to fill a prescription and miss a day, a simple phone call can have your medication delivered right to your door.
- Hope these tips help you keep your medications on track!

Medication Compliance Packs

Do you (or someone you know) have trouble remembering when to take their medications? Are you tired of filling a pill box each week? Let us help!

Sand Run Pharmacy provides free medication compliance packaging for our patients at no charge!

Each blister contains all the medications the patient is to take and separated into four dosing slots: **morning, noon, evening, bedtime.**

Talk to our pharmacists about how to get started today!

**Delivery services available
Monday - Saturday
at no cost**



Upcoming Events

Active Senior Fair

Presented by: Copley Health Center
Friday, August 26, 2016

10 AM - 2 PM

Seniors Welcome

The HUB Community Center
3676 Community Lane, Suite 100
Copley, OH 44321

A community event that assists with connecting seniors to various groups and organizations that will energize seniors to get out and live life to its fullest.

Theme: "Alice in Wonderland"

Seniors will vote on their favorite vendor table display!



Zika Virus Update

What We Know:

- ⇒ No vaccine currently exists to prevent the Zika virus
- ⇒ Mosquitoes that spread Zika virus bite mostly during the daytime

Steps to Prevent Mosquito Bites:

- ⇒ Wear long-sleeved shirts and long pants if possible
- ⇒ Stay in places with air conditioning and window and door screens to keep mosquitoes outside
- ⇒ Take steps to control mosquitoes inside and outside your home
- ⇒ Use EPA registered insect repellents (OFF!, Cutter) or contain one of the following ingredients: (DEET, IR3535, or icaridin)



All Countries & Territories with Active Zika Virus Transmission, as of June 30, 2016.
Source: Centers for Disease Control and Prevention

Travelers returning to the US from an area with Zika should take steps to prevent mosquito bites for 3 weeks.

For more information on the Zika virus visit Centers for Disease Control and Prevention:
www.cdc.gov/zika/

Methyl B12

- ⇒ Contains B12 vitamins and folate
- ⇒ Supports a Positive Mood and Healthy Sleep Cycle Regulation
- ⇒ Promotes Cardiovascular Health and Homocysteine Balance
- ⇒ Boosts Energy Levels and Supports Red Blood Cell Production



Why Do We Need B12?

Medications used to treat indigestion, heart burn, and stomach acid such as:

<u>OTC</u>	<u>Prescription</u>
Nexium	Nexium
Prilosec	Aciphex
Prevacid	Protonix

Did you know that these medications disrupt your body's natural ability to absorb necessary nutrients including Vitamin B-12? Vitamin B-12 is important for everyone, but especially the elderly and those on certain long term medication therapy. Ortho Molecular Methyl B12 offers a small tablet to dissolve in the mouth to replace these depleted vitamins.

Directions

- ◆ 1 tablet per day or as recommended by your health care professionals

Does Not Contain

- ◆ Gluten, yeast, artificial colors and flavors

Cautions

- ◆ If you are pregnant or nursing, consult your physician before taking this product

Questions

- ◆ Ask our friendly pharmacy staff to assist you