

## **March is Pharmacy Awareness Month!**

Majority of seniors take some form of medication and often times it's not just one medication, they are responsible for taking – its many and it can be a lot to manage on a daily basis.

Not properly managing your medications, can result in adverse effects that disrupt your daily life and your health. Especially for seniors who are already more susceptible to illness and dangerous health conditions.

Here are some simple tips to help with medication management:

### **1. Understand the medications you are taking**

Read the labels on your prescription bottles and ask your doctors questions. Why are you taking certain medications? What are they designed to do? How do you take them properly?

### **2. Stay organized with a list**

Your medications, dosages or frequency can change periodically. To stay up to date and avoid confusion, always keep a fresh list of every medication you take. Include its name, dosage amount, dosage frequency and reasons for taking the medication.

### **3. Keep your doctors updated and communicate with your doctor**

Take that list with to your doctor's appointments. This will ensure your doctor is up to date on all of the medications you are taking, even ones other doctors have prescribed.

One of the worse things you can do is hide important information from doctor, like any adverse drug reactions you have experienced. If you have had a reaction in the past, make sure you tell your doctor.