

# Medication Makeover

May



ST ARMANDS KEY LUTHERAN CHURCH

# POTTY POST

Changing your medications can save money and side effects which can work havoc in your body. Next time you see your Primary Health Care Provider or Specialist:

1. Bring a list of **ALL** your prescription **and** over the counter (OTC) medications **and** supplements.
2. Ask what your medications are for and if you still need them.
3. Is there one medication that can do the work of 2 or 3 different medications?
4. Is there a generic or OTC med that can do the job of a brand name drug?
5. Do any of my medications or supplements interact with each other?
6. Are there lifestyle changes that could reduce my medication use? Like eating healthy foods, daily walks and lowering stress?
7. Bring a family member or friend with you when you go to your health care providers office.
8. Use a pill box to keep medications organized and to help you remember to take them and notice if you have missed any medications during the week.

## Exercise Classes

Get Fit - Tuesday & Thursday  
8:45-9:30am

Theraband - Tuesdays & Thursdays  
9:30-10:30 am



Do you know someone in the hospital or are you planning to have surgery or hospitalization?

Any health concerns or questions? Call the Parish Nurse at 388-3764