



# You Can! Safely Manage Your Medications



October is “Talk about your Medicines” Month

**Older adults are taking more medicines as they age.** When multiple doctors prescribe multiple medications, there is an increased risk of drug interactions, mix-ups, or harmful side effects. Your body’s reaction to medicine changes as you age, and decline in eyesight, grip strength, or memory can make it a challenge to manage. The good news is, many of these risks or challenges can be prevented if you are armed with information about safe and appropriate medication use and how to get the most from your medications.

- ⇒ **Learn about your health conditions and the medicines you take.** You are your own best advocate and champion when it comes to your health, and knowledge is key.
- ⇒ **Make and maintain a medication list** that includes the names of all medications you use (including any over-the-counter medicines or supplements), the prescribing doctor, the purpose of each medication, frequency, dosage, and refills. Keep it up to date. You can find My Medicine List for keeping track at:  
  
[www.safemedication.com](http://www.safemedication.com)
- ⇒ **Read the Drug Facts label, package inserts or Patient Medicine Information leaflets** when starting a new medication. These provide important information to help you get the best results and avoid problems.
- ⇒ **Use one pharmacy** so that your prescription records are all in one place. This enables your pharmacist to regularly monitor the medications you take and let you know about potential drug interactions.
- ⇒ **Safely store medicines.** Check expiration dates. Keep all medications in the bottle, box, or tube that they came in so the dosage and directions are always close at hand.
- ⇒ **Contact your healthcare provider if you have any problems** with your medicine. There are no “stupid questions” when it comes to your health and your medicines.
- ⇒ **Get a comprehensive review of all your medications** from a pharmacist or health care provider. If you're in a Medicare drug plan and take medications for different medical conditions, you may be eligible for this service, at no cost to you, through a **Medication Therapy Management (MTM) Program**. Ask your doctor or pharmacist.
- ⇒ **Learn about possible risks of consuming alcohol with medications.** Drinking alcohol when you are taking a prescription medication is a health risk for many older adults. Many prescription medications may interact with alcohol and not be as effective or cause potentially dangerous adverse effects. Ask your health care professional for guidance.

Source: National Council on Patient Information and Education, [www.bemedwise.org](http://www.bemedwise.org)

**Minuteman Can Help!** Call us toll free at **(888) 222-6171**

We have Care Management options and can help with medication management technologies. Our SHINE health benefits program can help make sure you have the best coverage for your medication needs.

This Healthy Living message is sponsored by:

