

Healthy Steps Update

May 2011

www.PremierCommunityHealth.org

Stay Safe When Taking Medicines

Adults age 65 or older take more over-the-counter and prescription medicines than any other group in the U.S. Taking more than two medicines can be harmful if not watched closely. In honor of Senior Adults Month, here are five tips to stay healthy while taking more than two medicines.

Store Your Medicine Safely

You may not believe it, but your bathroom may be the worst place for you to store medicines. Medicines should be stored in a cool, dry place away from direct sunlight or extreme temperature changes. Medicine should not be stored in your refrigerator unless you are told to do so.

Take All Your Medicine

Even though you may feel better or find symptoms go away, you still need to take all of your medicine. Don't stop taking medicines unless you have been told by your doctor to do so. Stopping your medicines can be unsafe. Work with your doctor if you think your medicines are causing you problems.



Check How Medicines Mix

Talk with your doctor to make sure your medicines mix safely. Also, make sure any over-the-counter medicines you take don't cause problems when mixed with your prescription medicines. Prescription drugs are the medicines your doctor gives you. Over-the-counter drugs can be vitamins, herbal or diet pills, laxatives, cold medicines or antacids. Mixing

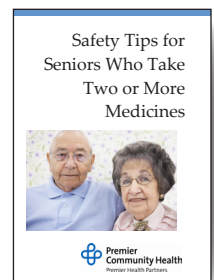
some prescription and over-the-counter medicines can be harmful to you.

Talk to Your Doctor

If you have questions about any of your medicines talk with your doctor. If you have a lot of questions, write them down before your next doctor's visit. When you call, make sure and tell the office staff you need a longer visit to talk about your medicines. Remember, your doctor is there to help you.

Get a Free Booklet

Premier Community Health offers a free Senior Medication Safety booklet. This booklet has tips, tricks and logs to help you safely keep track of your medicines. Get your free copy by calling Premier Community Health at (937) 227-9400 or by downloading it at www.PremierCommunityHealth.org.



May Health Events and Screenings

Blood Pressure Screenings

All blood pressure screenings are free.

Thursday, May 5
10 a.m. to 2 p.m.
Sinclair Community College,
Building 12
444 W. Third Street
Dayton

Tuesday, May 10
1 to 5 p.m.
West Chester Health Expo
8730 N. Pavilion Drive
West Chester

Saturday, May 14
8 to 11 a.m.
CARE Walk for Breast Cancer
Oakwood High School
1200 Far Hills Avenue
Oakwood

Wednesday, May 18
11:30 a.m. to 1 p.m.
Walk!Downtown Dayton
Riverscape MetroPark
111 E. Monument Avenue
Dayton

Colorectal Screening Kits

Saturday, May 14
9 a.m. to 12 noon
St. John's Missionary Baptist Church
34 W. Pleasant Street
Springfield
Cost: Free

Free Mammograms and Pap Smears Available

Are you an uninsured woman who is 40 or older? Call us to see if you are eligible for these life-saving screenings. Call (937) 227-9444.

Health Fairs

Join us during Miami Valley Hospital's Mall Walkers program on Friday, May 13 from 8:45 to 10 a.m. at the Mall at Fairfield Commons, 2727 Fairfield Commons, Beavercreek. Free blood pressure screenings will be offered with a presentation on "How Pet Therapy Benefits Your Health." No appointments are needed and no fasting is required. This program is free and open to the community.

Heart Health Screenings

Saturday, May 14
10 a.m. to 2 p.m.
Dayton Mercy Society
2277 Maue Road
Miamisburg
Cost: Free
Screenings include blood pressure, total cholesterol, HDL (good cholesterol) and blood sugar. No appointments needed. No fasting required.

Tuesday, May 17
9 a.m. to 1 p.m.
White House at SpringMead
4385 S. County Road 25A
Tipp City
Cost: Free
Screenings include blood pressure, total cholesterol, HDL (good cholesterol), blood sugar and hemoglobin A1c (for those with diabetes). No appointments needed. No fasting required.

Skin Cancer Screenings

Skin screenings will be offered May 9 through May 12. All skin cancer screenings are free and open to the community. Appointments are required. No walk-ins accepted. Screenings include a full-body skin scan by a dermatologist and a Dermascan facial skin screening.

Locations include:

- Atrium Medical Center
- Miami Valley Hospital South
- Samaritan Sleep Center
- Wright State University

To find out available dates and times, call CareFinders at 1-866-608-FIND (3463).

Join Us on Facebook, www.Facebook.com/PremierCommunityHealth

Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



Premier Community Health
Premier Health Partners