



KEEP YOUR MEDS STRAIGHT WITH A FREE Medication Review

A pill to control blood sugar, another for high cholesterol, a multivitamin for general health, a tablet to ease arthritis pain.

As the body grows older, we require more and more medications to treat what ails us. Has keeping up with all your prescriptions become a costly bother that is almost too much to bear?

North Carolina residents ages 65 or older who take part in a Medicare Prescription Drug Plan are entitled to a free medication check-up. This check-up goes beyond asking your pharmacist a question when you pick up your prescription. It is a service that involves a one-on-one review of all your medications, and it is available at both Center Pharmacy in downtown Fayetteville and Health Pavilion North Pharmacy at Ramsey Street and Andrews Road!

“A medication check-up takes between 30 and 45 minutes,” says Rebecca Brady, PharmD, pharmacist at Center Pharmacy. “We go over every medication the patient is taking, what they are for and how adherent the patient is to the dosing schedule. Then we discuss possible drug side effects.”

Individuals interested in having a medication check-up should bring their medications to the appointment, including prescription and over-the-counter medications, herbal products and dietary supplements.

“Many patients over 65 see multiple doctors,” says Brady. “They are in and out of the hospital and medications are frequently changed or added to their regimen.

“We look for possible drug interactions that could occur from adding new medications into the mix. We also discuss less-expensive alternatives to certain medications that could be more affordable for those on a fixed income.”

Eva Goins, 67, had her medication check-up at Center Pharmacy and she is so glad she took the time.

“I have never had anyone offer anything like this to me before,” says Goins. “Rebecca sat with me and we talked. She really

took the time to look at all of my medicines. She told me that if I had asthma, I really needed to carry an inhaler and she recommended I talk to my doctor. So I did. She is a wonderful person!”

Your medication check-up pharmacist can inform you of any generic versions of drugs you are taking, as well as any medications that Medicare will allow you to fill three months at a time for one co-pay. Your pharmacist can point these medications out to you and lower your overall cost at the drug counter each month.

Your check-up may also alert you to duplicate therapies in your medication regimen.

“It’s not uncommon to find patients taking two kinds of cholesterol medicines or two stomach acid reducers,” says Brady. “In these instances I offer to contact the physician for the patient, since only the physician can change a patient’s prescription.”

A medication check-up can benefit many more people just like Eva Goins. If you use several medications, have several health conditions, problems with any of your medications or simply want to reduce your out-of-pocket medication costs, consider having your own medication check-up done.

Studies show that people who meet with their pharmacist experience lower healthcare costs, fewer trips to the emergency department, fewer hospitalizations, and better understanding of how to take their medications. Patients also learn to better manage health conditions, such as diabetes, asthma, high blood pressure, high cholesterol and depression.

You do not need to be a Center Pharmacy or Health Pavilion North Pharmacy customer to receive a medication check-up, but you do need to make an appointment. To schedule your medication check-up, call Center Pharmacy at (910) 615-1800 or Health Pavilion North Pharmacy at (910) 615-3900.

