

MEDICAL ARTS PHARMACY NEWSLETTER

HEALTH Matters

A RESOURCE TO HELP KEEP YOU INFORMED

July - August 2009

FACTS

1.5 billion people are affected worldwide by **high blood pressure**. 5 million of those are Canadians. Measure your blood pressure at home. Engaging yourself to become more involved in managing your own care can potentially translate into better outcomes. Measuring your blood pressure at home also has the following advantages:



- confirms that you have high blood pressure
- improves blood pressure control
- may reduce the number of medications in some patients
- helps to identify «white coat» effect (high blood pressure at the doctor's office while blood pressure is normal at home)
- helps identify patients who are not taking their medications regularly.

What should your blood pressure be?

Most People	Less than 140/90mmHg (Less than 135/85mmHg at home)
People with diabetes or kidney disease	Less than 130/80 mmHg

Buy a blood pressure instrument that is recommended by the Canadian Hypertension Society. Look for this logo on the box:



Measuring and tracking your blood pressure regularly, and keeping a record, can be very useful. This information helps your doctor know whether you are at risk of developing high blood pressure, and how well your blood pressure is controlled.

Remember do not modify or stop your medication without consulting your doctor first!

Ask about our compliance packaging. The Health-Pak will help you be more observant of your medications' schedule. Talk to one of our Medical Arts Pharmacist about Health-Pak .

If you have requests, suggestions or comments for future issues, your feedback may be directed to

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CHAP.... More than a Blood Pressure Clinic!

First friday of July , August and September you are invited to participate in the Cardiovascular Health Awareness Program at Medical Arts Pharmacy 30 13th street East Cornwall . A nurse will assess your cardiovascular risk (for heart attack, stroke...) including blood pressure monitoring.

It is a Rendez-Vous, August 7th, September 4th, October 2nd, November 6th and December 4th 2009

Have Fun .. Safely... In The Sun!

Summer is here soon...along with Sunburn! The risk of skin cancer today is much greater than 20 years ago.

As the Canadian Cancer Society promotes....

Use SunSense!

- ☼ Try to stay out of the sun between 11a.m and 4p.m. when the sun's rays are at their strongest, or any time of the day when the **UV index is 3 or more.**
- ☼ Wear protective clothing .
- ☼ Wear a hat with wide rim
- ☼ Wear sunglasses with high UVA and UVB protection
- ☼ Apply a sunscreen with SPF of at least 15 (30-60 preferably) 30 minutes before going outdoors and reapply every 2 hours (more often if swimming or sweating). Look for products that provide both UVA and UVB protection.

Some medications increase your skin sensitivity to the sun such as birth control pills, tretinoin (vitamin A cream, gel), Accutane, diuretics (hydrochlorothiazide, furosemide), most antibiotics, some antidepressants and antipsychotics.

Ask your Pharmacist about medications and photosensitivity!

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