

A NEWSLETTER FROM



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Concerned your elderly loved one is on too many medications?

Discover what our pharmacists are doing to help

It's not uncommon for family members to sometimes worry about the number of medications an elderly loved one might be taking.

These are valid concerns shared by doctors, nurses and pharmacists because sometimes, too many meds could increase a person's risk for falling, or put other stresses on the body's functions. In a worst case scenario, too many meds could also result in hospitalization due to a serious reaction.

A current trend in caring for the elderly is to cut down (where possible) the number of medications. This is done by:

- Finding the lowest effective dose of a medication
- Gradually tapering, withdrawing or stopping a medication, and
- Monitoring the person regularly and closely to assess whether there are improved results, or as stated in medical lingo "improved outcomes."



If you or a loved one lives with an ostomy, feel free to visit Medical Arts' website:
ostomyboutique.ca



Please know your loved ones will not be taken of life-saving meds like heart pills.

Only secondary meds for milder-type symptom relief will be considered. (Ex: stomach acid)

When pharmacists are engaged in the de-prescribing protocol (set out by the Ministry of Health), the pharmacist must choose the most cost beneficial product in the category. "Category" just means how certain types of meds are classified. For example, there are many generic ACE inhibitors used for high blood pressure. The pharmacist will choose the most cost beneficial one.



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Taken altogether, this process of lowering the number of meds is called de-prescribing. It's a new word caregivers use, so Medical Arts wants you to know about it.

How does the de-prescribing process begin?

First, the pharmacist performs a systematic review of each person's medication list. Then in consultation with the doctor or nurse practitioner, each person's medication profile is examined

for possible opportunities to lower the number of medications, or their dosages.

Once again, this process is guided by the goal to avoid too many meds, which is also called "polypharmacy."

Bottom line, de-prescribing can help prevent problems associated with polypharmacy: falls, adverse reactions, and hospitalization.

Our goal is always the best and safest use of medication.

There are many kinds of viruses and bacteria that cause human illness, suffering, and hospitalization.



Fortunately, many infections are also vaccine preventable, especially when combined with good hygiene and other behaviours that help reduce risk.

At Medical Arts, we regularly immunize people for:

- Seasonal Influenza (Example: Annual flu vaccine)
- Shingles (Example: Zostavax)
- Human Papilloma Virus (HPV) (Example: Gardasil), and
- The bacteria that can cause pneumonia and/or invasive pneumococcal disease (Example: Prevnar 13 and Pneumovax 23)

We also immunize ourselves and our employees to help ensure "community immunity."

When your doctor recommends certain types of protection, our pharmacists are here to help answer your questions and administer vaccines.