

AGING WELL

A NEWSLETTER FROM



PHARMACIE
MEDICAL ARTS
PHARMACY

Where aging well means everything



Visiting someone who is dying is an experience many of us will have.

DO:

- Think about how your visit could make a positive difference to the person.
- Act naturally and show you care: Smile, hug or kiss the person. Affection can make a difference.
- Sit at eye level with the person you're visiting.
- If you notice the person doesn't feel like talking, or being touched, be prepared to sit patiently in silence. Just be there.

Understanding palliative care

A person is considered “palliative” when suffering from an incurable disease that shortens life expectancy to less than one year. And the goal of “palliative care” is to keep the person as comfortable as possible.

This type of “comfort care” can be provided in different settings from a person’s private home, to a hospital, seniors residence or hospice.

“Comfort” means managing symptoms, such as physical or emotional pain, to relieve suffering and improve quality of life.

When palliative care begins, some medications a person has been taking might be stopped. An example might be a cholesterol-lowering drug, because it would not add specific benefit in the final months of life. However, other

medications might be started to help deal with common end-of-life issues including:

- **Pain,**
- **Nausea or vomiting,**
- **Difficulty breathing.**
- **Fluid in the lungs, or,**
- **Confusion or agitation.**

It’s good to keep in mind that everyone involved with the patient can benefit: Loved ones can spend time with the person, and nurses, doctors and pharmacists are rewarded by knowing their interventions have helped relieve suffering.

If you have questions about palliative care, the pharmacists at Medical Arts will take time to help you understand more. Please know you’re always welcome to call and ask questions. For instance, many family members appreciate knowing why certain medications are used.



Please remember:
Palliative care does not
mean over-use of heavy
drugs.

For example, if patients
have chronic pain, they
are started at low doses
and if the low dose
works, they remain at
that dosage.

A pain management
dosage is only increased
if the patient is still
suffering from pain.



PHARMACIE
MEDICAL ARTS
PHARMACY
Where aging well means everything

30 13th Street
613-933-0670
or
173 Montreal Rd.
613-932-6501

**Do you know there's a pharmacy right
here in Cornwall that specializes in
providing services to seniors residences?**



**In fact, Medical Arts Pharmacy is celebrating
more than 60 years of serving the community.**

**You can easily become part of the
Medical Arts family and have your
prescriptions transferred to us.**

Just call, and we'll take care of the rest.

**Or, you can visit our website and fill out
a request form: medicalartsparmacy.ca**

- **FREE local delivery**
- **Drive-Thru service at 13th St.**
- **Locally owned and trusted since 1956**