

Ask your pharmacist

about the following services . . .



How to manage your diabetes, asthma, high blood pressure, high cholesterol or other conditions...

Your pharmacist can help you properly monitor your blood sugar levels, use your inhaler (puffer) properly, provide tips on diet, exercise and medication that will help you keep your blood pressure or cholesterol in check, and much, much more.

Help with managing your “wellness” by supporting lifestyle changes (for example, quitting smoking) as well as with providing information you need about you or your family’s health...

This may include information about how to manage the symptoms of menopause; how to treat symptoms of illness in your child; how to quit smoking; how to get more exercise, better nutrition and manage your weight; how to get a better night’s sleep; how to deal with stress.

Managing headaches and other minor aches and pains, ulcers, heartburn...

Despite your best efforts to maintain “wellness,” you may still experience such symptoms as headaches or stomach upset. Your pharmacist can help you manage your symptoms and take better care of yourself.

Reviewing all your medication records and overall health to ensure you are getting the most from the medications you take...

It is a good idea to sit down with your pharmacist from time to time to review all your medications — both prescription and nonprescription — to make sure they remain safe and effective for you.

Ask your pharmacist . . .



Counselling and information about taking nonprescription medications or herbal and natural health products (vitamins, too)...

All these products have the potential to interact with medications you are already taking or cause side effects, or they may be unsafe to take if you have an existing medical condition. Talk to your pharmacist to make sure all the medications you are taking are right for you.



Helping you make sense of health information from the Internet or in the news.

You may have read about a new drug or a new development in the treatment of your condition on the Internet, in a newspaper or magazine, or on television. Turn to your pharmacist for help in making sense of it all.



Additional help with your prescription drugs...

Your pharmacist has just told you ● what your prescription is for ● how to take it ● how to store it and what to expect from it.

You may need more information, or other help, to ensure that you are taking your medicine properly: bigger print on the label? Help to organize your daily regimen?

If you ever want or need information or help from your pharmacist, please ask for it. No question is ever too silly if it's about taking your medicine well.

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