

# Living Well

## **Steps to LivingWell**

**February 2022**

You may think that over-the-counter (OTC) medications are always safe. But if you are over 65 and taking prescription medications, this kind of thinking can get you into some trouble. The average number of prescription medications taken by people over 65 is five, and as you get older, it increases and so does the potential for drug interactions.

So how can you find effective and safe relief from pain, and cold or allergy symptoms? When in doubt, ask your pharmacist. If you have taken the medication before, it's probably OK. But if it's new or your other medication regimen has changed, check it out.

If you fill all prescriptions at one pharmacy, all the important information about what you take and when you take it is in a central location. Ask the pharmacist if any OTC or herbal medications will interact with your prescriptions. They can tap into a computer, see what else you take, and let you know right then and there.

The best advice when it comes to choosing remedies is to talk to your in-house nurse, doctor, or the pharmacist. He or she can help you find the best one.

Brought to you by your LivingWell Coaches.