



NEWS RELEASE

TIGHTENING YOUR BELT, WITHOUT RISKING YOUR HEALTH

GETTING THE MOST VALUE AT YOUR PHARMACY

BC Pharmacist Awareness Week, March 1 – 7, 2009

Vancouver, B.C. – When times get tough, everyone starts looking to see where they can cut back and save money. However, when it comes to medications and other health-care needs from your pharmacy, B.C. pharmacists are reminding patients that cutting corners can lead to more problems, and more costs, in the long run.

“B.C. Pharmacists understand that prescription medications can be a significant cost for their patients, even for people with a good drug plan,” says Marnie Mitchell, CEO of the BC Pharmacy Association. “As people begin to feel the pinch from the worsening economy, we hope our patients will talk to their pharmacist before making any changes to their medication regimens.”

As part of B.C. Pharmacist Awareness Week (March 1 – 7), the British Columbia Pharmacy Association has come up with five suggestions for getting the best value from your medication purchases, to help ensure that British Columbians are able maximize their health while minding their wallets.

The five tips for getting the best value from your medication include:

- Register for Fair PharmaCare
- Fill Your Prescription Promptly
- Minimize Drug Waste
- Take as Prescribed
- Finish What You Started

“Remember, your pharmacist is the medication expert. They can help you make the best choice to ensure you get the most benefit from your pharmacy purchase – the more they know, the more they can help,” added Mitchell.

The aim of Pharmacist Awareness Week is to inform the public of the many roles and services pharmacists provide everyday in managing your health-care needs. As community pharmacists’ roles continue to expand, they are becoming even more important to the health of all British Columbians.

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Backgrounder Attached

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5 Tips for Getting the Best Value from Your Medication

1

Register

For Fair PharmaCare

Take advantage of the government's Fair PharmaCare plan which helps B.C. residents with the cost of eligible prescription drugs and designated medical supplies based on their income. While you may not have many prescriptions it is important to register to limit the financial burden of an emergency or health crisis.

To register visit:
<https://pharmacare.moh.hnet.bc.ca/>.

2

Fill

Your Prescription Promptly

Once you have been given a prescription by your physician – get it filled. Filling your prescription as soon as possible will help you feel better, sooner and avoid complications. This will help minimize the need for future medications. It is just as important to fill renewals promptly.

3

Minimize

Waste

PharmaCare limits the amount of medication that can be given at one time to try to reduce waste and keep costs low. If you are taking a new medication that may have side effects, or if your prescription changes frequently, ask your pharmacist about getting a smaller quantity to save costs and waste. Unused and expired prescriptions, over-the-counter medication, vitamins and herbal remedies should be returned to your pharmacy for safe disposal.

4

Finish

What You Started

Don't stop taking your antibiotics before the prescribed length of time is over, even if you feel better. This is one of the most common, and often costly, mistakes people make. Quitting a medication too early could lead to symptoms coming back, more sick time off of work, and require another round of medication at additional costs.

5

Take

As Prescribed

Follow the correct dosage. Do not increase or reduce your dosage without consulting your pharmacist – your doctor has prescribed a dosage for a reason. Sometimes people will skip a dose to try and stretch their pills to last longer but this can have serious health consequences. Many conditions, like high blood pressure, don't have strong symptoms. You might feel fine until a serious incident occurs, like a stroke.

PHARMACIST
AWARENESS
WEEK
March 1 – 7, 2009



Your Pharmacist

The more they **know**,
the more they can **help.**

www.bcpharmacy.ca
Toll Free 1.800.663.2840

