
Media Release

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British Columbians urged to talk to their pharmacist

B.C. residents are being encouraged to 'speak up' as part of an awareness campaign to highlight the value of talking to their pharmacist.

From simple conversations about taking medication on an empty stomach, to advice on managing conditions such as asthma, pharmacists across B.C. can make a real difference to the health of British Columbians.

- **Did you know your pharmacist can help you manage your diabetes?**
- **Have you heard they can give advice on coping with high blood pressure?**
- **Are you aware that your pharmacist can tell you whether your vitamin supplements or herbal remedies will affect your prescription medication?**
- **Did you know many pharmacists are authorized to administer flu shots?**

March 7-13 will mark the annual *Pharmacist Awareness Week*. This year the BC Pharmacy Association has joined forces with pharmacists around the province to raise awareness of all the ways in which British Columbians can get help.

The campaign focuses on five key conversations patients could have with their pharmacist, covering how to take medications, managing diabetes, taking multiple medications, help with high blood pressure, and drug safety and disposal.

Marnie Mitchell, BCPhA CEO, said: "Of all health care professionals in B.C., pharmacists typically have the most regular contact with patients and can help with an ever-expanding range of health questions.

"*Pharmacist Awareness Week* aims to encourage patients to talk to their pharmacist and develop relationships that can make a real difference to their health, and the health of their family."

5 conversations you could have with your pharmacist...

1. My medication

- Why do I need to take it with food/on an empty stomach?
- What are the possible side-effects?
- If it says I should take it every six hours, do I need to get up in the night?

2. Managing my diabetes

- Can you give me some help with injecting insulin?
- How do I do my daily blood glucose testing?
- What should I be doing to keep healthy?

3. Taking more than one medication

- Will I still be able to take my herbal remedies and vitamin supplements while taking this medication?
- I'm on another medication for a different condition already – does that matter?

4. Help with high blood pressure

- Can I monitor my blood pressure in the pharmacy?
- How can I change my lifestyle to manage the condition?
- Can my pharmacist switch me to an alternative medication in some cases?

5. Drug safety and disposal

- Where should I store my medications?
- I have trouble with the child safety bottles and I don't have children in my house – can I get regular screw caps?
- What do I do with left over meds?

Notes to editors:

The BC Pharmacy Association represents more than 2,200 pharmacists and 640 pharmacies who provide trusted advice and accessible care to patients throughout British Columbia.

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