

# Potty Pointers

## Do you know what is in your medicine cabinet?



October is Health Literacy Month.

With over 100,000 drug products on the market, chances are you will come across more than one medicine with a similar active ingredient. An active ingredient is the chemical compound in a medicine that works with your body to relieve symptoms. Overdosing, drug interactions and drug abuse of both prescription and over the counter (OTC) drugs are growing increasingly common.

Here are some tips to use your medicines wisely:

1. Always read the ENTIRE label before using a medication.
2. Know what to avoid when taking medicine to prevent a drug interaction.
3. Take the medicine EXACTLY as stated on the label.
4. Use extra caution if using more than one medicine.
5. Make sure all your doctors have a list of the medicines and supplements you are taking.
6. Ideally, use one pharmacy.
7. Lock up prescription pain medicines.
8. Give infants and children medicines that are formulated for their age and weight.
9. Don't use medicines after their expiration date.
10. Don't combine prescription and OTC drugs before talking to your pharmacist first.

Remember, your health is too important to play guessing games!

