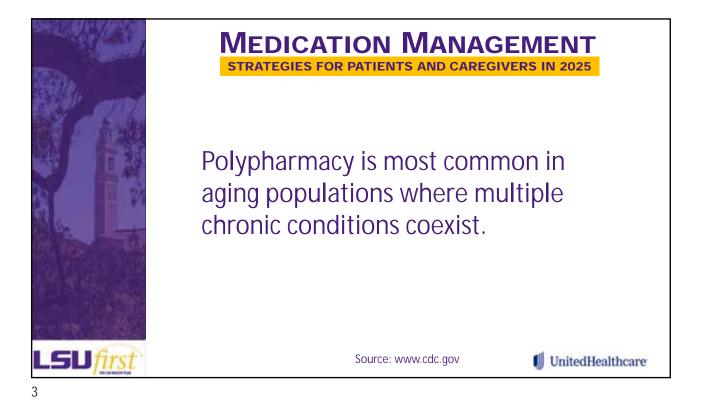




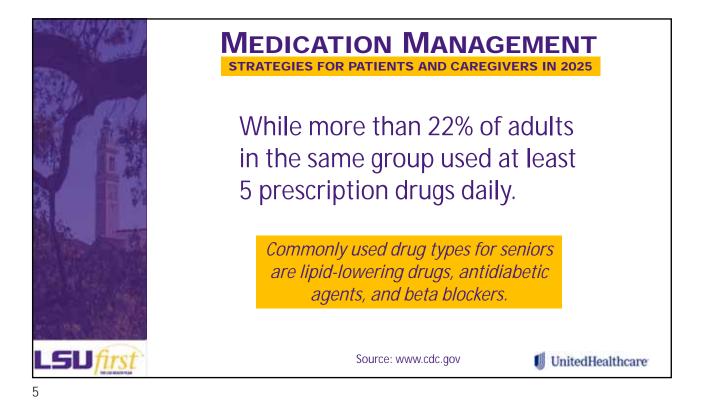
Introduction *Polypharmacy* is the simultaneous use of five or more prescription drugs.

Source: www.cdc.gov

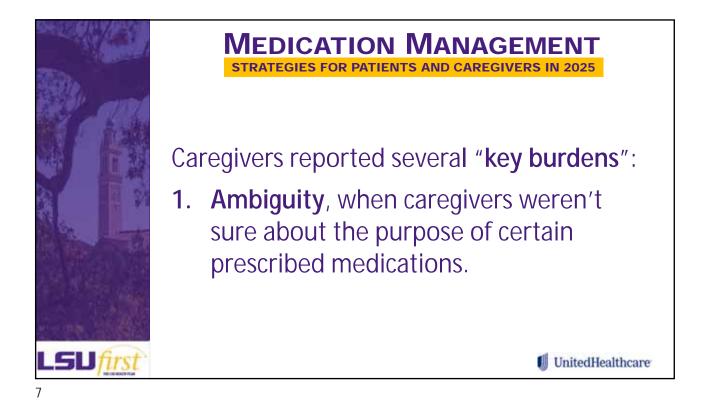
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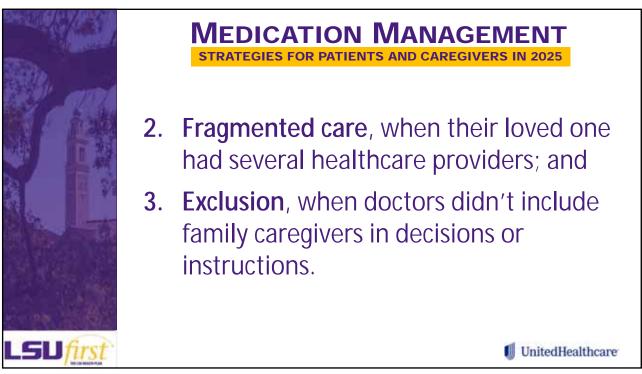


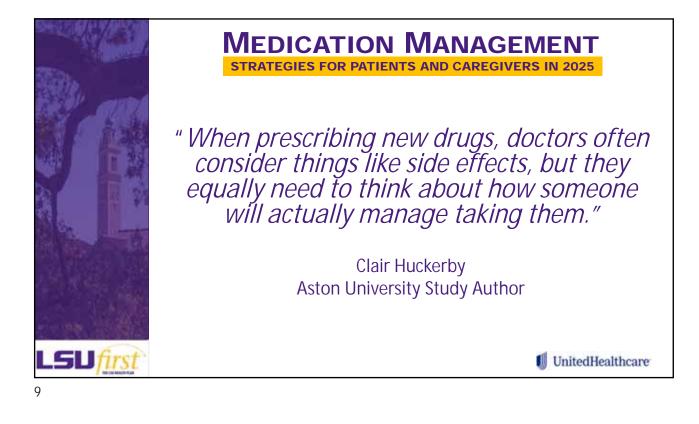














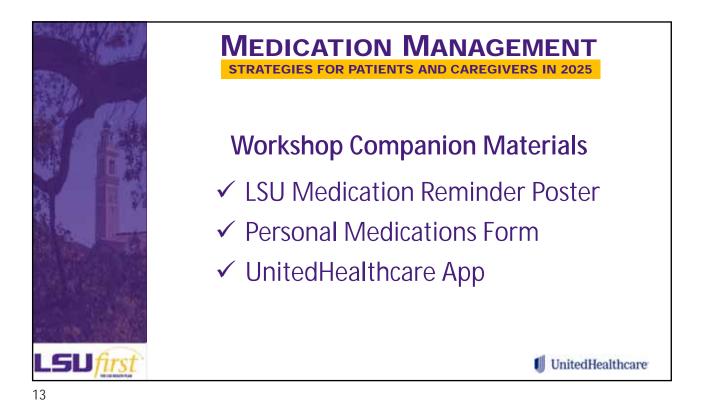


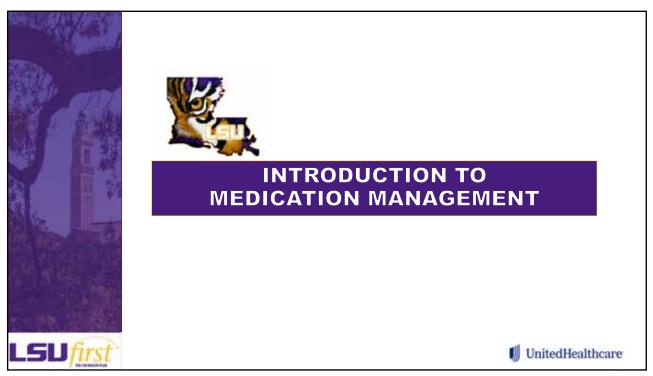
Learning Objective

The learning objective of this workshop is to provide LSU retirees with simple yet practical tips for daily long-term medication management.

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Prescription and over-the-counter medications help people of all ages manage diseases, control pain, and preserve and improve their health.

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MEDICATION MANAGEMENT STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

When your doctor prescribes you a new medication, it's your job, or your caretaker's job, to ask them some important questions...











MEDICATION MANAGEMENT STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

Remember!

The questions you ask should be based on the current medications, vitamins and supplements you're taking, so *ask your doctor to review your current medications* before prescribing a new one.

20

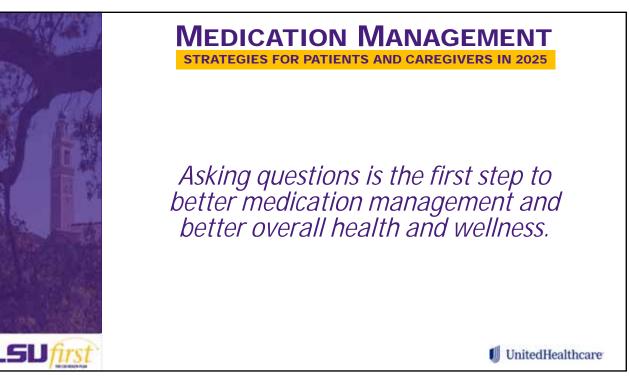
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You can also ask your Pharmacist to ensure any new prescriptions won't conflict with your current prescriptions.

> *Use the Personal Medications Form to write down details about all the medications and supplements you take.*

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The more drugs you take, the more challenging it is to manage them.

The American Geriatrics Society suggests that taking too many medications may not be medically necessary and may interfere with a person's ability to function well.

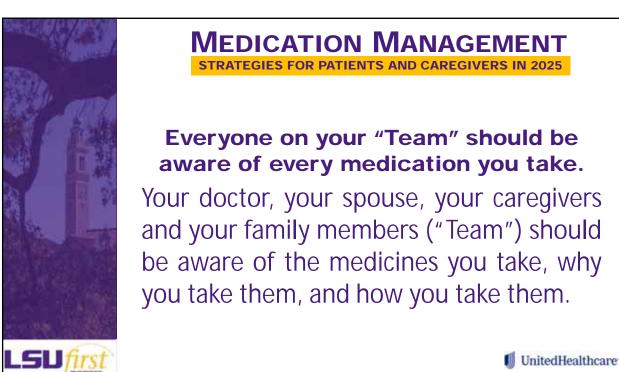


STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

Medication side effects can lead to taking yet more medications.

If you experience a medication side effect like dizziness or constipation, you may report the symptom as a new problem to your doctor who might prescribe yet another medication.

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STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

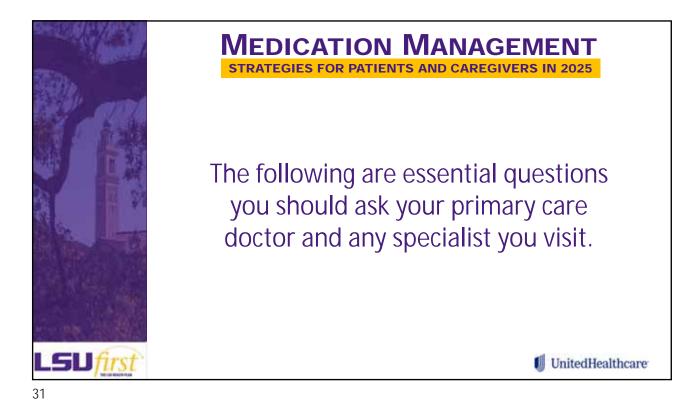
Report to your "Team" changes in how you feel mentally and physically.

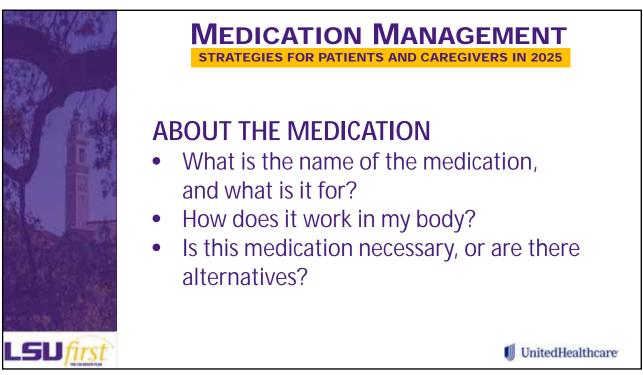
Adding a new prescription can lead to mental and physiological changes.

As soon as you feel a new medication has you feeling different or unbalanced, let someone know.

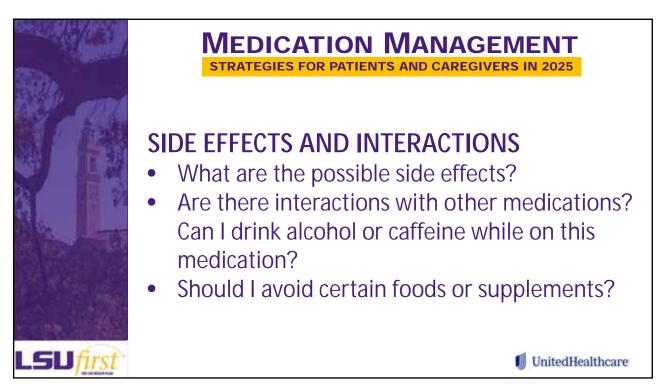
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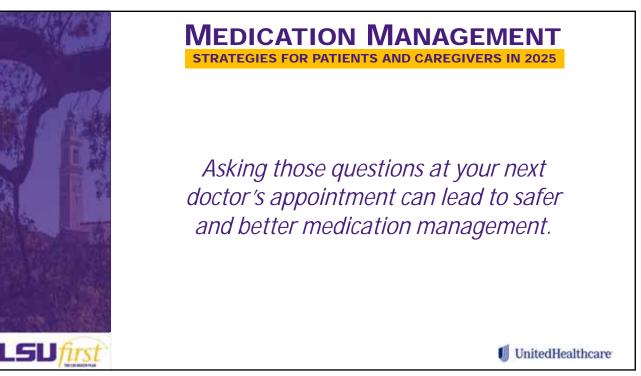


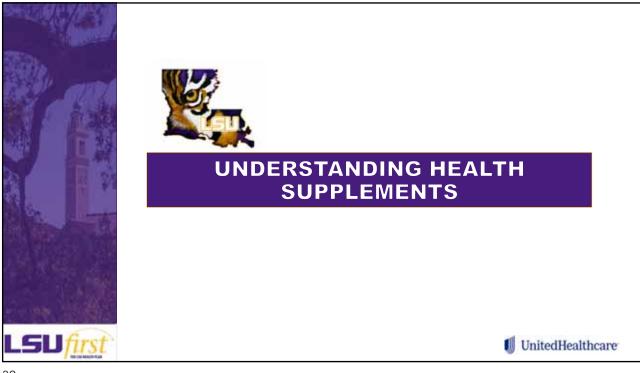


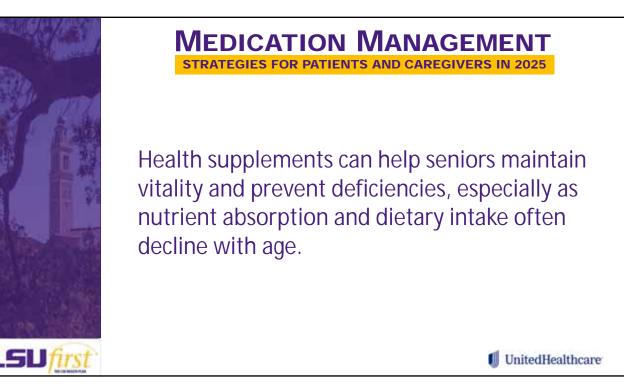














However, they should be tailored to individual needs and prescribed or recommended by a healthcare provider.

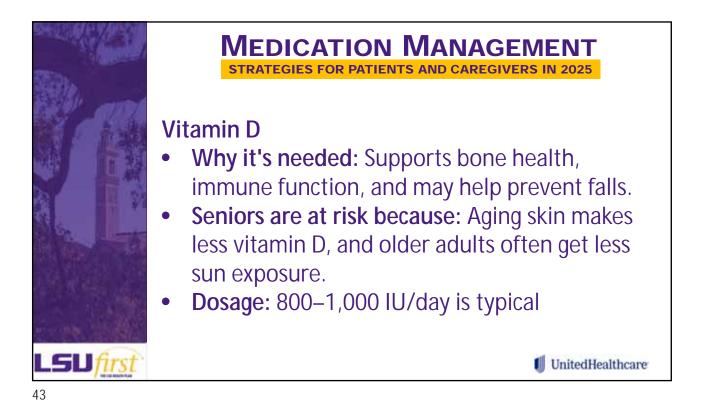
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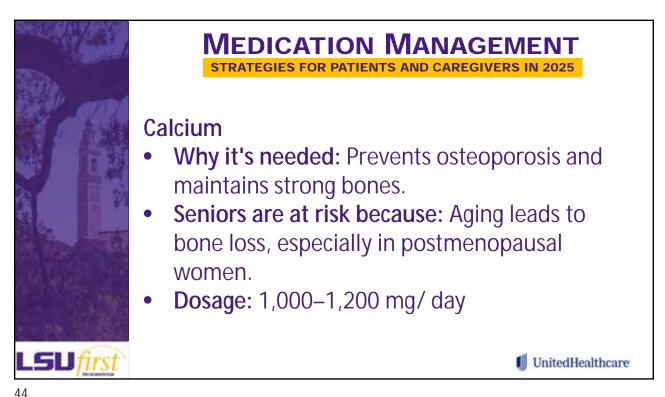


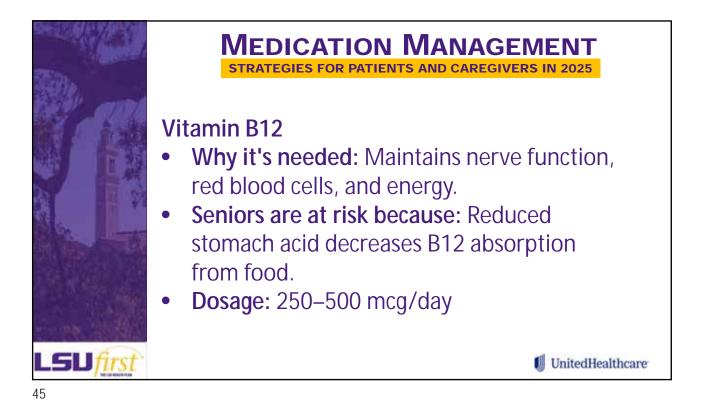
DEDICATION MANAGEMENT STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025 The following are the most recommended supplements for older adults — and why they matter.

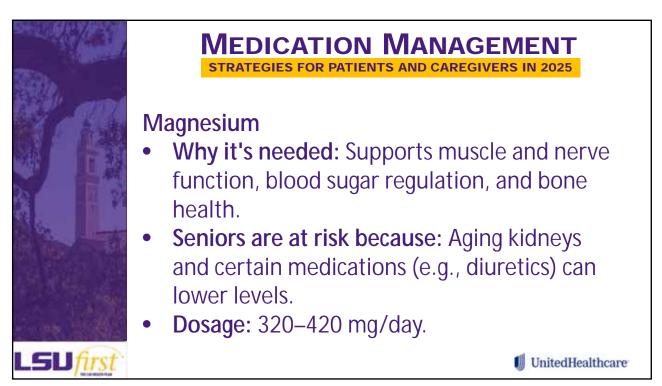
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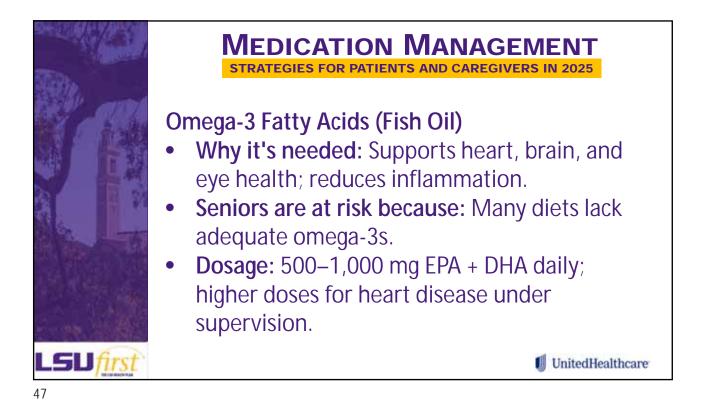
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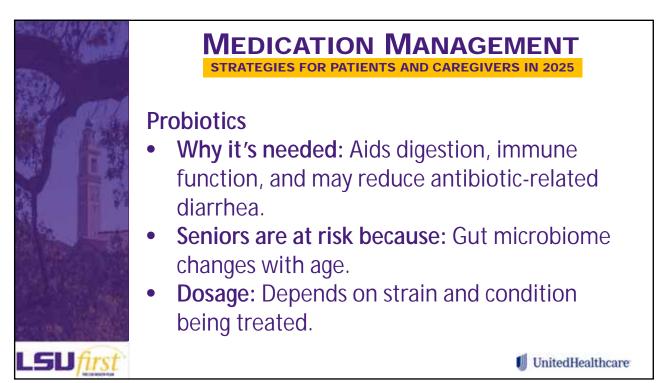


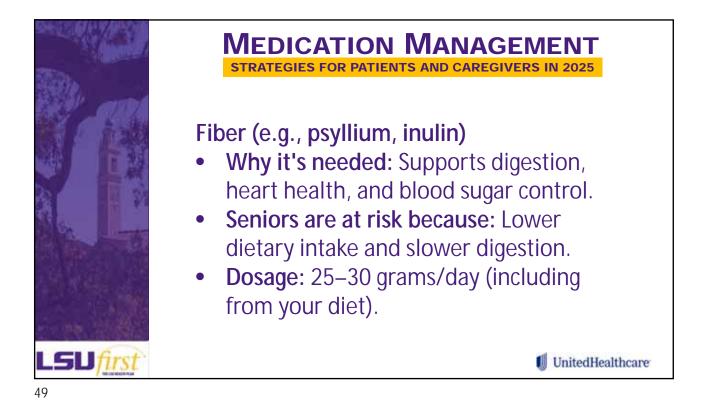


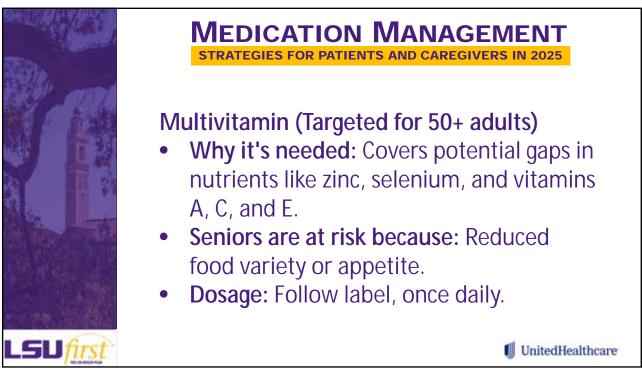














STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

Caution and Final Tips Avoid mega doses: Too much of certain vitamins (like A or iron) can be harmful. Check interactions: Supplements can affect medications like blood thinners and vitamin K. Talk to a provider: Always consult a doctor or pharmacist before starting new supplements.

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STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

Create a Medications List

Learning to properly keep track of and manage medications is one of the most important things you can do, because taking the wrong medicine at the wrong time can be disastrous.

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MEDICATION MANAGEMENT STRATEGIES FOR PATIENTS AND CAREGIVERS IN 2025

Create a Medications List (Continued)

Use the <u>Personal Medications List</u> that accompanies this workshop to keep vital information about your medications in a single place that you can share with your caregivers, doctors, and pharmacist.

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Fill Your Prescriptions at One Pharmacy

Fill all your prescriptions at the same pharmacy to not only makes it easier, but to ensure that you are getting good advice.











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59



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