

A SHORT CONVERSATION CAN MAKE A BIG DIFFERENCE.

Here's How Pharmacists Can Help Patients Like You.



Talk to Your Pharmacist About...



USING YOUR MEDICATIONS SAFELY

Pharmacists help you maximize the benefit and minimize the risk of your medications.



VACCINATIONS

Your pharmacist can administer vaccinations for the flu, shingles, various travel vaccines, and more.



MANAGING DIABETES

Ask your pharmacist for help getting your blood glucose under control.



ASTHMA AND COPD

Pharmacists can help you manage your asthma and COPD and use your inhalers correctly.



FINDING THE RIGHT OTC MEDICATION

Pharmacists can help you select the correct product and inform you of potential interactions.



CHOOSING SUPPLEMENTS

Before you choose and use a dietary supplement, talk with your pharmacist about appropriate use.



HIGH BLOOD PRESSURE

Pharmacists can help you prevent and manage high blood pressure.



PAIN MANAGEMENT

Learn how to manage your pain safely with the help of your pharmacist.



SMOKING CESSATION

Find support and resources for quitting by talking to your pharmacist.



YOUR HEALTH CARE TEAM

As a member of your health care team, your pharmacist can help you optimize your medication plan so you can feel safe and confident.

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Talk to Your Pharmacist About...

USING YOUR MEDICATIONS SAFELY

Pharmacists help you maximize the benefit and minimize the risk of your medications by helping you understand the medication label and learn about interactions with other drugs or foods. They can also help with packaging your tablets and serving as a bridge between you and your prescriber.

VACCINATIONS

Nearly 1 in 4 adults receive their influenza vaccinations at their community pharmacy. Will you be one of them? In addition to receiving a flu vaccine, your pharmacist can discuss other vaccine-preventable diseases with you, such as pneumonia, shingles, or HPV, and help determine which immunizations are appropriate for you or a loved one.

MANAGING DIABETES

You can prevent—or manage—diabetes with help from your health care team, including your pharmacist. Pharmacists use their expertise to help you get your blood glucose under control and reach your goals.

ASTHMA AND COPD

You can control your asthma or manage your COPD with help from your pharmacist, including learning how to use your inhaler correctly to maximize your benefit.

FINDING THE RIGHT OTC MEDICATION

Cough and cold. Pain. Fever. Upset stomach. Pharmacists are trained in both prescription and OTC medications, so they can help you pick the perfect product and tell you about potential interactions with foods, other drugs, or dietary supplements.

CHOOSING SUPPLEMENTS

Did you know that FDA does not regulate supplements as it

does prescription and over-the-counter medications? **Before you choose and use a dietary supplement, talk with your pharmacist** to ensure you choose products from a reputable manufacturer that follows quality standards, and to find out how your supplements, medications, and foods may interact.

HIGH BLOOD PRESSURE

Did you know that high blood pressure puts you at risk for heart disease and stroke? **Pharmacists can help you prevent and manage high blood pressure** through team-based care and ensure your blood pressure is tested and documented regularly.

PAIN MANAGEMENT

Pain is the number one cause of adult disability, and if you have pain, you want relief. **Pharmacists can take an active role in your pain management**, help you make the best use of your medications, and help you manage pain safely with your health care team.

SMOKING CESSATION

It's your time to stop smoking. CDC has declared 2019 the Year of Cessation. **Pharmacists can help you quit** by actively supporting you, helping you start cessation medications when needed, and provide medication management. Pharmacists can also refer you to resources for counseling or more support and education.

YOUR PHARMACIST & HEALTH CARE TEAM

Your health care team begins with you and includes your pharmacist and other health care providers. Physicians, physician assistants, nurses, pharmacists, and others can help you meet your health care goals.