

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

January 2016

## Why It's Important to Take Your Medications!

Everyone knows someone who is taking at least one medication for a health issue. For some, missing a pill may not be a big deal—just a little discomfort or an annoyance. For others, it could mean the difference between a comfortable night at home and a visit to the hospital! The Centers for Disease Control estimate that up to **\$289 billion** is spent treating patients who don't take their medications regularly.<sup>1</sup>



Many medications that treat chronic (long-lasting) diseases don't make the person *feel* better right away, or even at all. For example, someone with high cholesterol who takes a pill to treat it will not feel any differently. This could lead people to think the medication is not doing anything. They don't realize that the pill could help keep them from having a heart attack. This perceived lack of effect could happen for medications for high blood pressure or diabetes, too. One condition, called atrial fibrillation, or A. Fib., requires blood thinners that, even if one pill is missed, could lead to a stroke!

### What can I do to help myself or a loved one?



Sometimes, medications can have some unwanted side effects that can be very uncomfortable. If this happens, you can talk to your doctor or pharmacist about trying another medication that may have fewer side effects. Everyone is different and can react differently to the same medication. What works for one person may not work for another. Some other things you can do include:

- Take your medications when you do something every day (breakfast, teeth brushing, bedtime).
- Some smart phone apps are available to help remind you.
- Use a weekly pill planner to see when your last dose was and when your next one will be.
- Find an insurance plan that could help you save money on your prescriptions or talk to your doctor about generic options.
- Learn more about your condition and how medications can help keep you healthier. Take ownership of your health!

By: Kevin Charron, PharmD Candidate

Source: <http://www.cdc.gov/primarycare/materials/medication/>

At Pequot Health Care, we are dedicated to maintaining your good health!

PRN

PEQUOT  
PHARMACEUTICAL  
NETWORK

PEQUOT  
PLUS  
Health Benefit Services

PRxN®

Customer Service  
1-800-342-5779

PRxN® PBM

Customer Service  
1-888-7799-6638

Doctors' Line  
1-888-779-6362

Doctors' FAX Line  
1-888-779-6329

Website  
[www.prxn.com](http://www.prxn.com)

E-Mail  
[pharmacy@mptn.org](mailto:pharmacy@mptn.org)

PEQUOT  
HEALTH CARE

Pequot Health Care  
1 Annie George Drive  
Mashantucket,  
CT 06338



Mashantucket Pequot  
Tribal Nation