



COUNTY OF SAN DIEGO NEWS RELEASE

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SENIORS URGED TO ATTEND ‘MEET THE PHARMACIST DAY’ *Participants Should Bring Their Medicines and Learn More About Them*

Most patients think of their prescriptions as something to help treat or control an illness or disease, and when medications are taken as prescribed they generally point a person toward recovery and better health. But when someone mixes prescription drugs without the full knowledge of their interactions, it could be a recipe for disaster. In fact, even some over-the-counter medications can interact negatively with prescription drugs.

To find out more about your medications, bring them to the San Diego County Health and Human Services Agency's (HHS) South Bay "Meet the Pharmacist Day" from 10 a.m. to 2 p.m. on Wednesday, Oct. 28, at the Kimball Senior Center, 1221 D Ave., National City. Pharmacists will be available for free, private consultations. There will also be speakers, health screenings, handouts, lunch and more. Spanish translation will be available. Pharmacists don't just fill prescriptions; they check to make sure new medications will not cause adverse reactions with certain foods or other drugs. They stay informed of emerging drugs and alert doctors to possible side effects. Pharmacists can offer valuable advice – including alternatives for people who have trouble swallowing pills.

The Meet the Pharmacist Day is sponsored by HHS Aging & Independence Services; AARP; South County Action Network (SoCAN); City of National City; Collwood Terrace Stellar Care; and Walgreens.

Reservations are required; call (877) 926-8300.

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