

THINK act be healthy

Spring 2015



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MHCSI ♦

While spring cleaning, don't forget the **Medicine Cabinet!**

Annual reviews of prescription and over-the-counter medications can help keep you safe and healthy. Here's how to spring clean your medicine cabinet this season.

Step 1 – Over-the-counter medications

As a general rule, once an over-the-counter product is opened it should be replaced by the expiry date or yearly, whichever comes first. **Tip:** Mark the package with the date you opened it!

Step 2 – Prescription medications

Prescription medication expiry dates are not indicated on your prescription bottle. Your pharmacy checks expiry dates every time your prescription is filled. If you are not currently taking the prescription medication, the medication should be discarded.

Step 3 – Safely discard prescription and over-the-counter medications

A trip to the pharmacy is the safest way to discard expired medications. Tossing unused or expired medications into the garbage or flushing them down the toilet is dangerous and should be avoided. Your pharmacy has a drug recycling program that disposes of expired or unused medications in an environmentally approved manner.

If you are unsure if your prescription or over-the-counter medication is still good, talk to your PPN Pharmacist.*



Food for Thought...

Sobeys Better food for all.

Spring cleaning your diet starts in the kitchen!

In Your Fridge...

Ditch...High fat, high sodium condiments
Replace with...salsa, hummus, mustards, and dips with a Greek yogurt base

In Your Pantry...

Ditch...Empty calorie snacks (pretzels, chips, cookies)
Replace with...plain nuts, high fibre cereals, popcorn
Ditch...High sodium canned goods
Replace with their low sodium alternatives (i.e. canned veggies, beans or broth)

In Your Freezer...

Ditch...High sodium frozen meals, sweetened frozen fruit, deep fried foods, and breaded meats
Replace with...your own homemade frozen meals, frozen plain fruits and vegetables, plain proteins



Sobeys
Dietitians

*MHCSI Preferred Provider Network (PPN) Pharmacies include:



Body & Mind

"Letting go isn't the end of the world;
it's the beginning of a new life."
~Unknown

Do you know what each of your Medications are used for?
If you have questions – Your PPN Pharmacist* has solutions!▶

**Book Your
Medication Review
Today!**