



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 pick up their prescriptions, check the box that says “no consultation,” and figure they’ll just take the new pills together with other medications -- and hope for the best. However, problems can worsen when medications are not taken properly or inappropriately mixed.

To learn more about their medications, seniors are encouraged to bring them to the East County “Meet the Pharmacist Day” on Thursday, Sept. 17, from 9 a.m. to noon at the John A. Davis YMCA, 8881 Dallas St., La Mesa. Pharmacists will be available for free, private consultations. There will also be speakers, exhibits (including Wii Bowling), health screenings, handouts and more.

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 the San Diego County Health and Human Services Agency; AARP; East County YMCA; East County Action Network; Sharp Grossmont Hospital Senior Resource Center; Oakdale Heights; City of La Mesa; Best Buy; the Salvation Army; and the Parkinson’s Disease Association of San Diego.

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

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