

CLINICAL TIP OF THE MONTH

Levothyroxine (Synthroid®) absorption-consistency is key! Levothyroxine should be taken daily at the same time each day, preferably in the morning ½ hour before eating the morning meal and at least 4 hours before taking supplements containing aluminum, calcium, magnesium, or iron (ingredients in many common dietary supplements and antacid medications). These supplements can reduce the amount of levothyroxine that is absorbed, decreasing the efficacy of this medication. Although it is ideal to take levothyroxine as described above, more important is consistency! If your patients are currently taking all their medications at once (supplements and all) and their thyroid levels are currently stable, keep on the same medication regimen (if it's not broke...) If you have any questions regarding timing of your patients medications, give your pharmacist a call!

FEATURED HOME

Autumn Hills is an Assisted Living facility in Bemidji that can provide patients with a high level of care while increasing satisfaction of the client at a reasonable cost. They are staffed 24 hours a day by trained Home Health Aides and locally owned and operated by Shelley Cloose, RN. Autumn Hills currently has 9 private bedrooms, 4 bathrooms;

2 with showers and 1 with a handicapped bathtub however; they are excited to announce their new addition which will be complete by mid February. The new addition will include 9 private bedrooms with private baths including showers. There will also be an additional common area and a new main entrance.



Autumn Hills

NUTRITIONAL TIP Tips for the Golden Years

1. Drink water frequently. As we age, we lose our sense of thirst. This makes dehydration a common problem in the elderly. Make sure that water is always available and drink even when you are not thirsty.

2. Eat foods high in fiber. Eating a high fiber diet can help prevent constipation, a common complaint in elders. Foods high in fiber include whole grains, beans, fruits and vegetables.

3. Eat protein. Many elders do not consume enough protein. This can lead to muscle weakness, edema (fluid build-up), fatigue and a decreased ability to fight infection.



*Nutritionist
Kristin Klinefelter*

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- **Free Nutrition Presentations!** Kristin Klinefelter, RD will be available to give presentations at your home on Tuesday or Thursday mornings. For a list of topics or to schedule a date please call Aimee at 444-4936.

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