

CLINICAL TIP



Many facilities that we serve prefer to have their patients' medications batched monthly. Filling medication on batch means that all maintenance (scheduled) prescription medications for every patient in the home are filled and delivered monthly on a 28 or 30 day cycle to be started at the same time on the same day. This reduces the amount of time a facility has to spend reordering, reduces the amount of trips to the pharmacy, and allows the pharmacy to help coordinate refills as needed. At the pharmacy, each facility has a 'start' date that dictates when meds will be filled, packed, delivered and started. It is important that both the pharmacy and facility are on the same page as far as the start date so each patient has the medication they will need for the entire batch cycle. Generally, patients that live in an assisted living facility/skilled nursing facility

are not allowed lost med overrides through their insurance since they have caregivers who are responsible for administration of medication. If a med is lost or destroyed for whatever reason, please let the pharmacy know so they can keep your patient on batch with the rest of the home's patients. The goal of batch filling is to help take stress off the facilities so they can spend their time caring for their patients instead of running after medication. Please call the pharmacy if you have any questions about how your batch works or if you are interested in setting up your home!

THE POWER OF YOGURT

Did you know that your digestive tract contains more than 400 types of "friendly" bacteria? These little guys, commonly referred to as probiotics, help reduce the growth of harmful bacteria and promote a healthy digestive system. It appears that when the digestive system is kept healthy, other body systems greatly benefit as well. Probiotics may:

- Protect against infection
- Enhance and boost the immune system
- Promote and improve digestive health
- Assist in the management of inflammation
- Reduce cholesterol levels
- Decrease the risk of certain cancers

It's important to note that each type of friendly bacteria has a specific health benefit to the body. With over 400 different types of probiotics identified, researchers are just starting to uncover the health roles and benefits of each.

Some food sources of probiotics are primarily in dairy products - one main source being yogurt.

Look for a yogurt that contains the "live and active culture" sign on the label. (See picture)

Pay close attention to the expiration date because these live bacterial cultures can diminish with time. Try to eat a serving of yogurt each day to help you stay healthy. Watch the sugar content, however, since some yogurts can contain as much sugar as ice cream. A good option is to get plain yogurt, and to add fresh or frozen fruit to it. A delicious, yet healthy snack!



NOW OFFERING FOOT CARE SERVICES!

We are happy to announce that MedSave is now offering foot care services to our community. Feel free to call us with any questions!

MedSave Foot Care

- Nail trimming
- Ingrown nails
- Removal of corns & calluses
- Foot massage & skin conditioning
- Cost: \$35.00 (must have an appointment)

Diabetes Foot Care

- Custom fitted diabetic shoes & inserts
- Diabetic socks (variety of colors)

Compression Stockings

- Available in a variety of colors

Call Cathy at MedSave today at 759-1222 to make an appointment.



DID YOU GET YOUR FLU SHOT?



Did you get your Flu Shot for the 2011-2012 flu season?

If not, you still have time! We can come to your home and administer Flu Shots to your residents and staff members.

If you are interested in this service, please call Aimee at MedSave at 759-1222.

FREE EXERCISE CLASS AT YOUR LOCATION!



Don't miss the opportunity for our Exercise Physiologist, Alisha Spielman, to come to your home and teach a group exercise class to your residents and staff. Please refer to the flyer that was inserted in the August newsletter. If you have questions or would like to schedule your free session, please call Aimee at MedSave at 759-1222. The session will last approximately 30 minutes.