

CLINICAL TIP OF THE MONTH

Many patients use nutritional supplements to help them achieve their health-related goals and to augment their diet. Your patients may have a line of supplements they feel comfortable taking and feel are very effective. If your patients get their supplements and over-the-counter medications someplace other than their regular pharmacy, it is important to provide a list of the products, strengths, and how the patient

takes them for the pharmacist. The pharmacist can document these products and check for drug-drug interactions between the supplements and the patient's prescription medications. Monitoring for safety is one way your pharmacist can help your patients make the most of their nutritional supplements and prescription medications!

FEATURED HOME

Odayin House, AFC, an affiliate of Rule 36 Limited Partnership of Duluth. The mission of Rule 36 Limited Partnerships of Duluth is to provide secure and comfortable accommodations for individuals with disabilities. By improving quality of life through a variety of residential services and focusing on respecting individual care needs, we foster hope and independence to those living in our residences. Welcome Home!

Services:

- 24 hour supervision
- Mental health consultation and supervision, including treatment planning
- Community mental health services
- Crisis intervention & planning
- Intensive life and community skills training
- Therapeutic self guided activities to stimulate growth
- Nursing services



Odayin House

- Planned activities & support for community involvement
- Referral and program development for emerging skills & mental health issues
- Assistance with medications, scheduling appointments, transportation
- Will accommodate for cultural and spiritual needs on an individual basis

NUTRITION TIP - Gluten Intolerance and Gluten Sensitivity

Gluten intolerance and Gluten sensitivity are becoming more common in the recent past. Maybe you have been experiencing gastrointestinal (GI) difficulties and wonder if you should alter your diet to improve your quality of life. Diet modifications are no doubt important to reduce GI complications such as bloating, diarrhea, constipation or pain. However, it is very important to be properly diagnosed by qualified medical professionals before you make diet modifications on your own. This is guarantee that you are treating the correct disease, as well as be tested for nutrition deficiencies or to rule out all other potential disease states. If you have general nutrition questions or concerns, feel free to contact me at (218) 556-2970. We

can set up group education or private consultations for your specific dietary needs. - *Kristin Klinefelter, RD*

FLU Shots!

Would you like a pharmacist to come to your home and administer flu shots for your residents and staff? Call Aimee at MedSave for more information and to schedule a date!

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medsaveltc.com