

Coming Soon!

You will find your very own brown bag in the February 2008 issue of the Derby Horizon. The directions shown here will also be printed on the outside of the bag.

This program is provided to you by the City of Derby Safety Education Program, which is funded from fireworks stand fee proceeds. The Brown Bag Check-Up initiative is being coordinated by the Derby Senior Center.

Questions? Call the Derby Senior Center at 316-788-0223.

The City of Derby's mission is to create vibrant neighborhoods, nurture a strong business community, and preserve beautiful green spaces.

Derby values healthy living. The Derby community is committed to providing a clean environment, recreational facilities, and opportunities for community engagement.



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The Brown Bag Check Up



How a little brown bag can help you save your life and your money.

How To

The “Brown Bag Check-Up” could be one of the single best things that you can do to avoid medication mistakes and cut down on unnecessary medications. A brown paper bag and a few minutes with your pharmacist may hold the key to safer use of medications.

To do a “Brown Bag Check-Up” first put all of your medications and over-the-counter (OTC) products into a plain brown paper bag or any other disposable paper product. Then take your brown bag to your local Derby pharmacist.

Include OTC and prescription drugs, herbs, vitamins, dietary supplements, topical treatments (such as ointments, creams or any homemade remedies).

Make the Brown Bag Check-Up an annual - or more frequent - habit. It is important that you and your healthcare professionals are informed about all medical products you take.

Participating pharmacists include Damm Pharmacy, Dillons, Walgreens and Wal-Mart.

Benefits

The entire Derby community can benefit from a brown bag check-up. Parents of young children can increase their awareness of mixing OTC drugs by providing their pharmacist with medications and ages of their children. For example, the American Association of Poison Control reports more than 30,000 cases of acetaminophen overdoses annually.

Adults that take more than one type of medicine, whether it be prescription, OTC or natural products can also consult with a pharmacist to see if what they are taking is safe, duplicates or could be harmful.

Other benefits of a Brown Bag Check-Up:

- Evaluates the right medicine for your medical condition
- Eliminates drug duplication
- Avoids drug interactions
- Corrects inappropriate dosages
- Removes drugs that may counteract with one another
- Gives peace of mind and health of body

Tips on Safe Medicine Use

Learn about your medicines

- Read labels
- Read package inserts
- Follow the directions

Keep track of side effects and tell your doctors right away about unexpected symptoms or the way you feel.

Use a calendar, pill box, or other reminder to help you remember what you need to take and when to take it.

Know the names and dosages of medicines you take for each medical condition.

Consult your doctor, pharmacist or health care professional about your medical conditions and health concerns.

Keep all doctor appointments and follow-up appointments for tests.

Take along a friend or relative to your appointments. Having another set of eyes and ears will help you to ask appropriate questions and will help you remember what you need to do once you leave the doctor's office.

(Food and Drug Administration Center for Evaluation and Research)