

# Brown Bag It!



## Have Your Medications reviewed by a Pharmacist.

Most Americans on the average fill a dozen prescriptions annually, and after age 65, they may fill up to 30 prescriptions every year. Many people take multiple medications, in addition to vitamins and other supplements. It can be a challenge to keep them all organized. Are they all working in the proper manner?

The Hanover Health Department, is offering a free Brown Bag review of your medications. During a Brown Bag Review, Marlene Peterson, a retired registered pharmacist will sort through your medications to make sure you understand what each medication is for; how and when it is best to take it, how to store them, and answer any other questions you may have. The pharmacist will also look for any interactions between your many medications in case some are interfering with the effectiveness of others, and to make sure that you are safe with your current regimen. You will leave with a clearer understanding of your current medications.

Call the Hanover Township Health Department @ 973-515-6667 for an appointment. Appointments will be available the 2<sup>nd</sup> Wednesday of the month from 1:00 PM - 3:00 PM. On the day of the appointment bring all your medication; prescriptions and over the counter, including vitamins, a list of health care providers and their phone numbers, a list of medical conditions, a list of allergies and any medication organizers such as a pill box to the appointment. The appointment should take approximately 30 minutes, please allow enough time.

## Call 973-515-6667 for an appointment today!

