

THINK **act** be healthy

March 2010



March 1st - 6th

Pharmacist Awareness Week

How Your PROfile Pharmacist Helps You

There's more to your pharmacist than meets the eye. Do you know about the many ways pharmacists can keep you in good health? Laws are changing across Canada to give pharmacists more responsibility. In some provinces, pharmacists are able to:

- Prescribe drugs for minor illnesses
- Independently provide refills
- Give routine immunizations and
- Screen for certain diseases

...pharmacists also assist you in managing your health by continuing to:

- Perform medication reviews
- Work with physicians to monitor your progress
- Teach you how to use specific devices (ie. diabetes monitors, asthma inhalers)
- Talk to family members to help them understand the nature of your illness
- Host health clinics to provide extensive patient information
- Provide screening tools and tests to identify problems as they arise
- Create special packaging to make it easier for you to remember to take your medication

Source: http://www.pharmacists.ca/content/hcp/Resource_Centre/Pharmacist_Awareness/pdf/PAW_09brochure-en.pdf

For more information on services at your pharmacy and a complete checklist of First Aid Kit Supplies visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought... **Sobeys Dietitians Have a World of Healthy Ideas for You**

Cook Once, Eat Twice!

You can save time and energy by using leftovers. Keeping food for leftovers will also control your portions and save money by reducing food waste.

Be creative with leftovers. A leftover food can be made into a new meal.

- Cooked meat – add to salads or use in a sandwich
- Cooked pasta or rice – add to casseroles, soups or salads
- Cooked vegetables – use to fill half your dinner plate

Body & Mind

A Checklist of First Aid Supplies

Emergencies can happen anywhere at any time. It's important to have a First Aid Kit handy, just in case something does happen. Your PROfile pharmacist can help you to prepare a first aid kit personalized to your needs at home or abroad.

Source: <http://www.thefreelibrary.com>

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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