

Telephone Directory

Employee Health Benefits (EHB)  
(941)748-4501 x6403

Nurse Advocates (941)741-2963

Lifestyle Assistance and  
Modification Program (LAMP) (941)741-2995

Diabetes Program (941) 748-4501 x6410

Nutrition Program (941) 748-4501 x6464

Tobacco Advocate (941) 748-4501 x6464

Fitness Programs (941)748-4501 x6280

Pharmacy Advocate (941) 748-4501 x6406

Optum Rx (800) 562-6223

Precertification (941) 741-2963

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**American Pharmacists Month**

**What is a Pharmacist? And What Can Your Pharmacist Do For You?**

You are more than likely familiar with the dispensing part of what a pharmacist can do for you. While to most people that is their main visible role, there are many other things that your pharmacist can do for you, or is already doing for you. The first of which is making sure that the medication you were prescribe is safe for you. While filling your prescription your pharmacist will take a look at your full list of medications, and allergies. Using this he or she will decide if this medication will be safe for you to take.



Pharmacists are also one of if not often the most accessible healthcare professionals. You can often walk into a pharmacy during any hours of operation, and speak to a pharmacist without an appointment.

During these visits to talk to the pharmacist, he or she can help you with many things. For example, pharmacists can help you choose an over the counter drug. The choices at times can seem overwhelming but your pharmacist is there to help you. By explaining your symptoms they will be able to point you in the direction of the best product to purchase. If your symptoms are more severe, they will be able to refer you to where you need to go for treatment. The pharmacist will also be there to help you with any medication questions you might have, such as how to take a medication, when to take it, or side effects that you are likely to experience.

**Where to Find Pharmacists**

Pharmacists are a very important part of health care. They are on the front lines and get to be one of the first people to help someone who is sick. Most people know pharmacists as someone at the local store who gives a patient their medicine and maybe helps someone pick a drug to make them feel better. But what people don't realize is how many different areas pharmacists actually work in. Since October is American Pharmacists Month, let's take a look at a few of the different places you could find one of these professionals.

**Community Pharmacist:** A community pharmacist is what most people think about when they hear the word pharmacist. It is someone who works at the local store that people bring their prescriptions to. The community pharmacist will read the prescription, find the right drug, talk to the patient about the medicine, and send them on their way. But a community pharmacist's job is much more than just counting pills. One of the best ways community pharmacists can help their patients is by making sure they get the best over-the-counter product. When a patient does not want to go to the doctor or only needs minor aid, a pharmacist can help them pick the best over-the-counter product for them. This can save the patient time and money while still getting the treatment they need.



**Clinical Hospital Pharmacist:** A clinical pharmacist in a hospital is another important type of professional. Pharmacists are known to be experts when it comes to drugs. Since people in the hospital always need drugs, a pharmacist in this setting can provide a lot of value. These professionals will work with doctors and patients to figure out the best medication plan possible. They think about the patient's entire background and suggest a treatment to the doctor. This way, the drug experts get to use their medication knowledge and help the patient. (continued on next page)

**Pharmacist in a College/University:** While a lot of people don't know about this type of pharmacist, they can still have a big impact on healthcare. Being in academia means they are able to teach at a University and study new areas of pharmacy. The main job of this type of professional is to train new students to become pharmacists. However, they also do research to help people understand difficult diseases. Scientists use this help from pharmacists to come up with new drugs to treat important disorders. Whether it is teaching at a university or doing research, this key type of pharmacist can add a lot of value to healthcare. That's not all - here are some other places pharmacists can be found: health plans, the government (FDA and DEA), specialty pharmacies, compounding pharmacies, and pharmacy sales.

**Questions to Ask Your Pharmacist**

When you walk into your local pharmacy to either pick up a prescription or an over-the-counter medication, sometimes the directions and information on the label can be confusing. Whether you are nervous or unsure what to ask about starting a new medication, pharmacists have extensive knowledge of these medications and are available to answer questions at the pharmacy. Pharmacists want to develop a strong relationship with their patients and help achieve positive health outcomes. Ask your pharmacist any questions you have about your medication. They want to make sure you fully understand your medications to improve proper medication usage and prevent any unwanted side effects.



Questions to ask your pharmacist include:

- What is the name of this medication and what is it for?
- How should I use this medication?
- What should I do if I forget to take a dose of my medication?
- How long should I take this medication?
- What are possible side effects of this medication?
- What should I do if I experience a negative reaction to my medication?
- Are there any food products that I should avoid on this medication?
- Is this medication safe to use with my other medications I am currently taking?

**New Generic Medications**

Brand Name	Generic Name	Indication
Actilate	Doxycycline Hyclate Tab	For the treatment of infections
Relpax	Eletriptan Hydrobromide Tab	For the treatment of migraine headache with or without aura in adults
Vigamox	Moxifloxacin HCl 0.05% Eye Drops	For the treatment of bacterial conjunctivitis.



Manatee County Government's Center for Health & Lifestyle Management \* [www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

**Manatee Health Disclaimer**

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:  
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