



## Healthy Bites Episode 28 – Medication safety

Hi, my name is Muhammad, and I'm a pharmacist at Central Coast Health.

A lot of my job involves talking to people about medication safety.

Medication safety ensures that people are informed about their medicines, and understand their own medicine needs and risks.

This is important as we age, as for many people the number of medications prescribed increases. There's also lots of research that tells us medicine type, number and combination can really increase your risk of falling.

One of the most common reasons people have unexpected medication side effects is not taking medication correctly. It is important that people understand why they are taking each medication, how to take and store it, and what to do if you have unexpected or serious side effects. You can do this by regularly discussing your medications with your doctor or pharmacist.

Lots of people also don't realise that "medicines" include natural or complementary products, drops or patches bought from a pharmacy, supermarket, or health food store. It is important your doctor knows if you take any of these too, as they can have an effect on other prescribed medications you are taking.

Also, make sure you check for and throw out any out-of-date medication you may have in cupboards at home, and never take someone else's prescription medication. Any pharmacist can dispose of unwanted medicines safely, and are always happy to help!