

NEWSLETTER

March, 2026



Better My Meds
Medication
Management Services



I was asked recently why medical professionals don't always provide complete information about medication side effects. You may have wondered that, too. There are a number of reasons medication counseling isn't exhaustive, and it involves your whole healthcare team (including you!).

First, your doctor has a legal duty to discuss with you the risks and benefits of medications, but they have limited time and so may miss some of the important points.

Pharmacists also have a legal duty to counsel, either face-to-face or in written form. When the pharmacy staff asks if you have questions for the pharmacist, do you say "yes" or do you "sign here" to decline counseling? If you decline, the written information stapled to the bag serves as the required counseling.

So here's YOUR responsibility. Instead of going home and reading the written information, say "yes" when asked if you want to talk with the pharmacist! Tell them you want to know the risks and benefits of your new medication. Or [contact us](#) at **Better My Meds** -- We'll make sure you have all the important, and individualized, information you need to get the best health outcome from your new medication!

News You Can Use

Vaccine recommendations

There've been changes to official vaccination guidelines for both adults and children. You may know that many medical professionals have lost trust in the guidance provided by CDC. Who's going to help you decide what vaccines are right for you and your loved ones? Your doctors, nurses and pharmacists are the best sources of information, and they need science-backed guidelines they can trust to provide the best care.

It turns out that many medical organizations and state health departments have developed vaccine recommendations to guide their members. And national pharmacy organizations have endorsed some of these guidelines. Your healthcare professionals now have trusted sources for information about efficacy, safety, and timing of vaccines. These [helpful guidelines](#) from [immunize.org](#) are now available to your care providers in one place, along with CDC and FDA guidelines. You can also find [vaccine information](#) for you, the patient or parent.

Vernal Equinox March 20th!
Spring is coming!

Upcoming Events

Chelsea Senior Center
April 8 11:15 am

Immune Support for Adults –Boost your immune system with the right combination of diet, vaccines, and medications. Our pharmacist and dietitian will discuss how to support your immune health naturally and safely.

Dexter Senior Center
April 20, 1 pm

High Blood Pressure -- Hypertension is a common health concern. We'll talk about its causes, why it's dangerous, and how lifestyle choices and medications work together to lower blood pressure.

