

NEWSLETTER

April, 2026



Better My Meds
Medication
Management Services



The annual convention of the American Pharmacist's Association was held in Los Angeles last month. Energetic and passionate pharmacists of all ages were there, sharing new information with one another. I talked with pharmacists from all across the country who are doing exactly what **Better My Meds** is doing – working with patients like you to provide education, support, and better health outcomes.

We pharmacists have heard the question, “Do I really need ALL of these medications?” more times than we can count. It seems our health care systems have gotten more wrapped up in helping people afford all their meds than in making sure all those meds are necessary and safe. Pharmacists who focus on [Medication Management](#) believe both goals are important.

Doctors follow guidelines to prescribe the right meds for each diagnosis. But most doctors may not know that, when it comes to stopping unneeded or unsafe meds, there are also [guidelines for deprescribing](#). Deprescribing starts with listening to our patients' concerns, identifying meds that might not be needed any longer, then working with the patient and prescriber to develop a plan. [Contact us](#) for more information!

Upcoming Events

Milan Seniors for Healthy Living
May 11, 11:00 am

AND

Saline Area Senior Center
May 11, 2:00 pm

Medication Side Effects: Side effects may happen when you first start a med, but sometimes they happen after months, or even years. Knowing what to watch for down the road is important. We'll talk about side effects of some common meds, the “duty to warn” of your healthcare providers, and what YOUR role is in keeping track of your response to meds. We'll leave plenty of time for your questions about side effects, too!

News You Can Use

The 2026 Tick Season Came Early Again in Michigan



It's expected to be an active tick season too, partly due to early warming and higher temperatures overall. Just this past January, the Michigan Department of Health and Human Services declared that Michigan is now considered a “High Incidence” state for Lyme disease. And the number of ER visits for tick bites has gone up significantly here over the past several years.

Tick bites are already bringing patients to ERs here in Michigan, though there aren't any reported statistics yet for this year. The Lone Star tick (above left) and deer tick (below left) are two of the common ticks found here in Michigan. They can both carry diseases, so between mid-March and the end of November we must all be on the lookout.

The CDC has helpful information about how to [prevent tick bites](#) and what [diseases](#) and [other syndromes](#) they may cause. Here's a [previous post](#) of what to do if you're bitten by a tick. Though the post is from 2024, the recommendations are still current.