

NEWSLETTER

June, 2026



Better My Meds
Medication
Management Services



Are you tired yet of everyone talking about AI (artificial intelligence)? I find it hard to ignore. Some of you may be keeping your distance from AI, while others may have jumped in with both feet. AI can definitely be of help in some situations, as long as we use it wisely.

We all need information about health and medications, and there's lots of it available on the internet. Some is good, and some is questionable. If we ask an AI "chatbot" a question, how can we be sure it's answering with objective information from reputable sources?

If you need quick information, I suggest ignoring that "AI overview" that pops up first with every Google search. Scroll right past it to look for sources you trust, and review two or three of them for yourself.

But sometimes we want to get into the weeds about a health issue, and we may not even know where to start. Asking an AI source like Gemini, ChatGPT, or others a detailed question can move us forward way more quickly than doing our own search. That, of course, is the beauty of AI. The secret is in verifying the answer you it gives you. Often the chatbot will provide references, but if not ask for its sources. Then take time to look at them. Are they reputable and objective? Did AI summarize them well?

And whether AI gives you the answer you hoped for or not, ask it if it can find any references that disagree with that point of view, and see what it says.

By looking carefully at the information AI feeds us, we're more likely to get the full value of what it offers. And always remember, when you have questions about health and medications, you can always [contact us](#) at **Better My Meds** for help!



Upcoming Events

Milan Seniors for Healthy Living
July 13, 11:00 am

AND

Saline Area Senior Center
July 13, 2:00 pm

The Role of Medications and Lifestyle Choices in Cognitive Health – Join us to explore the many ways we can support our brain health, stay mentally sharp, and reduce our risks of cognitive decline in the future.

Washtenaw Support Network for Caregivers
July 14, 1:30 pm
Location TBA – [Contact us](#) for info!

How to Be an Active Player on Your Healthcare Team – Long med lists and multiple doctors can make healthcare complicated. It may feel like we're not in charge of our own health. Learn how to take a more active role, and why it matters.

Chelsea Senior Center
July 15, 11:15 pm

The Power of Deprescribing -- Doctors are good at prescribing meds, but considering if/when to stop them isn't always a priority. Join us to learn about deprescribing – what it is, why it's important to your health, and what your role can be.

Dexter Senior Center
July 21, 12:30 pm

Heartburn – a common but annoying problem -- We'll talk about the causes and symptoms of reflux disease, and how to choose between available nonprescription treatments.