

NEWSLETTER

October, 2026



Better My Meds
Medication
Management Services

Back in the “old” days (when I was in college for my first pharmacy degree) you could graduate high school, get your pharmacy degree in 5 years, and be a licensed pharmacist by the time you were 23.

But research was beginning to make it clear that pharmacists with advanced training could help physicians provide better health outcomes for their patients. Pharmacists could go on to become a PharmD (Doctor of Pharmacy) and be better prepared to assist in the healthcare of their patients. I signed on and am so glad I did!

Now, all pharmacists graduate with a six-year PharmD degree, many after already obtaining an undergraduate degree. You can be confident that your pharmacist (wherever they practice) has extensive training in the use of medications, and how those meds affect health.

Unfortunately, because of low reimbursement rates from insurers, community pharmacies typically can only afford to hire enough pharmacists to fill prescriptions safely. So they don't have time to share all the helpful knowledge that could help you get better value from your meds.

I'm hopeful that community pharmacies will find a way to make their pharmacists more accessible to patients. A way to put routine counseling back into their day-to-day business. And I'll keep working with my profession to prioritize that change. You deserve to get the benefit of all the information pharmacists have to share.



Until then, **Better My Meds** will continue to do what pharmacists do best. I want you to be confident about your meds. To know what each one is for, why it's important to your health, and what problems to watch out for as you continue to use it. I want you to know how to be sure your meds are all working for you, or when it's time to ask your doctor if one of them should be stopped. I want your medication regimen to be as simple as possible so you don't have to build your day around taking your meds. And I want you to have confidence talking with your doctor about your health.

If you or someone you know could use a little help with their meds, **Better My Meds** is ready to help! And remember, you can [purchase a gift card](#) for that “someone” who just needs a little push to get started. 😊

As always, [contact us](#) at **Better My Meds** if you'd like more information. We love hearing from you!

Upcoming Events

Milan Seniors for Healthy Living

November 9, 11 am

and

Saline Area Senior Center

November 9, 2 pm

Heartburn: a common but annoying problem

-- Heartburn and GERD (gastroesophageal reflux disease) are common and uncomfortable problems. We'll talk about the causes and symptoms of heartburn/GERD, and how to choose between the available treatments.

Dexter Senior Center

December 1, 1 pm

Medications and supplements for eye health

-- Eyesight is precious. But dry eyes can make vision blurry and eyes irritated. And what about supplements and vitamins intended to improve eye health? Join us to talk about meds and supplements intended to improve eye health.