

# Community Health Coalition, Inc.

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## Health Sunday Topic: Safe Use of Non-Prescription Drugs

**Hazel Richardson, PharmD, RPh, Clinical Pharmacist at Lincoln Community Health Center states:** “When it comes to medications, too much of a good thing may be harmful. It is important to use over-the-counter drugs and herbal remedies safely.”



### June is National Safety Month

For more information, read Today's Health Sunday Flyer; and refer to the following websites:

[www.safemedication.com](http://www.safemedication.com)

[www.webmd.com](http://www.webmd.com)

### HEALTH SUNDAY IN THE BLACK COMMUNITY

is a program of Health Tips.

It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goers each 4th Sunday.

Today's Health Tip is:

“Stroke Prevention”

in the African American Community.

**REMEMBER:  
A HEALTHY DURHAM  
INCLUDES YOU !!**

**Note:** Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

## Make changes in your health for life, TODAY!!

### Tips for Using Medications Safely

Hazel Richardson, PharmD, RPh

#### General

- Keep a list of all your medicines (prescriptions, over-the-counter drugs, herbal remedies, and supplements). Share it with your doctor and pharmacist.
- Keep a list of medicines to which you are allergic. Share it with your doctor and pharmacist as well.
- Take all prescription medicines as prescribed. Tell your doctor if you are taking them differently.
- Learn the names of all of your medicines and learn why you are taking them.
- Ask questions! Especially if there is a change or if there is something you do not understand.
- Remember that you can always ask to speak to pharmacist if you have questions about your medicines.

#### Over-the-Counter (OTC) Pain and Fever Medicines

- Do not take more than 4,000 mg of acetaminophen (Tylenol®) in 24 hours. Each tablet can have 325-500 mg of acetaminophen. Taking too much can cause liver damage.
- Always eat a healthy snack before taking ibuprofen (Motrin®, Advil®) or naproxen (Aleve®) to protect your stomach.
- If you take OTC pain medicines daily, be sure to keep close watch on your blood pressure



#### Alternative Medicines

- Remember that the term “natural” does not always mean “safe.”
- Always tell your doctor and pharmacist about herbal remedies and supplements you may take; especially if you take a “blood-thinner” or have cancer, HIV, or other serious conditions.
- Herbal remedies should not be taken by children, pregnant women, or nursing mothers without a approval by a physician.
- Only choose supplements, herbal remedies, and alternative medicines that provide 1. Dosing advice, 2. An expiration date and a lot number and 3. Manufacturer’s name, address, and telephone number

**A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.**