

Pharmacy or provider? For seniors and medication, it matters

ANCHOR LEDE

When getting medication, seniors with mobility issues might opt for a quick pharmacy trip instead of a doctor's prescription. Experts warn that could lead to unintentional misuse and serious side effects.

TAKE VO

OSF HealthCare geriatrics expert Doctor John Rinker says medications for pain, acid reflux, nasal congestion, allergies and sleep are often overused.

Doctor Rinker says seniors and their caregivers can look into *virtual* doctor appointments if they can't get to the office. Caregivers should also watch medication use carefully.

SOT

Dr. John Rinker

OSF HealthCare internal medicine physician

(NOTE FOR MEDIA: either sound bite or both are suitable for use)

"You can read medicine packaging, but sometimes it's really difficult to understand the language. It's not always clear cut for the average person. So, your primary care provider is the best person to ask questions of. They'll have your chart and other information. They can give you a response that's tailored to your needs." (:30)

"Your provider might have a different prescription medication or a safer over the counter alternative that works well for you. Or maybe they can figure out a way for you to take your current drug in a healthier manner." (:24)

VO TAG

Have your health and medication history handy for your doctor. This helps them prescribe you something that won't impact other meds you're taking.