

Pharmacy or provider? For seniors and medication, it matters

Run time - :40

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. Tim Ditman of OSF HealthCare has more.

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

Doctor Rinker says caregivers should watch medication use carefully. Seniors can also look into *virtual* doctor appointments.

\*\*\*SOT\*\*\*

Dr. John Rinker

OSF HealthCare internal medicine physician

**"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)**

I'm Tim Ditman.

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ANCHOR 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.