

## **COMING EVENTS NOTICE**

### **Medication Safety Sessions for Older Manitobans**

(October 16, 2014) For Immediate Release

Talk to a pharmacist! Winnipeg seniors are invited to attend one hour information sessions on medications that could help them avoid medication incidents and learn safe medication practices like keeping an updated medication card, knowing your medications and how to properly store and dispose of them. There will be refreshments, snacks and door prizes. The sessions are free but people must phone to register.

The sessions will be held at:

- 1 p.m. Monday, Oct. 27 at Sturgeon Creek II, 707 Setter St. Register at 204-885-0303
- 1 p.m. Tuesday, Oct. 28 at Riverwood Square, 1778 Pembina Hwy. Register at 204-275-7632
- 10 am Wed. Oct. 29 at Portsmouth Retirement Living, 125 Portsmouth Blvd. Register at 204-284-5432
- 2 pm Thursday, Oct. 30 at River Ridge I, 50 Ridgecrest Ave. Register at 204-589-2273.

The sessions are sponsored by Winnipeg Regional Health Authority, the Manitoba Institute for Patient Safety, the Manitoba Society of Pharmacists, the College of Pharmacists of Manitoba, and the Long Term and Continuing Care Association of Manitoba.

#### **Background Information:**

According to a June 2014 Statistics Canada article on prescription medication use among Canadians, Canadians over 65 years of age are a high-risk group for medication incidents:

- 83% took prescription drugs;
- 70% took more than one prescription drug;
- About 30% took five or more prescription drugs.

Prescription medications are the second most costly component of health care, accounting for almost 14% (\$29 billion) of Canada's annual health care spending in 2013.

Medication side effects have been shown to be a common cause of avoidable hospital admissions. A better understanding about safe medication use lessens the potential dangers to older adults and is key to getting the most health benefits. Talking to your doctor, pharmacist and other health providers about the medications you use can help you to benefit the most from the medications you take.

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