

Rx Safety AVOID Mistakes It's a good idea

Your doctor and pharmacist probably know about the memory device AVOID Mistakes. It helps them remember to ask you all the right questions when prescribing or filling a prescription for you.

As a health care consumer, it's important for you to know about AVOID Mistakes, too. Here's how it works. When you receive a prescription, ask your doctor, pharmacist and yourself these questions:

Allergies?

- Do I have a history of allergies or previous history of adverse reactions to this or any drug?

Vitamins and herbs?

- Do I use vitamins, herbal supplements or other natural products that may interfere with this medication?

Old drugs and Over-the-counter (OTC) drugs?

- Have I taken a prescription or OTC drug recently? Should it be considered since some of the effects (toxicity or potential for drug interactions) could be long-lasting?

Interactions?

- Is there a possibility of an adverse drug interaction with another medication I am taking?

Dependence?

- Do I need to establish a behavioral contract with my physician in relation to drug dependence or a therapeutic plan?

Mendel: Remember the geneticist you learned about years ago?

- Does my family have a history of benefits or problems with any medication?

If you'd like more information about medications and drug interactions, visit the Food & Drug Administration Web Site at: www.fda.gov

It's easy to take a "wait and see" approach if you are not sure if you are dealing with an emergency. However, it's really not a good idea to self-diagnose and then hope a situation will get better. Call AvMed's Nurse On Call 24-hour telephone line at 1-888-866-5432. You can speak confidentially with a registered nurse about any health concern.

Sunflower Seeds— A Healthy Crunchy Treat



Here's a bright thought: Sunflower seeds are considered the best whole food source of vitamin E—a nutrient the 2005 U.S. dietary Guidelines identify as lacking in American diets.

For the first time, the Dietary Guidelines focus on eating nutrient-dense foods not only to reduce the risk of chronic disease, but also to improve the health of Americans. Vitamin E, which is hard to get from foods, is thought to boost immune function and improve short-term memory while preventing heart disease, Alzheimer's and dementia. USDA data shows a one-ounce serving of sunflower seeds provides 84 percent of the Daily Value for vitamin E. The seeds are also rich in fiber, which can reduce the risk of cardiovascular disease and diabetes.

— NAPS

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