

# MEN'S HEALTH AWARENESS AND MEDICATION MANAGEMENT

Presented by:  
Dr. Darius Russell, PharmD & Dr. Edward Clemons D.D.S



**Happy Men's Health Awareness Month! Before you begin reading this month's**

**health tip, please let us know how we're doing by taking the survey below.**

**Thank you!**



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# Important Tips For Managing Your Medications:

- Get to know your pharmacist and your medications.
- Be an advocate for yourself and loved ones. Don't be afraid to ask your pharmacist or doctor about your medication(s). It is good to know what medication(s) you are taking and why you are taking it.
- Taking medication as prescribed by your doctor helps control and manage chronic illness such as hypertension and diabetes etc.

"As men we tend to veer away from asking questions, especially about our health and especially as we get older. Don't be afraid to ask questions! Ask your Provider and ask your pharmacist." says Darius Russell, PharmD, a Clinical Community Pharmacist from Russell's Pharmacy & uShoppe.

## Remember the ABCs of Medication Management:

Ask Questions

Become knowledgeable about your medications

Care for yourself by getting to know your Provider and Pharmacist

For More Information

Russell's Pharmacy & Shoppe (919)908-1060;

<https://russellpharmacyshoppe.com>

Senior PharmAssist (919)688-4772

<https://www.rxwiki.com>



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# Important Tips For Maintaining Your Overall Health:

## 1. FITNESS

- For 30 minutes each day, get moving! Whether you enjoy skating, swimming or playing ball.
- Incorporate cardio exercises in your workout routine!
- Stretch!
- Explore a different sport or a hobby you're interested in.

## 2. NUTRITION

- Eat a balanced diet of fruit, vegetables, grains and protein.
- You should drink 6-8 cups of water daily. A cup is equal to 8 ounces.
- Increase fruit and vegetable intake.
- Try to limit sodium intake.
- Try to limit intake of highly processed foods like fries, chips, candies, syrups and frozen entrées like pizza.

## 3. HEALTH

- See your medical doctor and dentist for your check-ups to prevent known conditions common to men.
- Know your family history.
- Get an adequate amount of sleep each night (6-8 hours).
- Try to always present your best self and keep up with your hygiene.

Everything above is done to help prevent chronic illnesses and diseases.

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## Screening:

Health Screenings are especially important as we age and / or if you are young with a family history of a particular disease. Screenings can provide early detection of an illness which can provide you with a better chance of addressing a health issue early on. Below are just a few common health screenings:

- Prostate
- Testicular
- Colorectal
- Cardiovascular
- Diabetes
- Mental Health

Remember, advocate for yourself and ask your doctor about screenings!

**For more about Health Awareness and Colorectal Screening, Please visit [www.communityhealthcoalition.com](http://www.communityhealthcoalition.com) or call (919) 470-8680 and / or email [contact@communityhealthcoalition.com](mailto:contact@communityhealthcoalition.com)**