



The Brain Buzz

A UAMS NEWSLETTER FOR STROKE SURVIVORS
AND THEIR CAREGIVERS

Support Group

The UAMS Stroke Support Group meets on the third Thursday of each month.

NEXT MEETING:
February 16, 2012

TIME:
11 a.m. - Noon

LOCATION:
UAMS Family Home
4300 W. Markham
Little Rock, Arkansas
72205

Feel free to bring your lunch. Dessert and drinks will be provided.

To register or for further information, contact (501) 686-7791 or email smithdanam@uams.edu.

Your Medications Are Important!

Follow Your Treatment Plan

It is important to follow the treatment plan that you and your doctor have decided on, just remember to ask questions and tell any needs or concerns. Talk with the doctor and pharmacist about any issues you may be having with your medications. Most problems can be avoided if you communicate what you are experiencing with your healthcare professionals.



Participate in Your Healthcare Treatment Plan

Don't be afraid to ask questions and voice concerns to your doctor or pharmacist. Sometimes it helps to make a list of the questions you have before your visit to the doctor. By asking questions you can avoid possible problems or added stress later. Try to use one pharmacy for all of your medications. Make sure the pharmacist has a complete list of your medications including anything that you use over the counter (this includes vitamins and herbal supplements as they can often interfere with your prescription medications.).

Storing Your Medications

Store all of your medications in one central location in your home out of the reach of children. In an emergency, this will help you to locate all of your medicines quickly.

Assure that your medications are stored in a cool dry area. Check expiration dates on your medications. Any medicines that are out of date or your doctor has discontinued should be thrown away.

Do not mix different medications in one container and assure that all of your medicines are labeled correctly.

Do not share or give your medications to anyone.

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FOR MEDICAL SCIENCES

Quick Questions to Ask Your Pharmacist

What is the name of my medicine and what will it do to my body?

How and when do I take the medicine?

How do I administer the medicine?

What foods, drinks and activities should I avoid while taking the medicine?

What side effects can occur?

What do I do if I miss a dose?

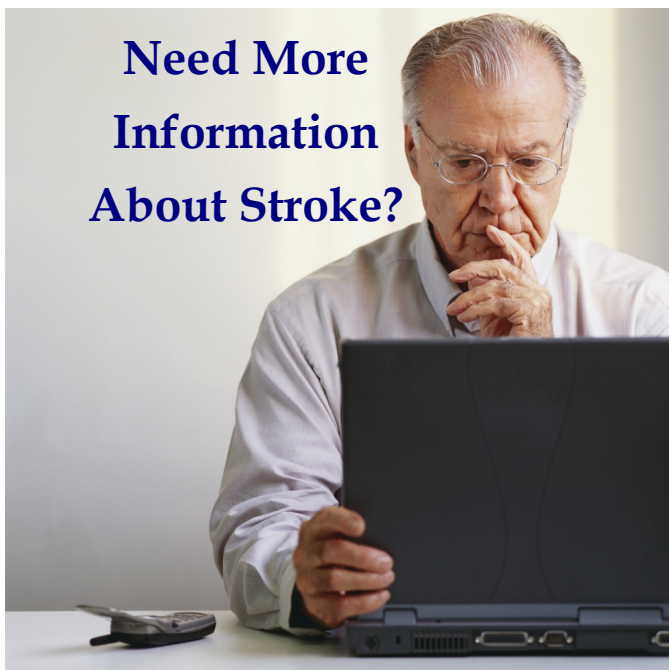
How do I store the medicine?



*"Anything you really want, you can attain,
if you really go after it."*

-Wayne Dyer

**Need More
Information
About Stroke?**



National Stroke Association

1-800-STROKES (787-6537)

www.stroke.org

American Stroke Association

1-888-4-STROKE (478-7653)

www.strokeassociation.org

UAMS Neurology Department

501-686-5838

<http://neurology.uams.edu/>