

Kickapoo Tribal Health Center Pharmacy Newsletter

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For call in refills
please call:
(405)964-2081
Press 6 or Ext 256

Email:
refills@kthcmcloud.com

Meet the Pharmacists

Lisa Lauderdale, PharmD	Pharmacy Director
Brian Dubala, PharmD	Deputy Director, Medbox Program Coordinator
Tracy Edwards, PharmD	ACC Manager, Diabetes Educator
Allie Halford, PharmD	MTM Pharmacist
Garrett Lafleur, PharmD	MTM & ACC Pharmacist

Pharmacy Hours

Monday–Friday 7:00–5:30

KTHC Advanced Pharmacy Services

Anticoagulation management for warfarin therapy by appointment & referral only. For questions see Tracy or Garrett.

Diabetes medication counseling. Pharmacist participation in KTHC P.R.I.D.E. AADE 7 education program. For questions see Tracy.

Medbox program for Kickapoo Tribal Elders. For questions see Brian.

Medication Therapy Management program. For questions see Allie or Garrett.



Pharmacy Refill Reminders:

- * Please include: full name, date of birth or chart #, refill all or name of medication(s)
- * Please allow 48 hour turn around time for refills (not including weekends or holidays)
- * Please allow 72 hour turn around time for controlled meds. Bring photo ID each time to pick up Rx.

Plan ahead with the upcoming holidays or winter weather. You can call in refills up to 6 days early.

Cough & Cold Medications & Diabetes or High Blood Pressure

It's that time of year again... tickle in the throat, runny nose, aches, chills. Cough & cold season is upon us & you will be asking what can I take for my symptoms. There are several factors to consider: if you have diabetes, heart or blood pressure issues, liver or kidney damage then not all medications may be safe. Always ask your health care provider what medications are safe for you to take before you start any new medication.

- ◆ **Decongestants:** Can increase both blood glucose & blood pressure. Ex: Pseudoephedrine or phenylephrine
- ◆ **Cough syrup:** May contain sugar, always read the label & look for sugar free if you are diabetic.
- ◆ **Prescription steroids:** Can increase blood glucose. Ex: medrol dose pack, methylprednisolone, prednisone, etc
- ◆ **Antihistamines:** Keep in mind that taking antihistamines can lead to dehydration if you are not drinking enough water. This can result in increased blood glucose & can have an effect on blood pressure as well. If you are taking antihistamines drink plenty of water. Also antihistamines are not cleared from the body as well in the elderly leading to increased side effects (dizziness, sedation, confusion, low blood pressure, dry mouth, & constipation). Always check with your pharmacist or doctor to see which antihistamines are safe if you are older or have kidney issues. Ex: numerous products available
- ◆ **Fever/Pain:** acetaminophen or ibuprofen/naproxen. These meds are cleared by either the liver or kidneys, if you have problems with either of these ask your healthcare provider if it is safe to take these.

Always read the labels & do not take more than the directions say to, doing so can put you at risk for increased side effects or worse. There are a lot of cough & cold products available over the counter. Some are single ingredient & some include multiple ingredients. If you have questions about which products are right for you or are safe for you to take, ask your pharmacist that is what we are here for!

If you have diabetes, always check your blood glucose regularly when you are sick to prevent a minor cough & cold from becoming a major illness.