Making the Most of Your Medications

Jack J. Chen, PharmD, RPh
Can you help me make the most of my medications?

Of course. This was the focus of my PharmD training.
What Works
For Who
What Context
Personalized Medication
UC San Diego Health  Helping You Make the Most of Medications

Ask for Medication Reconciliation

- Interactions
- Allergies
- Medical Conditions
- Meds
- Genetics
- Budget
- Side Effects
- Insurance
- Schedule
Medication Reconciliation

Discharge Meds

1. Carbidopa/levodopa 25/100mg three times daily
2. Lisinopril 20 mg daily
3. HCTZ 25 mg daily
4. Metoprolol tartrate 25 mg twice daily
5. Metformin 500 mg twice daily
6. Insulin as needed
7. Aspirin 325 mg daily
8. Plavix 75 mg daily
9. Pravastatin 40 mg daily
10. Esomeprazole 20 mg daily
11. MVI one tablet daily
12. Ferrous sulfate 325 mg daily
13. Ambien 5 mg at bedtime prn
14. Compazine 10 mg every 6 hrs prn for nausea

After Med Recon

1. Carbidopa/levodopa 25/100mg three times daily
2. Lisinopril/HCTZ 20/25 mg daily
3. Metoprolol succinate 50 mg once daily
4. Metformin 500 mg twice daily
5. Aspirin 81 mg daily
6. Atorvastatin 10 mg daily
7. MVI w/Iron one tablet daily
Talk to Your Pharmacist

Things to Tell Them

1. If your medication is / is not working
2. Side effects
3. If you’re NOT taking it as prescribed
4. Cost / Affordability
5. Trouble opening vials, reading labels
6. If too many medications
While you’re at the Pharmacy:

Get vaccinations:

✓ Influenza (flu)
✓ Pneumococcal
✓ Zoster (shingles)
✓ Others
If Pharmacist is busy, ask for the Pharmacist Intern
Forget to Ask a Question?
More Questions?
New Questions?

Pharmacist is available 24/7
Pharmacology Savvy
1.5 hours later, Sinemet pill still in stomach
Levodopa and Iron Supplements
Levodopa Together with Iron = Levodopa becomes less effective

Levodopa and Protein Supplements
Types of Protein Concentrates

1. **Whey** [dairy; branched chain amino acids]
2. **Milk** [dairy; 80% casein: 20% whey]
3. **Soy** [plant protein]
4. **Other**
L-Leucine
(Branched Chain AA)

L-Dopa
(Aromatic AA)
L-Leucine

Fraction absorbed (%)

- ■ without L-Leu
- □ with L-Leu

Levodopa

Distance from Home / Work to a Pharmacy

Urban area: average 2 miles
Thank You!!