

Are Your Meds Making You Sick?

Newburgh, IN - Dangerous drug interactions and common drug-induced illnesses are a hidden epidemic in the United States. Unqualified use and abuse of prescription drugs is becoming commonplace as many doctors prescribe multiple meds because either they don't have the time to fully diagnose, or worse, they are pressured to prescribe (sell) highly profitable drugs. In the United States alone adverse drug interactions cause death, injury or hospitalization to more than 2 million people each year and that number could be the tip of the iceberg, as millions of cases go undetected or unreported.

H Are Your Meds Making You Sick? A Pharmacist's Guide to Avoiding Dangerous Drug Interactions, Reactions and Side Effects is a highly accessible and clearly formatted quick reference for the layperson. Written by Robert S. Gold, RPh, MBA, a clinical hospital pharmacist and affiliate instructor of clinical pharmacy at Purdue University with over 27 years of experience, Are Your Meds Making You Sick, shows readers how to protect themselves by learning to think like a clinical hospital pharmacist. Gold lists "16 Rules of Safe Medication Use" that can help prevent the most common adverse and dangerous drug interactions. He then gives specific examples and scenarios featuring the thirty-six drugs that are the most prevalent offenders and explains how even seemingly good drugs can harm a patient's

kidney, liver, brain and heart if the patient's medical history and physical vulnerabilities are not taken into account.

As the U.S. population ages and there is a steady increase in the number of prescribed and OTC medications and alternative remedies, the topic of drug interactions becomes more important and newsworthy. Not only is Gold a pharmacist, but the author has personal experience dealing with dangerous prescription drug interactions. When Gold's own father began suffering side effects from medication, his expertise in the field made for a lifesaving diagnosis. As a pharmacist for over 27 years, however, Gold realized that most people don't have the experience and knowledge to identify adverse drug reactions or common drug-induced illnesses.

Are Your Meds Making You Sick? A Pharmacist's Guide to Avoiding Dangerous Drug Interactions, Reactions and Side Effects is written so that anyone can use and access the information to protect themselves and their loved ones against adverse drug interactions, reactions and harmful or lethal side effects. Gold uses a captivating forensic or "detective" style to walk the consumer through case histories of dangerous drug interactions in which he explains to the reader what went wrong and what dangerous drug interaction was involved. This device immediately engages readers and, by encouraging them to look with him for a solution to the problem presented, gives them a quick, practical understanding of the subject.

No other book on the market offers the scope and clarity of Are Your Meds Making You Sick? A Pharmacist's Guide to Avoiding Dangerous Drug Interactions, Reactions and Side Effects. By learning to think like a clinical hospital pharmacist we become aware of the common signs and symptoms of drug-induced illnesses and how to avoid them.



Students Raise Funds for the American Heart Association



Students at The Foundation Academy participate in Jump Rope for Heart Event for the American Heart Association. Elementary students jumped rope and played other activities associated with heart health. Middle and High school students organized

and participated in an "Endzone for Heart" flag football tournament, including a half-time presentation by the TFA Dance Team. All activities raised awareness of heart health issues and funds for the American Heart Association.



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