

Prescription Drugs

Medicine Cabinets

MEDICINE CABINET CLEAN-OUT

Falls are the leading cause of death due to injury among Canadians 65 and older. In Canada, falls account for over 87% of injuries resulting in hospitalization. Medications that cause sedation, orthostatic hypotension, or cognitive or psychomotor impairment are risk factors that increase a senior's risk of sustaining a fall.



The use of multiple medications at once is an ongoing problem among seniors as they can increase the risk of sustaining a fall. Furthermore, only a small percentage of people return medication to a pharmacy for proper disposal. Pick up your medication clean out bag at the Porcupine Health Unit or at one of our flu clinics and return your unlabelled, leftover or expired pills, ointments and liquids to your pharmacist.



A medication clean-out campaign is being implemented in the District of Cochrane. The objective is to encourage seniors aged 65 and older to clean out their medicine cabinets. **The Porcupine Health Unit** is striving to make this event an annual one.

To serve as a reminder to properly dispose of medication yearly, the health unit will be promoting and distributing medication clean-out bags during flu shot clinics. The reason you ask? You wouldn't forget to get your flu shot, let's not forget to get rid of our old medication too!

