



Total Fitness Training, Inc.

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From The Health & Fitness Workshop

Antique Medicines

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When In Doubt, Throw It Out!

If you have an interest in antiques, that is great. If you own an antique automobile, or antique furniture, or antique coins or dolls....wonderful! If you have some antique medications around the house get rid of them. The best methods: Flush them down the toilet, take the old meds to your pharmacy. They will dispose of them properly.

Old medications can lose their strength and effectiveness. They can spoil and even become harmful.

Throw out medications for internal use and external use if the date has expired. If you see any sediment or cloudiness in a previously clear liquid, do not hesitate. Get rid of it!

With medications that say "Shake Well" and you do "Shake Well" and you still see some separation in the liquid, down the toilet it should go.

Medicines in pill or capsule form that appear chipped, powdery, runny, soft or sticky, or have an unusual smell...throw them out!

It is cheaper and wiser to buy some new meds than to risk your health by taking an antique medication. You wouldn't try to swallow an antique chair or antique coins, would you?

If you have any doubts or you do not see well or you can not detect odors very well, take the meds to your pharmacist, a nurse, your doctor or to some one else for their opinion.

Do not give your old or out-dated meds to someone else like a friend or family member or a pet.

Keep your medications as fresh as possible

- Keep all meds in their original container.
- Keep meds in a cool dry place. In the hot car or over the oven is not a good place. Even the bathroom medicine cabinet is not a good place. The bathroom is humid and often gets hot and steamy.



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Keep your meds safe

- Store your medications up and away from children, especially during the holidays. Keep them off the kitchen counter...kids could mistake them as candy.
- If you have some antique meds this may be a signal to see your doctor for a check up. Ask for a healthy adult check-up.
- Always read and follow the directions. Take the meds as your doctor has prescribed. Call your doctor or pharmacy with any questions.
- If you have an adverse reaction to a medication, call your doctor.
- Half of all cases of pre-school children in the Emergency Room are from taking meds belonging to their parents or grandparents.
- *One last tip:* Some meds are expensive. If you are taking a medication for the first time, ask your pharmacist if you can get a small dosage at first. Then, if the medication agrees with you then you can get a refill with more pills. If the medication does not agree with you, you have saved some money.

Summary: Your medications can help you live a better Quality Of Life. Treat your meds with respect. The same meds can hurt you if not taken correctly.

*Wishing for you all a safe and happy holiday season, from all of us at Total Fitness Training, Inc.
Merry Christmas!*