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Avoid medication errors with these tips

Prescription medications are a necessity for many people. The American Academy of Family Physicians says that, each week, four out of five adults in the United States will use prescription medications, over-the-counter drugs and/or various supplements. Approximately one-third of adults take five or more medications at the

The potential for adverse drug events is elevated when people are taking multiple medications at one time. For example, mixing pills has the potential to cause serious injury or even death.

Doctors, patients and pharmacies must work together to ensure that medication is taken safely. One of the best ways to prevent errors with medications is for patients to take an active role in their health care management.

- Know your dose. Children are at an especially high risk for medication errors because they require different doses than adults, offers the Mayo Clinic. Adults of different weights who share medications can run into trouble as well. It is key to follow the dosing instructions, as even a minor error in regard to dosage can potentially cause a big problem.
- Follow up with your doctor. Certain medications can cause side effects that only can be noticed by lab testing, such as an impact to the liver. Doctors also may be under an obligation to follow up with patients taking psychological drugs to ensure the efficacy of treatment. Make sure you keep all follow-up appointments.
- Maintain a current list of meds. It is up to patients to share information with prescribing doctors regarding any and all products being taken to avoid harmful interactions. Using the same pharmacy for all prescriptions also is helpful.
- Be honest about height and weight. Medication labeling and package inserts typically use metric units to correlate dose to a person's physical attributes. Individuals should know their information in metric measurements and be honest with themselves about what they weigh.
- Use medications correctly. It is important not to chew nonchewable pills or cut pills unless the pharmacist or doctor has said it is safe to do so. Accurate dosing also requires using the right spoon or syringe, not silverware. Store certain types of medications, such as eye drops and ear drops, separately so they're not mistaken for one another.

These are just some of the ways to prevent medication errors. People can consult with their doctors and pharmacists for more assistance in staying safe.

Chiropractors can help with various ailments

nyone who has experienced pain understands that it can be debilitating. Pain can make it challenging to manage everyday tasks and can affect relationships and physical and mental health in many ways.

derstands that it can be debilitating. Pain average of 17 hospitalizations each day. can make it challenging to manage every
Chiropractic care may be one avenue to person experiences day tasks and can affect relationships and pursue as a viable alternative to pain med- stress and anxiety physical and mental health in many ways. ications. While chiropractic manipulations can take its toll on Pain medications were once the norm, but are most often associated with back and various parts of the with the rise of the opioid epidemic, it may neck pain, there are many different bene-body. Because stress be wise to take a different approach to pain fits — some of which may surprise those involves nerve im-

Statistics from the Centers for Disease this type of care. Control and Prevention, the Agency for • Migraines and headaches: Research Healthcare Research and Quality and the shows that spinal manipulation can be an spine where these United States Department of Health and effective way to treat migraines, tension impulses originate to Human Services reveal that as many as one headaches and headaches that begin in the help release tension in five people received prescription opineck. In clinical trials conducted at Macand nerve irritation. oids long-term for noncancer pain in pri- quarie University, 72 percent of migraine In addition, adjustmary care settings in 2016. While opioid sufferers had noticeable or substantial imments can improve use for pain does not always lead to abuse provement after a period of chiropractic blood circulation, which may help signal of these medications, opioid addiction treatment. has become a widespread problem across • Accident injuries: Chiropractors can sponse to stressful situations. North America. These same agencies re- assess musculoskeletal anomalies caused port that approximately 1,000 people are by motor vehicle accidents as well as slips by widespread musculoskeletal pain in the treated in emergency departments in the and falls. Whiplash is a common issue in joints, muscles, tendons, and other soft United States each day for misuse of pre-car crashes, and this may be addressed by scription opioids. Between 2016 and 2017, a chiropractor. opioid poisoning hospitalization rates went • Anxiety and stress: The fight or flight well as irritable bowel syndrome, among

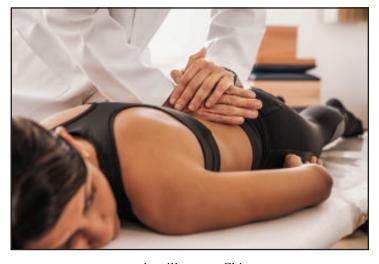
Anyone who has experienced pain un- up by 8 percent in Canada, resulting in an mechanism that is

unfamiliar with chiropractic care — for pulses, chiropractors

may be able to work

the brain to turn off its "rally to action" re-

• Fibromyalgia: Fibromyalgia is marked tissues. It can be combined with temporomandibular joint syndrome, or TMJ, as



other illnesses. Chiropractors can remove subluxations, which are misalignments of the vertebrae in the spine and joints that lead to pain responses. A Florida State University study found that those with fibromyalgia who combined resistance training with chiropractic treatment two times a week saw improvements in their

