In Just Five...Your Personal Medication Record

by Caryn Jung, MS, Senior Coordinator

Medications are often a part of our routine lives. Whether you have young children that occasionally take a fever reducer, are a middle-aged adult addressing seasonal allergies or know of an older adult needing a combination of medicines to aid in functionality, having an organized listing of medications can be a helpful resource in ensuring optimal health.

This October is American Pharmacist Month, and individuals are encouraged to keep a Personal Medication Record to help track and manage all medications (prescription and non-prescription medicines, herbal products and other dietary supplements). Such a record can also help you identify allergies and other related problems you may have had with medications in the past to minimize future problems.

To learn more about the value of a Personal Medication Record and to view and print a copy for your use, please visit this link from the American Pharmacist Association.

For information about child care and work/life support, contact Caryn Jung, MS, Senior Coordinator at jungc@email.arizona.edu or (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator at sturgesj@email.arizona.edu or (520) 626-4770.

UA Life & Work Connections' "In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

To read previous "In Just Five" features, click here.