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Modern Healthcare!

The provision of health care has been undergoing quite a revolution in recent years – pressures brought about by shortages of professionals and escalating costs have led to redistributed workloads and creative problem-solving. A recent survey of medical residents underscored the ripple effects of these trends. At a time when residents are being courted for jobs like star athletes, one in four is feeling anxious about their career choice and regretting the decision.

Does an Annual Physical Provide Benefit?

Controversy is brewing over the pros and cons of the “annual physical” check-up. Even the most conservative cost estimates for providing them run into billions of dollars, with little evidence to suggest they are particularly effective in reducing morbidity or mortality. Proponents argue that the costs are offset by the savings in detecting conditions early when they are more easily treated, before complications set in. The debate continues...

Seamless Transitions Improve Care

Continuity of Care (COC) is defined as uninterrupted quality care with different healthcare providers, transitioning between different healthcare environments. More simply, it means that no one “drops the ball” over the continuum of healthcare provision. In today’s health system, the need is greater than ever – so it comes as no surprise that a Korean study found that low COC is associated with poor outcomes. And remember! You are part of your healthcare team, too!

An Apple a Day – True Benefit?

An apple a day, keeps the doctor away? Not according to a study published in JAMA Internal Medicine. Researchers found no relationship between apple-eating and avoiding hospital stays or visits to mental health professionals. However, a daily apple may keep the pharmacist away! Those noshing a daily apple saved an average of \$228 in prescription medicines over the course of a year. It appears that Poor Richard’s Almanac needs an edit!

Your pharmacist is more than happy to help you find safe ways to save on medications and support your healthy lifestyle to ensure you enjoy optimal health. Drop in any time for some sound advice.