



Ten Healthy Habits to promote to your Patients this New Year

1. Advise the patient to keep regular follow up of their treatment with their doctor & Pharmacist. This is because the patient may require a change in medicine or a change in dose.



2. Due to increased stress & change in lifestyle everyone above 30 years of age should undergo preventive Health Check-up to identify any underlying disease or disorder.

3. Stop drinking Alcohol and Quit smoking to maintain your Health. For smokers, quitting may be the hardest resolution to stick with because it is so challenging. However by



quitting smoking you are not only saving your life but also saving your near and dear ones from the deadly effects of passive smoking.

4. Do not stop taking medicines without consulting your healthcare professional even if you start feeling better.

5. Educate patients, not to take any one else's medication, even if both of them have the same symptoms, or not to try new medicines on their own.

6. While taking any, medications follow the instructions given by the Pharmacist or any of your Healthcare professionals.

7. Advise the patients to keep a list of all medications they take with them at all times, this is very useful in case of emergency situations.



8. Advise patients to avoid the use of Over the Counter use of antibiotic medications.

9. The patient should ask the healthcare professional if any special dietary precautions needs to be taken with a prescribed medicine.

10. Educate the patient about spreading communicable disease through spitting in public places. Today tuberculosis is a leading cause of death in Maharashtra, a few steps to prevent its spread can save many lives.