



Margit M. Winstrom, MD

## The Good Old Fashioned Family Doc Clinic

*"Modern medicine delivered the old fashioned way . . .with TLC"*

### Dr. Winstrom's Tips

#### HOW TO AVOID PAYING **BOTH** AN ARM AND A LEG FOR MEDICATIONS

- **FREE IS BEST-**

Ask for samples if you need them. Our pharmaceutical reps are usually generous with samples

- **DO YOUR HOMEWORK-**

Shop the deal for each medication- no one pharmacy is cheapest on everything. Walgreens may have gotten a deal on some drug and is therefore cheaper than Costco, but that may change periodically.

If you are taking 10 mg of Medication X ask your druggist which is cheaper

1. two 5 mg ,
2. half of 20mg
3. one 10 mg

The same may not be true for medication Y, so you need to research each drug  
Ask if it would be cheaper to buy it in stock bottles ( often 100) not the usual three month supply of 90.

- **CHECK OUT CANADIAN SOURCES- toll free for quotes**

[www.drugmartcanada.com](http://www.drugmartcanada.com) 1-888-498-7007  
[www.canadiandrugstore.com](http://www.canadiandrugstore.com)  
[www.polarmeds.com](http://www.polarmeds.com) 1-800-784-2309

- **DON'T THROW IT OUT THE DAY IT EXPIRES-**

The expiration date is not when a medicine loses potency or becomes harmful. It is a date required by law and generally is set at two to three years after the date of manufacture for new meds and one year after first being dispensed from a pharmacy. A recent study concluded that "many drugs stored under *reasonable conditions* retain 90% of their potency for at least five years after the expiration date on the label and sometimes much longer. There are virtually no reports of toxicity from outdated drugs. ( Liquid Tetracycline being the one possible exception.) Reasonable conditions may not include the bathroom unless in a moisture proof container.

- **CONSIDER A PATIENT ASSISTANCE PROGRAM (PAP)- free meds for qualified low income patients**