



## PHARMACIST'S CONTRIBUTIONS TO PUBLIC HEALTH:

### Health Education and Promotion (Primary Prevention):

- Patient education
- Immunizations in all 50 states
- Lifestyle modifications
- Smoking cessation

### Screening (Secondary Prevention):

- Blood pressure
- Diabetes risk and blood sugar
- Cholesterol
- Cancer risk assessment

### Treatment (Tertiary Prevention):

- Medication use and counseling
- Medication therapy management

Did you know that the first week in April is National Public Health Week?

More information available at:  
[www.nphw.org/nphw11/first1.htm](http://www.nphw.org/nphw11/first1.htm)

**Talk to your pharmacist today!**

#### References:

1. Kohn LT, Corrigan JM, Donaldson MS, eds. *To Err is Human: Building a Safer Health System*. Washington, D.C.: National Academies Press; 1999.
2. Truong HA, Bresette JL, Sellers JA, editors. *The pharmacist in public health: education, applications, and opportunities*. Washington, D.C.: American Pharmacists Association; 2010.



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## Public Health and Your Pharmacist



Maryland Pharmacists Association

## Public Health and Your Pharmacist

### DID YOU KNOW THAT YOUR PHARMACIST CAN HELP IMPROVE YOUR MEDICATION USE AND OVERALL HEALTH?

- Pharmacists advise physicians and other health care providers on the selection, dosage, interactions, and side effects of medications
- Each year, pharmacists can help to prevent the over 1.5 million medication errors that occur each year in the United States<sup>1</sup>

### OLDER ADULTS: TALK TO YOUR PHARMACIST ABOUT FALL PREVENTION

- Certain medications may sometimes contribute to your risk of falling
- Ask your pharmacist to review your medication list to see if you are at risk

***"Prevention is the foundation of the healthcare system."***

Regina Benjamin, MD, U.S. Surgeon General

### THREE STAGES OF DISEASE PREVENTION:

**Primary:** prevention of disease

Examples:

Immunizations  
Exercise programs  
Good nutrition

**Secondary:** early detection of disease

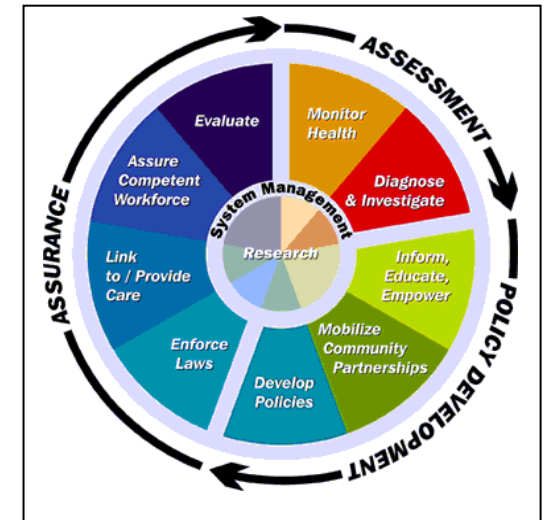
Examples:

Screenings for cancer, high blood pressure, and high cholesterol

**Tertiary:** improve outcomes in patients who have already been diagnosed with disease

Examples:

Rehabilitation services  
Medication therapy  
Physical therapy treatments



### PUBLIC HEALTH IS:

- The provision of care and preventive activities at the community or population level, through education, research, service programs, policies, and laws<sup>2</sup>
- What a society does to assure the conditions in which people can be healthy
- Emphasizing the prevention of disease and the health needs of the population

Images available at:

<http://www.health.gov/phfunctions/public.htm> and

<http://www.health.state.nm.us/phd/dist3/sixp.htm>