



## *The Care Group, P.C.*

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Gerard L. Guillory, M.D.  
Jay Krakovitz, M.D.  
Jessica Baldovsky, PA-C

“You are what you eat!” I am sure you have all heard that slogan, and there is some truth to this statement. But to the providers at The Care Group, P.C. a more appropriate motto would be “You are what you take”, namely your prescription medications, as well as your over-the-counter remedies and supplements.

Every time you come to our offices, we would request that you bring an up-to-date list of all of your medicines and supplements, including dose and frequency of use. If another office prescribed a medication, indicate that as well. Here is a simple example of what you might bring in:

### Rx-Maintenance-Daily:

Metformin 1,000 mg, 2x per day (started 3-26-07, Dr. Sherman)

Warfarin 3 mg, 1x per day

### Supplements-Daily

Carlsons Vitamin D - 2,000 I.U.

Pharmax Fish Oil - 1000 mg, 2x per day

### Rx-Occasional Use:

50% mixture: Triamcinolone Cream USP, 0.1% - feet and ankle application

### Allergies:

Penicillin

Ampicillin

Eggs

If compiling your list proves too challenging, we are happy to help. Just bring in all your bottles and we can go through them and discuss the doses.

Why is this so important? Many times, a person’s medication is changed by another physician or can be changed during a hospital stay. It is very important that we be aware of all such changes in a timely manner. Drug interactions, as well as unexpected side effects can lead to problems which can be more serious than the condition that the medication was supposed to treat.

So do yourself and your healthcare team a favor by keeping an accurate list of everything you take – whether by mouth, patch, or injection. Be sure to share this information with us – your life may depend upon it!