

Medication Management

Optimizing Medications for Your Health Goals



When our care is uncoordinated, medications (both over the counter and dietary supplements) can accumulate to the point where they begin to hurt our health. When the medications we take are unmonitored and begin to build up over time, this process is called “Polypharmacy.”

Polypharmacy can cause us to take more medications than what we need and at inappropriate amount. When left unchecked, the interactions of excessive medications can lead to increased risk of falls, decreased cognition and mobility, and overall reduced quality of life and well-being.

Our care team will work with you and your family to do a comprehensive medication review to ensure everything you are taking is optimized for your current and long-term health goals. Our team will conduct this review on a routine basis to ensure your medications continue to enhance, rather than hinder, your health. This service is offered as part of your Annual Wellness Visit.

What to expect during a medication review consultation:



Be asked to bring all your medications in their original containers to the meeting



Review the purpose and dosage of each medication



Discuss your health goals and any challenges you might experience in taking your medications



Explore potential interactions between the medications and options for de-prescribing



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Call 502-588-4340 or visit www.tragerinstitute.org/med-management to schedule your medication management consultation