New Year’s Resolution:
Resolving to clean out your medicine cabinet this year is a great idea to protect the health of your family. Holding onto unused or expired medications can increase the chances of accidental poisonings or falling into the hands of curious teenagers. Old medications not only lose their effectiveness, but also have the potential to become toxic if taken past their expiration date.

Spring Cleaning:
With each season brings a host of new illnesses, so it’s easy for medicine cabinets to become cluttered with unused or expired prescription, over-the-counter products, and vitamins that have the potential to do more harm than good. As you’re doing your spring cleaning around the house, don’t forget to take a moment to check out the items in your medicine cabinet. Have you piled up on flu, cough and cold products from the fall and winter? This is a great time to de-clutter a small, but important section of your home to get rid of dangerous and outdated items, while getting you ready for warmer weather.

Clean Sweep for Fall:
Has it been a while since you cleaned out your medicine cabinet? Most experts recommend that your medicine cabinet be cleaned out at least every six months to discard medications that have expired or could be medically unsafe.

Why is cleaning out my cabinet important?
If you think the tablets left over from your prescription or that extra tube of antibiotic ointment may come in handy one day, don’t count on it. Hanging onto outdated or unused medications can increase the chances of taking the wrong one. In addition, expired medications can lose their potency have the potential to be abused and misused by teens. Help avoid this risk by taking a few minutes to clean out your medicine cabinet with the following tips:

Tips on Properly Storing and Cleaning Out Your Medicine Cabinet:

• Medications should be stored in a cool, secured area away from heat and direct light. The cabinets in your bathroom or kitchen are not the best place to keep your medicines. The temperature change and humidity created by showering or cooking can weaken the effectiveness of your medications.

• Do not share prescription medications with others.

• Do NOT flush medications that are no longer needed. Recent studies have detected low concentrations of everything hormones to antibiotics in streams and waterways.

• Examine the expiration date on all prescriptions, over the counter products, vitamins, herbals and check with your pharmacist to dispose of anything that has passed the expiration date or is no longer needed.

• Talk with your pharmacist about all your medication needs.