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## HOME SAFETY

- In all living areas, avoid throw rugs and secure any loose carpet edges with nonskid tape.
- Make sure the floor is devoid of clutter and nightlights or motion-sensitive lighting are maintained throughout the home.
- Adding contrasting color strips to stairs aids in weakened depth perception and implementing grab bars and handrails helps with depreciated balance.
- Emergency numbers should be listed in large print by each phone. It's also smart to consider installing an electronic emergency response system, like [Life Alert®](#)

## MEDICATION SAFETY

- Know the names of your medicines.
- Complete a Medication List and keep the list updated. Take it with you on each visit to your doctor or pharmacist, and whenever you travel away from home.
- Take your medicines until they're gone. This is especially important for antibiotics. If you are prescribed two weeks' worth of pills, don't stop them in a few days "because you're feeling better." These medicines need to be taken for the total duration of time that they are prescribed to completely clear the infection and keep it from coming back.
- Don't mix pills in bottles with other pills. Keep them in their original container (unless you place them in a dispenser).
- Be alert for any side effects, especially when starting a new medicine or increasing the dose of an existing medicine. Any new symptom in an older adult should be considered a medicine side effect until proved otherwise. Check with your doctor or pharmacist if you have any questions or suspect that your medicine may be causing problems.
- Use one pharmacy for all your prescription medicines. This will reduce the chance that you will obtain conflicting medicines from different pharmacies.
- Ask your pharmacist's advice before splitting or crushing any pills. Some pills should only be swallowed whole and may produce dangerous effects if the pill is altered.
- Keep all medicines out of the reach of children.
- Discard any medicines that you are no longer taking. Having old medicines around the house increases the risk that you or a family member might take them by accident, or that a child might get into them. Keep your medicines securely stored in a safe place.



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## Medicare Preventative Services Recommendations for You

- Mammogram every 1- 2 years for women until age 85
- Glaucoma screening with your optometrist or ophthalmologist every 2 years
- Vision screening as recommended by your eye care provider
- Diabetes screening every year
- Cholesterol screening at least every 5 years
- Colonoscopy screening every 10 years until age 75 or more frequently as recommended
- Influenza vaccine yearly
- Shingles vaccine once after age 60 (This may or may not be covered by Medicare part D depending upon insurance coverage purchased by patient)
- Pneumonia vaccine (Pneumoccal-23) once after age 65 (This is covered by Medicare)
- Other Pneumonia vaccine (Pevnar-13) once after age 65 (This is covered by Medicare)
- Tetanus /pertussis/diphtheria booster once after age 65 and every 10 years (This is NOT paid for by Medicare and is an additional cost to the patient)
- DEXA scan screening for osteoporosis in women after age 65 and in high risk men after age 70
- Stop smoking
- Decrease alcohol
- Exercise for 30 minutes or more 3 times a week
- Lose weight
- Dietary Recommendations:
  - Make one half your plate fruits and vegetables
  - Make at least half your grains whole
  - Choose foods and drinks with little or no added sugars
  - Look out for salt (sodium) in foods you buy
  - Eat fewer foods that are high in saturated fats (animal fat, butter, cream, whole milk, stick margarine, coconut and palm oil)
  - Eat the right amount of calories for you (get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov))
  - Use food labels to help you make better food choices