

NEWS RELEASE

For Immediate Release



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NATIONAL SURVEY FINDS THAT MORE THAN 65 PERCENT OF THE PUBLIC ADMIT TO TAKING EXPIRED MEDICATIONS

Survey on medication habits, commissioned by Medicine Shoppe® Pharmacies, finds many people are unprepared for the upcoming cold and flu season

October 12, 2006 — It's that time of the year again. Sore throats, runny noses and sinus infections are beginning to cause havoc for people of all ages. Yet many of us are unprepared for the annual cold and flu season, and in desperate need of a medicine cabinet check-up.

In a new survey commissioned by Medicine Shoppe® Pharmacies, 80 percent of the public wait until they get sick to purchase cold and flu medications. In fact, 29 percent wait until they are in desperate need, which can extend their suffering. Another surprising finding – more than 65 percent of people admit to taking expired medication, with over half of which admit having done it knowingly.

“It is critically important for people of all ages to be properly prepared during the cold and flu season,” said Bill Bailey, director of specialized care centers for Medicine Shoppe International, Inc. “If proper medication is not already in the home when symptoms begin, chances are you won't make a trip to the pharmacist until it's too late. Plus, taking medications that already have expired not only limits your chances of recovering quicker, it can, at times, prove to be harmful.”

Expiration dates serve an important purpose – to assure that the drug meets applicable standards of strength, quality and purity at the time of use. Drugs taken after the expiration date may lessen in potency, can become completely ineffective or can cause more harm than good. Medications in pill and liquid forms often change in color and consistency. Liquids can separate and pills can deteriorate, which can happen quicker depending on where you store your medication.

Many people need not only to clean out their medicine cabinets, but also to move them completely. According to the survey, the vast majority of respondents said they store their medications in the bathroom cabinet (49 percent) or kitchen (29 percent). Unfortunately, these are considered to be the worst locations. Bathrooms are humid locations where the temperature often rises and falls dramatically, which can wreak havoc on medications. Kitchens become overheated because of baking and cooking, and dishwashers and hot running water can cause humidity to rise.

“Medicine of any kind needs to be stored where the temperature remains constant, away from heat, sunlight and humidity,” Bailey said. “A medicine cabinet located in a bedroom, out of reach of children, is the best place for your medication.”

As a rule, medicine cabinets should be cleaned out and checked for expired products at least twice a year. The best way to dispose of your expired medications is to call your local pharmacy to see if they offer disposing of medications as a service to their customers. If you do it on your own, make sure to wrap them in a tightly sealed or childproof container, and discard them in the trash. Do not flush them down the toilet, as medications can potentially contaminate groundwater.

Many Medicine Shoppe® Pharmacists offer medication check-ups for customers, offering advice on what needs to be discarded, which items they should stock regularly and potential interactions. For more information on medications and cold and flu remedies, or to find a Medicine Shoppe® Pharmacy near you, please visit www.medicineshoppe.com.

About Medicine Shoppe International.

Medicine Shoppe International, Inc. www.medicineshoppe.com, a Cardinal Health Company, is the largest franchisor of independent community pharmacies in the U.S. In 2003, Medicine Shoppe International acquired Medicap Pharmacies Incorporated www.medicap.com, which franchises independent community pharmacies in the U.S. under the trade name Medicap Pharmacy®. Medicine Shoppe(R) and Medicap Pharmacy(R) locations are distinguished for their commitment to providing expert, personalized health care. There are nearly 1,000 domestic Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations and more than 400 pharmacies in six other countries.

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NOTE: The survey, commissioned by Medicine Shoppe® Pharmacies, was conducted by the CyberPulse Advisory Panel. It examined responses from 1,012 men and women representing a cross-section of the U.S. population.