NORTHUMBERLAND HILLS
HOSPITAL

inspiring strength, dignity and compassion

**Northumberland Hills Hospital celebrates Pharmacist Awareness Week
March 5-11, 2007**

Northumberland County, Monday, March 5, 2007 - Did you know that the average
Canadian fills (or refills) 12 prescriptions a year? People under 30 fill five or less, while
those in their 60s or 70s fill, on average, 22. Canada has 29,500 licensed pharmacists
practicing in 7,785 community pharmacies, in 300 hospitals, and in consulting,
government, academia and industry.

March 5 to 11 is Pharmacist Awareness Week in Canada, and at NHH activities to mark
the important role the Pharmacy Department's drug experts play in the Hospital and in
the community at large are in full swing.

With a total of 12 full- and part-time staff and combined experience of 235 years, the
Pharmacy Department at the Northumberland Hills Hospital is open seven days a week
to make sure the right medications get to the right patient at the right time. Pharmacists
have expanded their role within the healthcare system in recent years, and at NHH this
is particularly true. In addition to dispensing medications, NHH pharmacists provide a
range of services and counseling to medical staff, patients and their families to ensure
effective use of drugs and other healthcare products.

Pharmacists discuss possible side effects, provide advice on what foods, drinks or
activities should be avoided while on a particular medication, and offer advice on what to
do if you miss a dose. They also offer help for a variety of other health concerns,
including guidance for conditions such as diabetes, asthma, high blood pressure or high
cholesterol. A pharmacist can also provide sound, up-to-date advice on staying well and
preventing disease.

A poster display explaining the Northumberland Hills Hospital's Pharmacy Department's
services will be found in the Main St. Bistro throughout the week, and reporters
interested in getting a personal "behind the scenes" tour are welcome.

For more information, to obtain photos of our Pharmacy Department, or to arrange a
tour, please contact Jennifer Gillard at 905-377-7757 or jgillard@nhh.ca.

About Northumberland Hills Hospital - The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed hospital delivers a broad range of services, including medical/surgical care, complex/long term care, rehabilitation, palliative care, obstetrical care and intensive care. NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland is comprised of the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand.   NHH employs over 500 people and is an active member of the Central East LHIN. For more information, please visit www.nhh.ca.

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