

Medication Matters

According to a survey conducted by the National Community Pharmacists Association (NCPA), nearly 75% of consumers admit they do not always take their prescription medications as directed. The NCPA also estimated that the economic impact of patient non-adherence is **\$100 billion** annually in increased hospitalizations, doctor visits, lab tests, and nursing home admissions.

Key findings of the survey include the following:

49% forgot to take a prescribed medication

31% failed to fill a prescription they were given

24% took less than the recommended dosage

11% had substituted an over-the-counter medication instead of filling the prescription they were given

Quick Tips for Taking Medication

- To avoid potentially dangerous drug interactions, tell your doctor about any other medications you're taking. This includes over-the-counter drugs like pain relievers or herbal medicines.
- If a medication is causing unpleasant side effects, work with the healthcare team to figure out how you might eliminate or minimize the effects.
- Keep a daily written record of when you take your medication, and bring it with you to doctor appointments.
- To help keep your medications straight, use a weekly pillbox with separate compartments for each day of the week and different times of the day.
- Try taking your medicine at the same time of day so it becomes a routine.
- Try to link taking your medicine with a particular activity, such as brushing your teeth.
- Take doses exactly as prescribed, and be sure to refill prescriptions on time.