

Generation Rx: Getting the Best Results from Your Medications

The prescribing of medications is the most common type of medical treatment in the United States, and pharmacists dispense approximately 4 billion prescriptions each year. The medications are helping us live longer and healthier lives, but they can also produce harmful effects.

There are a few simple things you can do to stay on the road to good health:

Your Medication Map – follow directions carefully

- Stopping your medication on your own can be harmful
- Ask for help if having trouble remembering your medications

The Prescription Label – a road sign to guide you

Stay on the Right Path – don't let non-prescription products detour your journey

- Ask about possible drug interactions

Your Personal Medication GPS – keep a record of your medications

- Keeping an updated medication list with you at all times

Ask for Directions – learn about your medications

Having Problems? – could your medicines be taking you down the wrong path?

Can't Afford Your Medications? - how can you continue on your journey to good health?

Let's Talk! – share the details of your health journey

Control Your Health – take the wheel

Suggestions for questions you may wish to ask your pharmacist:

What is the best time of day to take the medication?

Is it safe to crush or split the medication?

Should I take it with or without food?

What side effects most commonly occur?

What should I do if I forget to take a dose?

"Why do I start feeling differently soon after taking my medications?"

- Starting a new prescription or non-prescription medication
- A change in medication dose
- A change in the way you are taking medication
- Drinking an alcoholic beverage
- A change in diet

Take action and contact your doctor or pharmacist.

Where can I learn more?

National Library of Medicine and National Institute of Health website providing easy to understand information about all types of medications

www.nlm.nih.gov/medlineplus/druginformation.html

National Center for Complementary and Alternative Medicine

www.nccam.nih.gov

Website created by the National Consumer League to help consumers adhere to their medications

www.ScriptYourFuture.com

Resources from the Federal Drug Administration on safe use of medications

www.fda.gov/ForConsumers/ConsumerUpdates/ucm261175.htm

Affording Medications Websites

www.rxassist.org

www.needlymeds.org

www.benefitscheckup.org