

# Statistics

- **82 percent** of U.S. adults are on one medication.
- **29 percent** of U.S. adults are on five or more medications.
- According to the Food and Drug Administration, **2 million** negative drug reactions (referred to as adverse) occur in the U.S. each year.
  - Of those adverse reactions, **100,000** lead to deaths.
- Up to **40 percent** of adverse drug reactions are **preventable**.
- The total cost of adverse drug reactions in the U.S. is over **\$3.5 billion** per year.



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## Medication



The one thing I will

# ALWAYS

bring to my  
health provider



# Medication



## Q&A

### Q: Why should I bring my medications to my health provider?

A: Bring your medications so that your health provider can treat (care for) you **safely** and **effectively**.

### Q: Do I need to bring my medications in the bottle I got them in?

A: **Yes!** If medications are in their original bottle, health providers can see exactly what it is that you are taking. Providers are unable to tell what medications are just by their color and shape.

### Q: Who is going to look at my medications?

A: All of **your health providers**—doctor, nurse, and dentist.



### Q: What could happen if my doctor doesn't see what medications I am taking?

A: You could take medications that work **against** each other instead of **with** each other.

### Q: How do I know when to take my medications?

A: The bottle that your medications come in will say something like, "**Take 1 tablet by mouth 1 time per day.**" This means you can take 1 pill by mouth at any point during your day. Sometimes it will tell you what time or how many times per day to take your medication.

### Q: What do I do if my medication bottle says "Refills: 3- Before 10/10/2018"?

A: "Refill" means to take your prescription to the pharmacy and get another **full bottle**. In this example, you may refill 3 times before October 10 of 2018.

### Q: Can taking medications do anything to my teeth?

A: Medications can cause "**dry mouth.**" Ask your doctor for ways to help with this as it is a major factor in causing tooth decay and gum disease.

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**REMEMBER:** It is important to finish your medication unless you are directed otherwise by your doctor.

## Library Resources

| BOOKS   |                  |
|---|------------------|
| Title   | Call Number      |
| The Complete Guide to Prescription and Non-Prescription Drugs | 615.1 Complete   |
| The Pill Book   | 615.1 Pill       |
| The Women's Pill Book   | 613.042 Mitchell |

### Tricks for taking your medications

- Put medications by your **toothbrush**.
- Use a **pill box**, also called a dispenser or organizer.
- Put morning medications near your **alarm clock**.
- Set an **alarm on your phone** for when you are supposed to take your medications.
- Take your medications at the **same time** as someone you live with to remind each other.



# Medications



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