

## 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

- 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 your healthcare provider to figure out how you might eliminate or minimize the effects
- Keep a daily written log of when you take your medication and bring it with you to doctor appointments
- To help you 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 routine
- Try to link taking your medicine with a particular activity, such as brushing your teeth
- Take does exactly as prescribed, and be sure to refill prescriptions on time

Source: American Heart Association: [www.americanheart.org](http://www.americanheart.org)  
National Community Pharmacists Association

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