If you're taking multiple medications you could be at risk for drug side effects and unexpected interactions. Did you know . . .

- ☐ Prescription medications can have serious adverse interactions with over-the-counter drugs, herbal remedies, nutritional supplements and, of course, each other?
- ☐ 25% of patients who take one or more prescription medications will experience an adverse drug event within three months—and 39% of these are preventable or avoidable? (New England Journal of Medicine, 2003)
- ☐ The Harvard Medical Practice Study found that 30% of patients with drug-related injuries died or were disabled for more than 6 months? (Journal of the American Medical Association, 2001)
- ☐ Medication errors account for over 7,000 deaths each year in the U.S. alone? (Institute of Medicine of the National Academy of Sciences, Wash., D.C.)

List below ALL medications you are taking, and your current dosage. Include all prescription drugs, over-the-counter drugs, herbal remedies, nutritional supplements, vitamins, ointments, patches, suppositories, etc. Take this list to your doctor to discuss what medications you might be able to eliminate or reduce. Log into http://www.drugs.com/drug_interactions.html to see what kind of drug interactions you might be experiencing.

DRUG	**DOSAGE**