

Are you taking risks with your medications?

MAYBE IT'S TIME TO FIND OUT

Talk with your doctor to help protect yourself against potentially dangerous drug interactions.

Are you taking medications prescribed by different doctors? Or taking vitamins, herbal supplements, or over-the-counter drugs along with your prescription meds? If you are, make sure your primary care doctor knows all about them so he or she can check for combinations that could cause dangerous drug interactions.

Why this is important

Your medications are intended to help you get better, but many people who take a combination of medications—including vitamins, herbal supplements, and over-the-counter drugs—experience dangerous drug interactions. It is estimated that every year:

- Over 3,500,000 visits to outpatient clinics are the result of adverse drug events¹
- 700,000 ER visits and 120,000 hospitalizations are due to adverse drug events²

Do not stop taking your medications before speaking with your doctor.

Review your meds with your doctor—it's easy

Bring all your medications to your next doctor's appointment, including:

- Prescription drugs
- Over-the-counter drugs
- Vitamins
- Herbal supplements
- Medications and supplements you may have stopped taking

Make sure you're safe. Talk with your doctor soon about your medications.

PREMERA | 

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¹ F. T. Bourgeois, M. W. Shannon, C. Valim, and K. D. Mandl, "Adverse drug events in the outpatient setting: an 11-year national analysis," *Pharmacoepidemiology and Drug Safety* 19 (Sep 2010): 901-10, doi: 10.1002/pds.1984.

² "Medication Safety Basics," Centers for Disease Control and Prevention, last updated August 14, 2012, <http://www.cdc.gov/medicationsafety/basics.html>.