

## TAKING YOUR MEDICATION AS DIRECTED:





# The Best Decision You'll Make Daily



If you have diabetes, taking your medications as prescribed is essential. Unfortunately, many people don't follow their medication regimens closely. This can lead to severe health problems or even death.

There are many reasons for non-adherence to your prescribed medication schedule. We're here to help you sift through the fears and falsehoods for you to fight this chronic, debilitating disease.

### WHAT PREVENTS YOU FROM TAKING YOUR MEDICATIONS?

	THE PROBLEM	THE SOLUTION
<b>FEAR</b>	You are frightened of potential side effects. You've heard of or witnessed side effects experienced by a friend or family member who was taking the same or similar medication.	Talk with your Primary Care Physician or your Endocrinologist. Honesty is the best policy. Express your fear of the drug's side effects and remain in contact with your PCP to report side effects as soon as you experience them.
<b>COST</b>	 It's just too expensive. A significant barrier to adherence is often the cost of the medicine prescribed to you. The high price may lead you not to fill your medications in the first place. You may even ration what you do fill to extend your supply.	Check that your insurance covers the drug you've been prescribed. Ask the pharmacist if there is a generic available that can save you money.
<b>MISUNDERSTANDING</b>	You don't understand why you <i>need</i> this medication. And why is it taking so long to see good results? 	Managing chronic illnesses like diabetes takes time and diligence. If you have questions or concerns, never hesitate to contact your doctor and ask for clarification. Ask how the medication works and what side effects you should be concerned about. But...never stop taking your medicine unless your PCP clears it.
<b>TOO MANY MEDS</b>	 It's just too much! Perhaps you're taking more than one medication. You're overwhelmed by the times and frequency of each drug.	Express your concern to your doctor if the dosing burden is too complex. When you have several medicines prescribed with higher dosing frequency, your likelihood of nonadherence increases. Speak up and speak out.  Your physician may be able to simplify your dosing schedule by adjusting medicines so they can be taken at the same time of day.
<b>LACK OF SYMPTOMS</b>	You don't feel sick. If you don't feel any different when you start or stop your medicine, you may not see a reason to take it. Also, once your condition is controlled, you may think the problem has been resolved and may discontinue using the medication. 	Chronic illnesses are often silent. Hypertension and diabetes don't always make you feel unwell. It's important to understand that your condition may be improving without you feeling differently.
<b>MISTRUST</b>	You're unsure if the drug you've been prescribed is really needed or you've heard that pharmaceutical companies are marketing the drug to doctors unwarranted.	An open and honest relationship with your Primary Care Provider is a vital to your health improvement program. Communication will help you understand the "hows" and "whys" of your treatment plan.
<b>WORRY</b>	If you're concerned about dependency or addiction, this can also lead to nonadherence.	One way to overcome this is to communicate with your physician. Express all your concerns, fears and worries with your health care provider.

Failure to adhere to your medication schedule can have dire consequences. Identify why you're skipping, missing, or have stopped taking your medicine, then work consistently with your doctor to get back on track.