

MY MEDICINES

Women often take care of medicines for the whole family as well as themselves. There are simple steps you can take to help you and your family safely use prescription and over-the-counter medicines.

Take Time To Care For Yourself—
For Those Who Need You.



Read The Label

Before you take any medicine, read the label.

? *It should show:*

LIST OF INGREDIENTS

If you know you are allergic to anything in the medicine, don't use it. Ask for a different medicine.

WARNINGS

Read these carefully, and take note.

THE EXPIRATION DATE

Do not use a medicine after the date on the bottle. It may not work as well.



Keep A Record

Make a list of the medicines you take, including vitamins, and keep it with you.

? *Things to write down:*

WHAT IS THE MEDICINE'S NAME?

HOW MUCH SHOULD I TAKE?

HOW LONG SHOULD I TAKE IT?



Ask Questions

Talk to your doctor or pharmacist about your medicines.

? *Good questions to ask:*

IF I FORGET TO TAKE IT, WHAT SHOULD I DO?

SHOULD I TAKE THIS ON AN EMPTY STOMACH OR WITH FOOD?

WHAT PROBLEMS SHOULD I WATCH FOR?



Avoid Problems

Medicines can cause problems or side effects, such as sleepiness, headaches, or rashes. Ask your doctor or pharmacist about possible side effects.

? *To avoid problems:*

ORGANIZE YOUR MEDICINES.

DON'T SKIP TAKING YOUR MEDICINES.

DON'T SHARE MEDICINES.

Interesting Facts About Medicine Use

AVERAGE PRESCRIPTION DRUG USE [1]

AT LEAST 1 ADULTS, PER WEEK

82%

5 OR MORE

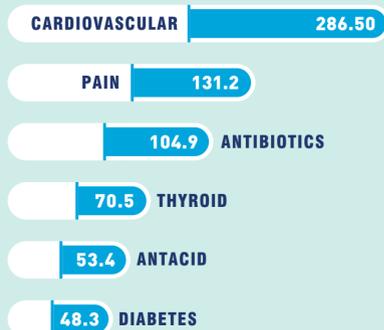
29%

NATIONAL SPENDING ON PRESCRIPTION DRUGS [2]

\$234.1 BILLION

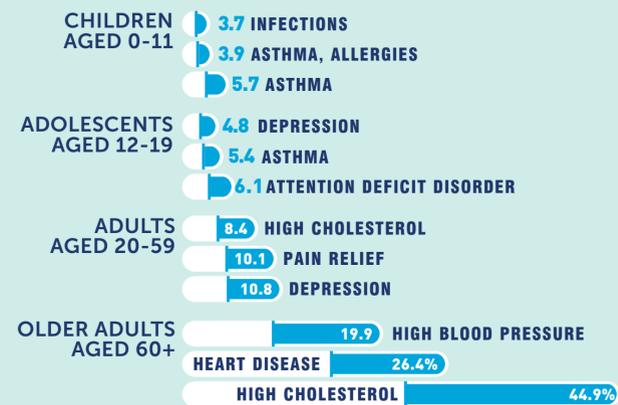
MOST PRESCRIBED TYPES OF DRUGS [3]

IN MILLIONS



CONDITIONS TREATED BY MOST COMMONLY USED DRUGS [4]

% WITHIN A YEAR



WOMEN WHO SHARE DRUGS [5]

28% Of women have borrowed someone else's prescription drug.

REASONS CITED

49% Said they had the same problem.

72% Said they had a prescription but ran out or didn't have it.

REFERENCES

1. Sloane Epidemiology Center, Boston University, 2006
2. Centers for Medicare & Medicaid Services, National Health Expenditure Accounts, 2008
3. IMS Institute for Healthcare Informatics, 2011
4. CDC/National Center for Health Statistics, National Health and Nutrition Examination Survey, 2008
5. Petersen EE, Rasmussen SA, Daniel KL, Yazdy MM, Honein, MA. Prescription Medication Borrowing and Sharing among Women of Reproductive Age, Journal of Women's Health. September 2008, 17(7): 1073-1080.

