



More than Good Medicine

We know that prescription drugs can make a world of difference. They help you get on with your day—and in many cases, they help you live longer, fuller lives.

But there's a catch. You have to take them properly.

Most of us think we do. And at first, it seems easy enough. But studies show that only about half of prescription drugs are taken properly. We get busy. We forget. Especially when you need to take something every day, for months or even years, and you don't feel sick if you miss a dose.

Your pharmacist can help. If anything seems unclear, if you forget something down the road—or if you wonder whether the drug is really working, or even if you need to take it at all—ask them. They'll make sure your good medicine gives you the best results.

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Did you know?

When Canadians reach middle age, drug use increases dramatically. Most of these new prescriptions are for long-term conditions, such as high blood pressure, high cholesterol, diabetes and arthritis.

Sources: Prescription Noncompliance and Inappropriate Prescribing in Canada: Causes, Consequences, and Costs, Coombs et al., 1998; IMS Health Canada; Trends & Insights 2004.

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If you have a long-term illness or health condition, such as high blood pressure, you need to do more to stay healthy. Your fitness level, diet and lifestyle can play a major role. So can prescription drugs.

Sometimes, though, it can be hard to keep up the exercise, the healthy foods and the daily medication. Especially when you're feeling fine. This is often the case for certain conditions where the symptoms aren't always obvious, including:

- Asthma
- Diabetes
- High blood pressure (hypertension)
- High cholesterol
- Mental illness (depression, stress)

No matter how good you feel, always talk to your pharmacist or physician before stopping your medication or changing how you take it. You can also talk to your pharmacist about ways to remember to take the right drug at the right time, so you get the best results.

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Did you know?

Many pharmacists in Canada offer special services, in areas such as diabetes, asthma and women's health. Find out what's available at the drugstore near you.