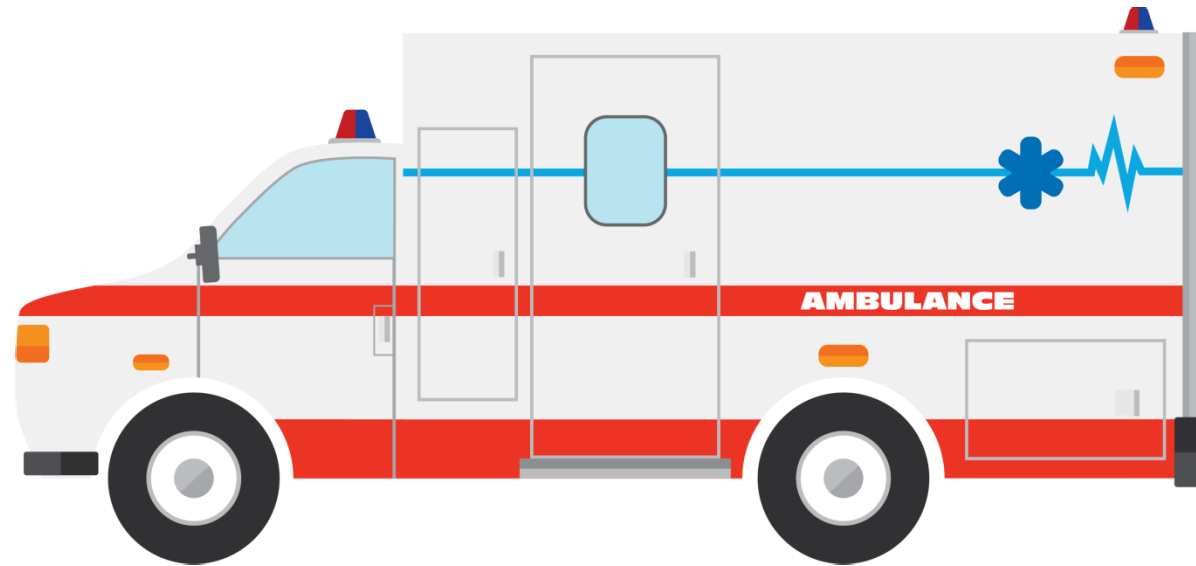


- How can a Brown Bag Medication Checkup help you?



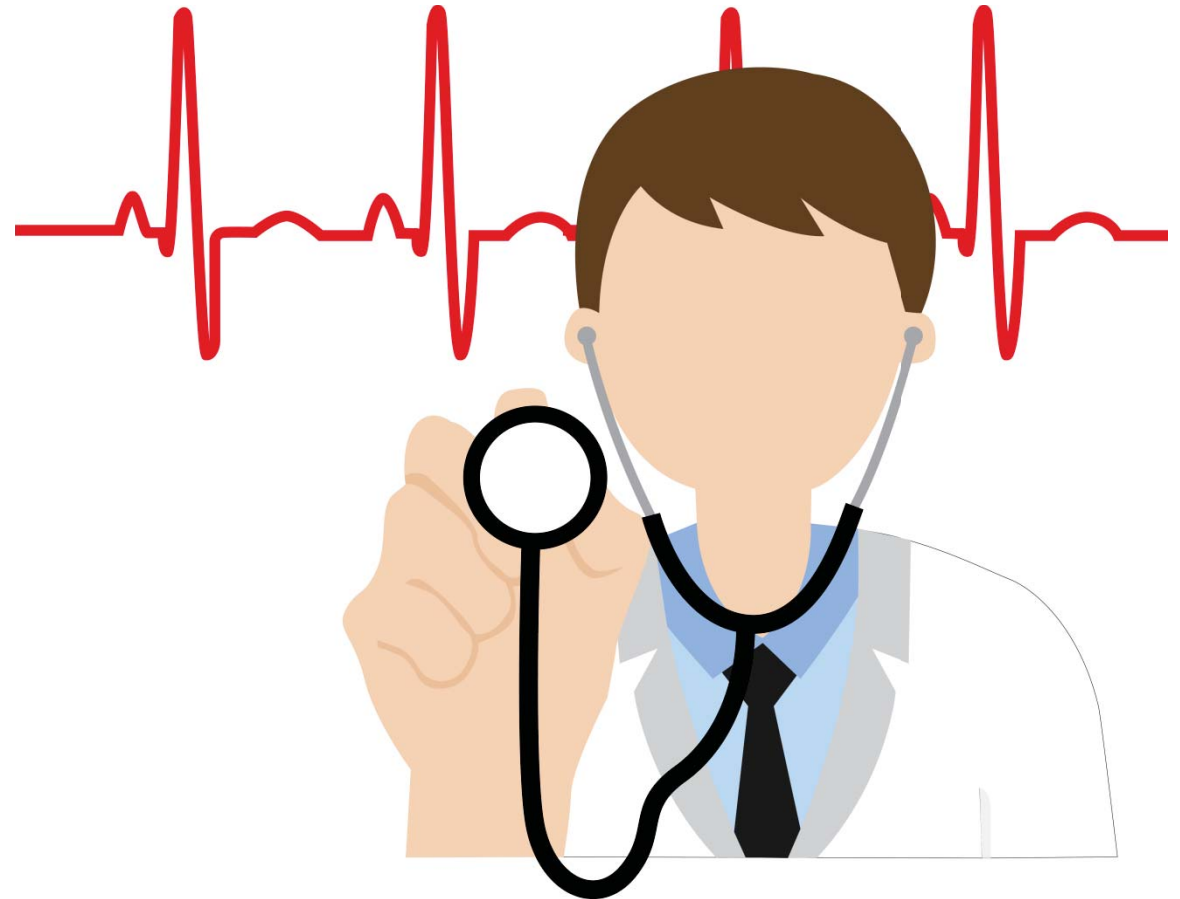
- An adverse drug event is an injury resulting from the use of a drug, such as an allergic reaction or overdose.



- Do you know the effects of your prescribed and over-the-counter medications?



- Each year, four in 1,000 Americans visit an Emergency Department due to adverse drug events.
- One in four of these visits result in hospitalization.



- For older Americans, the rate is even higher, with nearly half of the visits resulting in hospitalization.



- The good news is, most adverse drug events are preventable.

- If you take medicines for
  - High blood pressure
  - Heart failure
  - Angina or heart disease
  - Asthma
  - COPD
  - Diabetes
  - Chronic pain



Learn how a Brown Bag Medication Checkup could help.

- After you schedule your appointment, follow these three simple steps:
  1. Grab a bag





- 2. Fill your bag with all new and old medications. This includes...
  - Prescriptions, over-the-counter drugs, vitamins, supplements, pill organizers, pill bottles, puffers and devices, patches and sprays, medicated creams and ointments, eye and ear drops



- 3. Bring the bag to your appointment with a health care professional.



- Your health care provider will do the following:
  - Review your medicines
  - Discuss why you take each medicine
  - Demonstrate how to take each medicine
  - Ensure you are taking medicines correctly
  - Explain how to dispose of unneeded medicines
  - Prepare an updated medicine list that you can share with other health care professionals



- Congratulations! This is an important step toward taking charge of your health.