



It is very important to take your medication as your doctor prescribes.

Taking your medications as your doctor instructs is critically important. This is called **“ADHERENCE”** – **adhering to your medication regimen (plan).**

Your doctor has prescribed medications to be taken:

- specific dose
- frequency
- time
- provided you with any special instructions if necessary

Serious health complications may occur if you fail to comply with doctors’ orders. This is called **“NON-ADHERENCE - or not taking medication as directed.** Risks to include but not limited to:

- increases the likelihood of preventable disease progression
- increases risk of rehospitalization
- increases your risk of urgent doctor or emergency room visits

Talk with your provider about your medication regime as this will help with adherence. It is up to you to take your medications correctly but your provider can be a big help.

- Have an open line of communication with your doctor.
- Work with your doctor as a team.
- Discuss any barriers you have with your doctor (they may have ways to help you)

Why don’t people take their medications as prescribed? “BARRIERS “

- They forget
- They can’t see or feel the medications benefits
- They are unable to judge the medication’s effectiveness
- Fear the side effects
- Cost

You could be affected by a single issue or a combination of the above-listed issues. You may face different issues at different times. Regardless of the reason for non-adherence you could be missing out on potential health benefits or setting yourself up for serious health issues by not taking your medication as ordered by your doctor.