

# THE IMPORTANCE OF Medication Adherence



## PRESCRIPTION NON-ADHERENCE BY THE NUMBERS



Doctors choose from **over 10,000 medications** to prescribe



1 in 3 adults take **5 or more prescriptions**



**50%** of prescriptions taken **incorrectly or abandoned**



**1 death per day** and 1.3 million injuries annually

## TOP 5 REASONS FOR PRESCRIPTION NON-ADHERENCE



Patient **feels** prescription is **unnecessary**



Can't afford the **cost** of prescription



**Forgets** to take the prescription



Doesn't like the **side effects** of prescription



Patient **doesn't understand** dosage and directions

## 6 SIMPLE WAYS TO IMPROVE PRESCRIPTION ADHERENCE



Create a routine by date and time



Set reminders and alerts



Store medications correctly



Report any side effects



Follow up with physician and share concerns



Organize your pills with a dispenser

**Talk with your pharmacist** about ways to "synchronize your medication schedule" as a way to improve medication adherence.