



Step 3: Medications

Though most of us would prefer not to be on medications, we have a series of drugs that when used appropriately allow us to live healthier, longer and improve our quality of life. **Always carry a complete list of the pills you are taking at all times. Never visit a Dr. without knowing exactly the names and doses you are taking.**

Use the same pharmacist for all your prescriptions and ask for 2 copies of a wallet size prescription list - one to give to each of your doctors at each visit. Another option is filling in the medication profile (small blue card). Keep it up-to-date by filling it out in pencil so changes can be made easily. Take more than one if needed. Don't run out of your pills before your next visit. **Most physicians, including myself are no longer providing renewals of medications by phone because of the potential for too many errors. If you are running out of pills, your choices include a call to your family doctor, a call to my office, or a visit the next LIFE meeting to obtain a refill of your medications.**

