



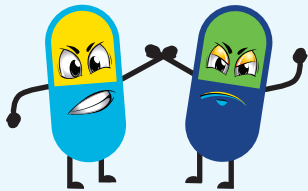
Do I still need this medication?



Too many meds?

The risk of harmful effects increases when you take more medications.

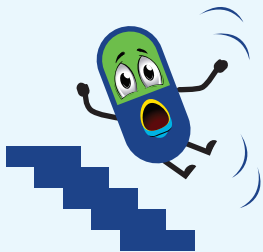
Medication harms



Drug interactions



Memory problems



Falls & fractures






Hospitalizations

Book a special appointment with your doctor, nurse or pharmacist to review your medications.

Who's at risk of medication harms?

Everyone, but especially:

-  People who take lots of medications
-  Women
-  People over the age of 65

Questions to ask your doctor, nurse or pharmacist

1. Why am I taking this medication?
2. What are the potential benefits and harms of this medication?
3. Can it affect my memory or cause me to fall?
4. Can I stop or reduce the dose of this medication?
5. Who do I follow up with and when?

Always speak to your doctor, nurse or pharmacist before stopping any medication.