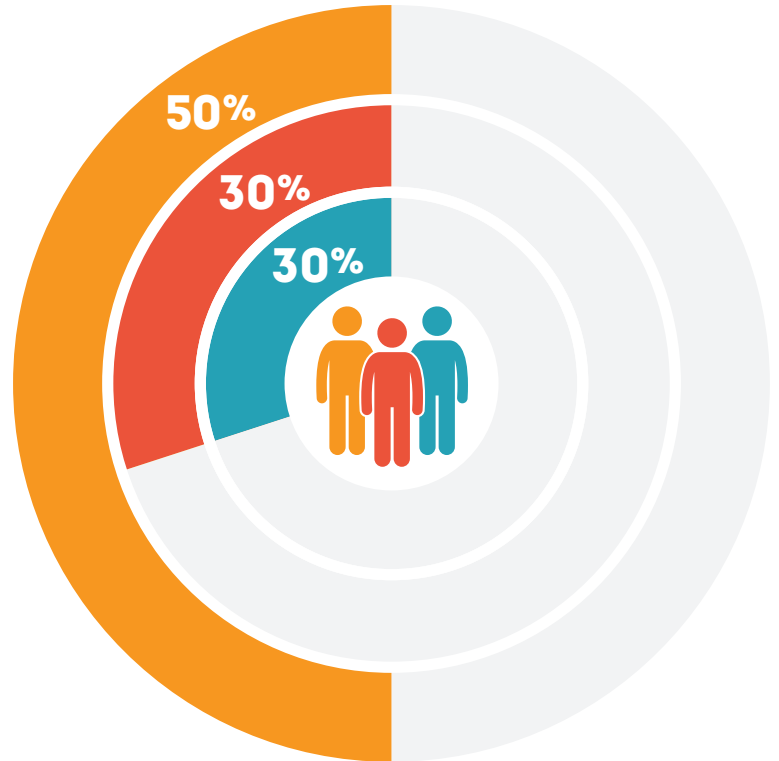
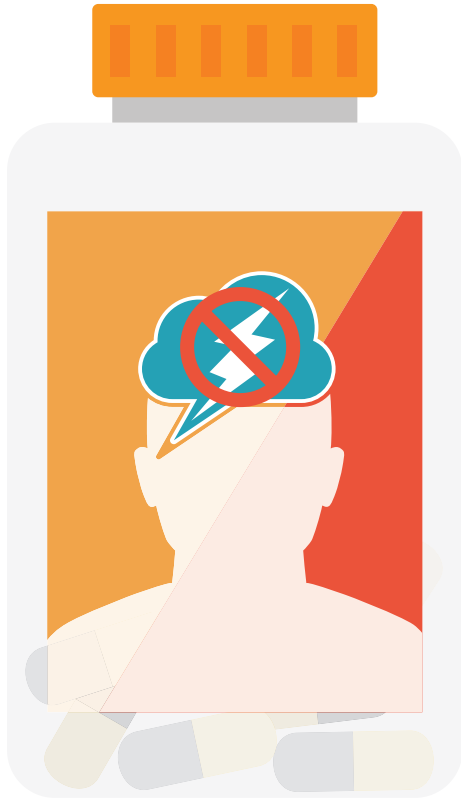


How well are YOUR medications lowering your STROKE RISKS?

Because medications that only sit on a shelf do nothing to lower your risks.



50%

IMPROPER USE: In about half of all cases, medications are not continued as directed.¹



30%

NEVER FILLED? As many as 30% of prescriptions are never even filled. AFib patients who do not fill and take them properly will not lower risks for stroke.²



30%

TARGET RANGE? Only 30% of patients taking traditional anticoagulants are in their targeted blood clotting range (INR 2.0-3.0).³ Careful tracking and consistent habits are key.

1. "Medication Adherence." Nursing Standard 23.49 (2009): 58. Center for Disease Control. CDC. Web. <<http://www.cdc.gov/primarycare/materials/medication/docs/medication-adherence-01ccd.pdf>>.

2. Annals of Internal Medicine, n.d. Web. <<http://annals.org/article.aspx?articleid=1852865>>.

3. Rothman, SA. American Journal of Medicine. AFib treatment: general population. Am J Med. 2014 Apr;127(4):e16. doi: 10.1016/j.amjmed.2013.06.003. <<http://www.ncbi.nlm.nih.gov/pubmed/24655743>>.

How will YOU overcome these common medication challenges?



Talk with your healthcare provider and make your plan for success.



Know the benefits

Communicate with your healthcare provider. Make sure you know why these medications are prescribed for you.



Find a location for safe storage and easy access.

Keeping your medication in a regular location helps make it a habit. What places in your home will work well to store and remember your medications? What routine will work during travel?



Remember your medication at the same time each day.

If you forget to take your medications, what steps might you take to trigger you each day? Can you pair your medication-taking with something you already do each day?



Set up reminders for yourself to make sure you get refills on time.

If you are likely to forget your refills, what steps can you take to be reminded before running out?



Document and discuss any side effects that trouble you.

If you find that you don't want to take your medication because of side effects or complications, what steps will you take to discuss and possibly reduce the effects? NEVER stop taking medications without first discussing your plan with your healthcare provider.



Set up a dependable way to pay for your prescriptions.

If financing your medication is an issue, what steps will you take? (See <http://myafibexperience.org/hospital/financial>)
