

July

# Disease Management

## Managing Medications

**3.5 Billion** prescriptions are written annually and nearly 80% of physician visits results in at least 1 prescription.

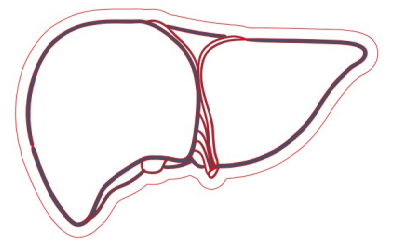
**\$200 Billion** in annual medication related morbidity and mortality costs in the US, exceeding the amount spent on medications themselves.

**Full Medical History** should be obtained and regularly updated at doctor's visits.

**Name, Dose & Frequency** of the medications should be verified at all doctor visits. This includes over the counter, herbal, dietary and complementary medications.

**Side Effects** should be reported to your physician immediately.

### Medication Management And Your Liver



Patients with chronic liver disease should entirely avoid NSAIDs (e.g., ibuprofen, Advil, Motrin, naproxen, Aleve, aspirin, ecotrin, etc.)

Acetaminophen (found in Tylenol, pain pills such as vicodin and norco, cold medications, etc.) should be limited to no more than 2 grams (2000 mg) per day.



#### Doctor's Tip

Medication management is an active process which allows patients to be involved in the decisions of what medication is prescribed, its benefits, risks and interactions with already prescribed medications, how to take it and how long to take the medication for. The goal is to positively impact health outcomes and as such, patients should seek out active discussions regarding their medication regimens.

- Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>