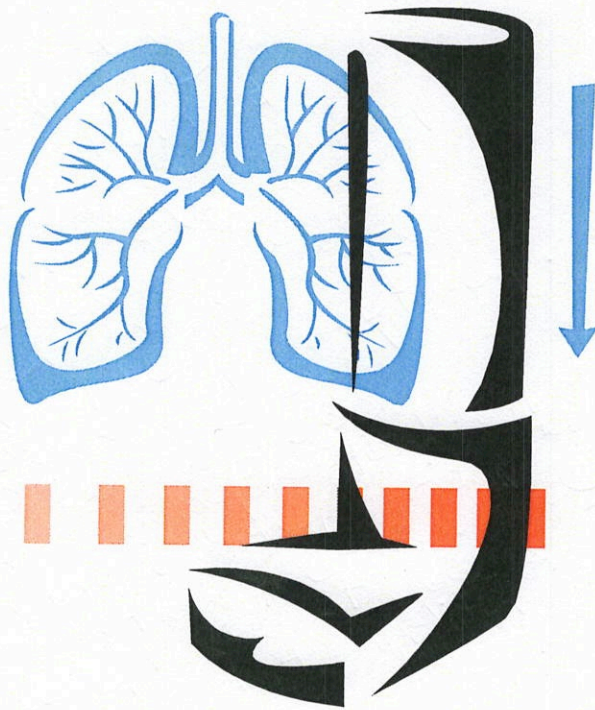


Chapter 6

Medications



Medications

“We are all different. There is right dose for me and that dose may not be the right dose for someone else”.

1. Do you know why you are taking each of your medications?
2. Do you know if you are taking them correctly? Be honest, please!
3. Do you know how long you must take them?
4. Do you know the side effects?
5. Are you comfortable taking “all” of the prescribed medications?

At the end of the class, you should be able to:

1. State reasons for all regularly and non-regularly prescribed medications.
2. Understand the need for appropriate, but practical selection of dosage times.
3. Tell the difference between generic and trade name medications.
4. State the dangers of self-medicating without your doctor’s permission.
5. State common problems of steroid therapy.
6. Drink water more often – unless you physician says otherwise.
7. Ask questions!

At the end of this class, you should be able to identify your medications and know what each one is for. **AND** what dose you should be taking.

