

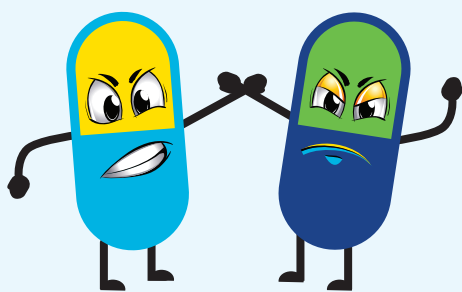
# Do I still need this medication?



## 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 health professional to review your medications.

## Who's at risk of medication harms?

Everyone, but especially:



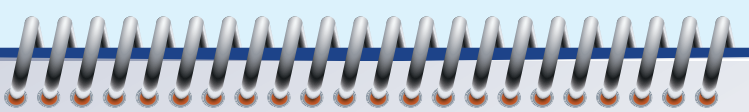
People who take lots of medications



Women



People over the age of 65



### 5 questions to ask your healthcare professional

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 health professional before stopping any medication.