

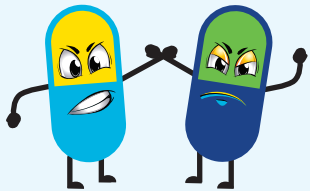


# Do I still need this medication?

## 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 care 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

### Questions to ask your health care 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 care professional before stopping any medication.**