

The Chance of a Lifetime:

Team up with your doctor and your pharmacist to ensure your future health

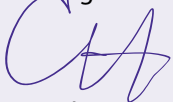
Follow these easy steps each time you receive a prescription, and you will decrease your chance of medication errors:

- Keep a list of all medications, vitamins & over-the-counter drugs you take: what do you take, how much, how often?
- Take this list with you when you visit any doctor, nurse or pharmacist.
- Take this list with you when traveling, in case of accident or illness.
- When your doctor prescribes a new drug, have them write down the drug's name, how much you are to take and how often to take it.
- Review prescriptions out loud with your doctor to confirm how much you are to take and when.
- Ask your doctor to write the purpose of your medication on the prescription.
- Make sure you can read the prescription that your doctor wrote. If not, have it re-written.
- Always go to the same pharmacy to keep your medication information in one place so they can check for allergies and negative reactions.
- Check the label on your medicine for accuracy by comparing it with your doctor's prescription.
- Ask your pharmacist how to take drug properly. If their instruction is different from your doctor's, call your doctor.
- Read the label every time you take a dose.
- Call your doctor or pharmacy immediately if unexpected changes or side effects occur.

My name is Cathy Horton. I was a businesswoman with two small children and a full and rewarding life until a medication error caused me to lose my health and a successful 20-year career.

I started **flaame**, Families Launching Action Against Medication Errors, because I did not want this experience to happen to anyone else. These easy steps can save you and your family from needless tragedy. Please take a moment to review them and a long lifetime to follow them!

Yours in good health,



Rev. Cathy B. Horton, Esq.
Founder, **flaame**



This message is brought to you by **flaame** and:

Please fill out this complimentary form, cut it out and keep it with you. It could save your life.

Prescriptions, Drugs and Supplements taken by:

Drug, vitamin, etc.	Dose	When & How to Take

flaame

Families Launching Action Against Medication Errors
33 River St., River Level, Chagrin Falls, Ohio 44022

www.flame.org

