

The Dangers of Drug Reactions and Interactions: Simple Ways to Minimize the Risks

You've seen the prescription drug commercials, complete with the seemingly never-ending voice-over of potential side effects. But did you know that at least 1.5 million patients are injured each year by medication errors? With medication use at an all-time high in this country, it's time to reconsider the just take a pill and you'll feel better mentality.

All drugs, prescription and over-the-counter, have potential side effects. They can interact with other drugs, foods, diseases and herbal remedies. And if you are taking more than one drug at a time, you run the risk of suffering not only side effects from one or more of those medications, but also side effects caused by an interaction between the medications.

Is the solution to avoid medication altogether? While that's the ideal answer, for certain health conditions, medication is absolutely necessary, and quite effective. You can take advantage of these benefits while avoiding the dangers by purchasing a pill box/organizer, monitoring your medication schedule using a calendar, and getting acquainted with the look and feel of your medications. Your doctor should inform you in full about the risks of taking a medication - but of course, it's your health on the line, not your doctor's.

Take responsibility for your own health by asking yourself the right questions. This can include checking if there are natural alternatives, such as vitamin supplements or seeking alternative holistic treatment such as acupuncture, chiropractic or massage treatments; all of which may improve your condition, without resorting to drugs. Also, make sure you are watching what you eat along with exercising on a regular basis; all of which will play a major role in your overall health.

These are just some of the health services we are here to provide for you. Consultations are always free! Schedule an appointment with Dr. Wilson if you are looking for better alternatives for yours or your family's health.