

PATIENT ADHERENCE TO MEDICATION



Good medication adherence is vital to control hypertension and diabetes and preventing complications.

Understand the Importance

High blood pressure can be symptomless but cause serious organ damage. Medications help control BP and must be taken even when you feel well.

Take Medication as Prescribed

Never skip doses, and don't adjust medication or stop medications on your own without medical advice. Feeling fine" doesn't mean BP is controlled.

Communicate with Your Health Provider

Ask about each medication's purpose and possible side effects, report side effects and discuss challenges such as cost or pill burden.

Stay Motivated

Monitor your blood pressure and celebrate progress and involve family or caregivers for support.

Useful Tips

Its important to:

- ✓ Take your medications the same time daily, use a daily medication checklist
- ✓ Never double up missed doses - consult your provider
- ✓ Avoid stopping meds without medical advice
- ✓ Bring all medications to clinic visits
- ✓ Ask about affordable or combination drugs if cost or quantity is an issue

