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New Book Reduces Prescription Drug Errors: Helps You Understand Your Medicines

Take the guesswork out of your prescriptions, from what the prescription says and how to take the drugs properly, to how to dispose of any unused meds.

Montreal, Canada – February 11, 2015 – The use of prescription drugs is growing among Canadians of all ages. In 2013 alone, Canadians bought over 2.2 billion dollars worth of prescription drugs. Whenever a medication is prescribed, there is a chance for error somewhere along the chain – from the time the order is written to the time the drug is taken or given. Between 2002 and 2012, nearly 700,000 children in the U.S. were victim to an out-of-hospital drug error; 25 of them died. Studies have shown that patient misunderstanding of instructions on prescription medicine labels is common, resulting in medication errors, less effective treatment, and sometimes death.

Just the Right Dose: Your Smart Guide to Prescription Drugs & How to Take Them Safely, by Marijke Vroomen Durning, RN, (ISBN – Electronic: 978-0-9940300-0-9, Print: 978-0-9940300-1-6) helps people understand their prescription drugs from what the prescription says and how to take their medications properly to how to dispose of any unused meds.

This detailed guide offers questions to ask their healthcare providers about their prescriptions, and tips to help people better manage medicines that they take themselves or they give to others. Tips include:

- Ask your pharmacist for a print out of all your medicines and keep this in your wallet or purse.
- Try using a straw if you have difficulty swallowing a pill.
- If you take pills at the same time as a sublingual (under the tongue) medicine, take the pills first.

- Warm up ear drops a bit before giving them by holding the bottle in your hand for a minute or so.

“When I was working with patients, I often came across situations where people did not completely understand their prescription drugs,” says Vroomen Durning. “Some patients would take them incorrectly – too low or high a dose, too often or not often enough. This can be very dangerous and is easily prevented by helping people understand how to read a prescription and drug label.”

Over the course of her career as a registered nurse in Montreal, the author has given out thousands of doses of medicine and answered many medication-related questions. Now a health writer, Vroomen Durning has written for outlets such as *Costco Connection*, *Forbes.com*, *Nursing 2013*, *HealthDay News*, and more.

The book is available in both ebook and paperback.

Just the Right Dose: Your Smart Guide to Prescription Drugs & How to Take Them Safely (ISBN – Electronic: 978-0-9940300-0-9, Print: 978-0-9940300-1-6) is available at Amazon.ca and Chapters/Indigo.ca.

For more information, visit www.JustTheRightDose.com.

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