

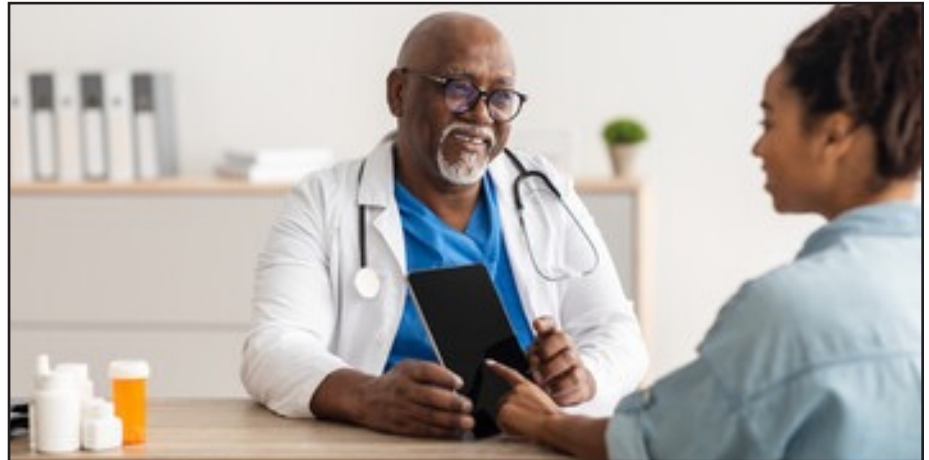
Achieve Blood Pressure Control with Medication Adherence

Adherence to the prescribed treatment plan is critical in managing chronic conditions. This may include taking medications as prescribed. Former Surgeon General C. Everett Koop said, "Drugs don't work for people who don't take them."

When a person is diagnosed with hypertension, the health care professional provides a treatment plan for blood pressure control. When blood pressure is left untreated or unmanaged it increases the risk for heart disease, stroke and kidney failure. Only 51% of Americans treated for hypertension adhere to the prescribed plan advised by their health care professional. Taking your medication as prescribed might seem simple, but for some people it can be a challenge.

People don't take their medication as directed for various reasons.

- *They may forget.*
- *They may not think the medication is effective or unsure that it is working.*



- *They may have concerns or fear the side effects of the medication.*
- *They may be unable to afford their prescription, so they stretch the medication or share with family*

While people may not take medication as directed for different reasons, medication adherence can lead to improvements in quality of life, less doctor visits, and lower the risk of developing serious complications.

If you have trouble taking your medication as prescribed, reach out to your health care providers or pharmacist. They can work with you to answer your questions and address your concerns about side effects, affordable prescription programs, tips on how to manage your medications and what to do if you miss a dose. Remember, your health care provider is there to help you meet your heart health goals.

COMMUNITY RESOURCES

Medication Therapy Management

Spend quality time with community pharmacist Dr. Remington Junior to answer questions about your medications and how they impact your health. Please call Dignity Health at 702-825-1057 for more information and call 702-620-7800 to schedule an appointment.

FREE Diabetes Self-Management Class

Open to those who have prediabetes or diabetes to help people understand and manage their disease and learn importance of checking blood sugar. Attend both days to complete the class.

Class dates: November 10 and 17, 2-4pm; Southern Nevada Health District, 280 S. Decatur. To register for future classes in English or Spanish, call 702-759-1270 or email gethealthy@snhd.org.

Fruit and Vegetable Farmers Market

Come out and pick up some fresh fruits and vegetables while supplies last! The markets accept SNAP and other forms of payment.

Event dates:

October 5, 1pm; RTC Bonneville Transit Center, 101 E. Bonneville Ave.
October 6, 9am; Southern Nevada Health District, 280 S. Decatur.

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.