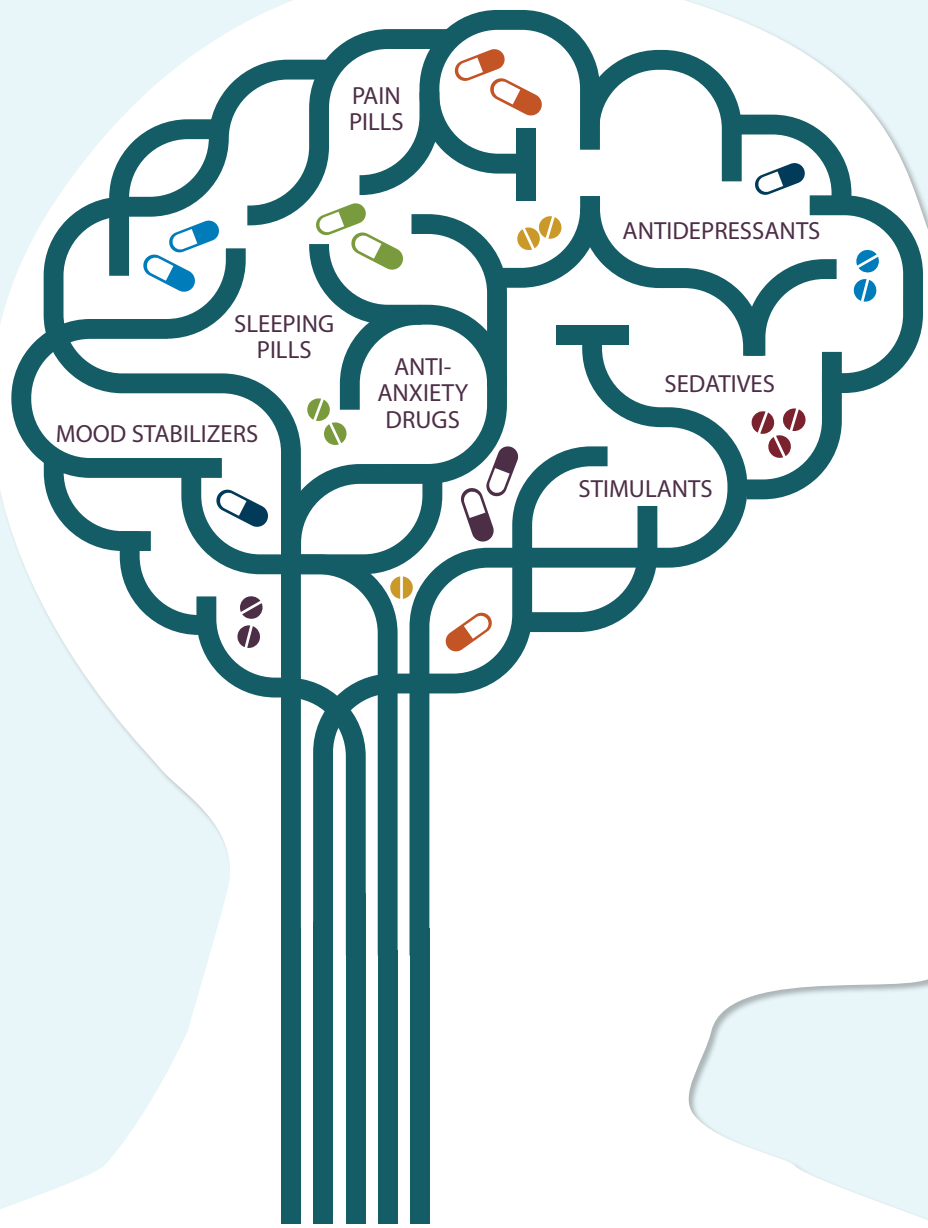


PTSD

TBI

PAIN

Too Many Medications?



Are you taking 3 or more medications that work in your brain?

Are you experiencing?

- Restlessness or irritability
- Dizziness
- Headaches
- Hallucinations
- Feeling tired all the time
- Confusion, inability to focus or make decisions
- Insomnia
- Poor coordination
- Diarrhea
- Nausea or vomiting



Combining medications might be the reason you are feeling this way.



Veterans are twice as likely to die from accidental poisoning from prescription medications compared to non-Veterans¹

The first step to feeling better is to team up with your provider



Share your medication story:

- What you take
- How much and how often
- Side effects

Speak up if:

- You are uncomfortable with your medications
- You don't like the way they make you feel

Be candid about your use of:

- Alcohol
- Street drugs
- Prescriptions that aren't yours
- Non-prescription supplements and energy drinks

Learn about:

- Why and how long you will be taking medications
- Non-medication treatment options
- Reducing your risk (naloxone rescue kit)

YOU

HAVE A SAY IN YOUR TREATMENT PLAN



www.PTSD.va.gov

¹ Bohnert, A., Ilgen, M., Galea, S., McCarthy, J., & Blow, F. (2011). Accidental Poisoning Mortality Among Patients in the Department of Veterans Affairs Health System. *Med Care*, 2011;49: 393-396.