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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Take Charge of Your Health Care

By Brent Aleshire

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QID – QOD: What's The Difference?

To Frank(not his real name), and thousands of others like him, the difference is a matter of life and death. Our story begins when Frank was admitted to a hospital with breathing difficulties. His physician ordered the usual breathing treatments, tests and medication.

After a few days in the hospital, Frank's recovery had progressed steadily, but he still wasn't strong enough to return home. Arrangements were made to admit him to a skilled nursing facility for continued care and convalescence.

One of the medications the doctor prescribed for Frank was Bumex, which is typically used to treat respiratory problems such as those experienced by Frank. The doctor ordered Bumex one time, every other day. That is exactly what was written in his medical chart: "Bumex, 1 tablet, QOD" (QOD is the Latin abbreviation to indicate "every other day").

When Frank was transferred to the skilled nursing facility, a copy of his doctor's orders accompanied him. These orders were typed and placed in an envelope. When Frank arrived at the facility, the nurses on duty opened the envelope and noticed that Frank was taking Bumex, 1 tablet, QID. Remember, Frank's doctor had ordered Bumex, 1 tablet, QOD. In the transcription of the orders, someone accidentally typed "QID." What's the big deal, you might ask?

In medical language, QID means four times a day. So at the skilled nursing facility, instead of receiving this extremely powerful medication every other day, he was being given eight times the ordered dosage. Within a week, Frank had died.

Frank's story is an example of a tragic but avoidable situation. To prevent these types of scenarios, we must take an active role in our own health care, especially when dealing with medications. Our health care system demands that we comply with strict and often confusing instructions about medications. Without an organized system in place, unforeseen medication errors can happen.

Take Charge of Your Health Care

It is estimated that misuse of outpatient prescription drugs costs more than \$85 billion each year. Almost 30% of all hospital admissions involve misuse of outpatient medications. With these staggering facts in mind, it is vital to carefully review your medication with your physician during each office visit. Use the following list of questions to help you understand the need for medication, as well as its proper use:

- * What is the name of the medication?
 - * What is the medicine supposed to do?
 - * What is the dosage? When should I take it? For how long?
 - * Are there any side effects, and if so, what should I do if they occur?
 - * Is there anything in the medication that may cause an allergic reaction?
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- * Should I avoid any foods while taking this medication (i.e, aged cheese, dairy products) or substances containing caffeine, alcohol or tobacco?
 - * Should I avoid any particular activities, such as sports or driving?
 - * What happens if I miss a dose?
 - * How might this drug interact with other medications I am taking?
 - * Does the medication need to be stored in any special way?
 - * Will I require any follow up tests to monitor this medication?
 - * Is additional information available about this medication?

Take a list of your medications (including non-prescription or over-the-counter medication) to all your doctor appointments. This list is especially important if you are seeing more than one physician. Your physicians need to know specifically what medications you are taking, as well as the reason for taking them.

To provide an additional layer of safety, share your medication list with your pharmacist. It is estimated that pharmacists may prevent more than 100,000 deaths from misuse of prescription drugs and over-the-counter medications and save billions of dollars if they could review prescriptions and offer counseling to patients. As an active medical consumer, insist on up-to-date information from your physician and pharmacist to ensure your well being and safety.

Finally, be sure to tell you friends and family that you love them at least "QD" (Latin for once a day).

Brent Aleshire, from Hartland, Wisconsin, is a dynamic speaker with more than 20 years experience in the health care industry. Brent engages his audiences with interesting case stories and valuable information presented in a relaxed style. Brent has developed several powerful tools for helping people take control of their health care, including two audio tapes, "A Guide to Your Personal Health Care Journal" and "Hospitals: Understanding the Maze"

Health Insurance, medical insurance and individual health insurance plans.

By Mike Yeager

Take Charge of Your Health Care

Health insurance is something that everyone needs today. The rising cost of visiting a health care provider or a hospital stay makes it imperative that everyone have some type of health care coverage. Government statistics estimate that over 40 million people in America are not covered by any type of health insurance on any given day. That's an enormous number of people who really are taking a financial risk.

The best information on individual Health Insurance.

While most Americans are able to obtain some type of health insurance through their place of employment, many others, the underemployed, the self-employed and the unemployed simply don't know where to find good, quality coverage at a fair price. The Census Bureau estimates that nearly 15% of the population has no coverage. The long term effects of this are hard to quantify because it means that young children do not see a health care provider unless they are seriously ill. Unfortunately this approach while appearing to save money can be devastating to the long term health of the child.

Health care providers and other experts all recommend that every one have some type of health insurance for the necessary time when they'll need to visit their Doctor or hospital.

Mike Yeager
Publisher

Health Insurance, medical insurance and individual health insurance plans.
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