

## Is Taking Your Medication A Hassle?

(NAPSA)—Do you ever have difficulty swallowing your pills? Do you ever find yourself needing to take your medication and not having convenient access to water? Is taking your pills an unpleasant experience? If so, you are not alone.

A recent Harris Interactive Survey showed that 40 percent of American adults have experienced Swallowing Difficulty (SD) when



taking oral medication. Of those who experienced SD, 14 percent have delayed taking a dose of their medication, eight percent skipped a dose and four percent discontinued using their medication because of difficulty swallowing. Yet, less than one-quarter of adults who experienced SD discussed the issue with a health care professional. Instead, many develop coping strategies. More than half (55 percent) of those who had trouble drink lots of liquids, 48 percent drink water in big gulps, 43 percent tilt their heads back, and 31 percent place the pill on the back of their tongue before swallowing.

If you or someone you know has difficulty swallowing pills, find out if there are easy-to-swallow forms of your medication. Some medications are available in pleasant-tasting orally disintegrating tablets that dissolve rapidly on the tongue so they are easy to swallow. They can be taken anytime, anywhere without the need for water. Talk to your doctor or health care professional about what may be appropriate for you.

For more information on the survey and a new orally disintegrating technology, visit [www.RapiTabtech.com](http://www.RapiTabtech.com).