

Mind Your Medicine

(NAPSA)—There could be a simple and inexpensive solution to a \$300-billion health care problem facing the country.

The Problem

Millions of people across the country are imperiling their health and even endangering their lives by simply forgetting to take their medicine. In fact, it's estimated that only half the people with chronic health conditions take their medicine as directed. And independent studies indicate that failure to take the correct medication dosage accounts for 10-28 percent of all hospital stays and 22 percent of all nursing home admissions.

A Solution

A new, interactive "smart pillbox," called the Med-eMonitor, produced by a Maryland-based company called InforMedix, may make a big difference. The device alerts people with a musical chime when it's time to take medication. It also tells them how to take their medication and records the date and time the pill drawer is opened. It even prompts patients to answer questions about their health.

If a dose is missed, the wrong medicine taken or the user's health in decline, the device sends an alert message via e-mail, text message or fax to a caregiver or loved one. Early intervention can prevent avoidable, serious consequences.

"The device exists to address a simple problem with huge ramifications: patient medical non-adherence," says Bruce A. Kehr, M.D., founder of InforMedix Holdings, Inc. and creator of the Med-eMonitor System. "The best medicine in the world is of little value if patients do not properly follow their regimens."

Studies show that more than 90 percent of people who use this "smart pillbox" take their medication as prescribed versus 35-



A new, interactive "smart pillbox" reminds patients to take their meds.

55 percent of people before using it. Dr. Dawn Velligan of the University of Texas says, "I think this device is a significant advance in both monitoring and improving adherence to medication regimens."

InforMedix is currently launching the device via pharmacy partnerships under the theme: "Did Your Parents Take Their Medications Today? Knowing the Answer Could Save Their Lives!"

What You Can Do

In addition to taking your pills on time, there are a few steps you should take to be sure you and your loved ones are getting the most from your medical care. These include:

- Ask your doctor what you're being treated for and how each medicine is supposed to help.
- Discuss with your doctor or pharmacist any possible side effects or interactions of any medications you take—and what to do about them.
- Learn what to do if you miss a dose or take too much.
- Make sure all your doctors and dentists know what medications you've been prescribed by any others.

You can learn more online at www.informedix.com.