

# **13 Medication Truths Doctors Can't Always Tell You**

*(and how understanding these truths improve your life)*

**By MedInfo Finder**

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# Introduction

Navigating today's healthcare system can feel overwhelming, especially when it comes to managing your medications. With limited time during doctor visits, it's easy to leave with unanswered questions about how your prescriptions work, their potential side effects, and how they fit into your overall health plan.

This e-book uncovers thirteen important truths about medications—insights that can help you better understand your prescriptions and the healthcare system behind them.

By exploring these truths, you'll gain the knowledge and confidence to take an active role in your health, empowering you to make informed decisions about your medication use in partnership with your healthcare providers.

## Truth #1: Stop Treating Symptoms, Start Treating Patients: A Call for Patient-Centered Care.

More and more patients are asking doctors to slow down and have real conversations, especially about their medications. They want to understand potential drug interactions, side effects, and whether the medications they're taking are truly necessary.

However, time constraints often prevent doctors from providing detailed explanations, leaving patients unsure about their treatment plans and hesitant to ask questions for fear of being labeled "difficult" or non-compliant. As a result, many patients turn to the Internet for additional information, which is not always well-received by doctors due to the variable reliability of online sources.

These challenges have fueled a growing demand for patient-centered care, where individuals can have judgment-free conversations about their health. Patients deserve to know how their prescriptions are likely to affect them— immediately and in the long term—and how they interact with other medications, supplements, and lifestyle habits.

In some cases, patients mistakenly believe that leaving the doctor's office without a prescription means their doctor hasn't done their job. In reality, true patient-centered care often involves exploring non-pharmaceutical options and focusing on sustainable, long-term health solutions.

Another serious issue arises when patients see multiple doctors or specialists who prescribe medications without knowledge of other treatments. This lack of coordination

can lead to incompatible drug combinations and harmful interactions, underscoring the need for improved communication.

## How understanding truth #1 improves your life

Understanding this truth empowers patients to take charge of their own health and ask the right questions.

Recognizing that time constraints affect many doctors allows you to come to your appointments better prepared. It's important to take a more active role in discussing your medications by asking about potential drug interactions, short, medium and long term side effects, and alternative treatments.

This proactive approach not only enhances your understanding of your treatment but also strengthens your partnership with your healthcare provider.

Tools like MedInfo Finder can support you by providing detailed reports on your medications, offering insights into interactions, side effects, and risks over time. These reports help you ask informed questions and ensure productive conversations with your doctor.

By taking these steps, you ensure that your healthcare is personalized, well-informed, and centered on your specific needs. Remember, your health is important, and you have the right to ask questions that will lead to knowledge, confidence, and peace of mind.

### RESOURCES THAT SUPPORT TRUTH #1

- [How growing time constraints impact primary care physicians and patients by Stanford News](#)
- [Ethical standards are compromised by workload, resources and time pressure](#)
- [Perceptions of time constraints among primary care physicians in Germany](#)

## Truth #2: Understanding Doctors' Pressures: Partnering for Better Care.

The U.S. healthcare system emphasizes high patient volumes, overwhelming administrative burdens, and standardized protocols that often bypass patients' individual needs and circumstances. Additionally, insurance companies heavily influence how doctors prescribe medications and limit the time they can spend with patients.

This relentless pressure has led to an alarming rise in physician burnout. Many doctors are leaving the profession—or even the country—in search of more humane working conditions. Tragically, the stigma surrounding mental health in the medical community prevents many doctors from seeking help, for fear of being perceived as weak or risking their licenses. This stigma has contributed to an increase in physician suicide rates, making medicine one of the most affected professions.

To combat these challenges, many doctors are turning to alternative approaches that rekindle their passion for medicine. Functional and Integrative medicine, for example, allow doctors to focus on root-cause analysis, preventative care, and whole-person health, encompassing physical, mental, and emotional well-being.

This shift is also reflected in medical education. A survey conducted by UCLA and UC San Diego found that over 75% of medical students believe the U.S. healthcare system would benefit from greater integration of Complementary and Alternative Medicine (CAM). This growing interest in holistic care suggests a hopeful future where doctors can better align their practice with their values and patients' needs.

### How understanding truth #2 improves your life:

Understanding the intense pressures doctors face fosters compassion and appreciation for their work. Recognizing these challenges also empowers you to take a more proactive role in managing your health—not as a burden, but as part of a collaborative partnership. By asking informed questions, tracking your progress, and staying actively involved in your care, you help create more meaningful and productive conversations with your doctor.

If you're seeking a more personalized approach to your health, functional or integrative medicine may provide valuable support by focusing on root-cause analysis and preventative care. These practices can help align your treatment plan with your long-term goals by addressing the underlying factors affecting your well-being, offering a holistic complement to your existing healthcare.

## RESOURCES THAT SUPPORT TRUTH #2

- [UCLA Health Report on Integrative Medicine Survey](#)
- [ScienceDaily: Medical Students Support CAM Integration](#)
- [The suicide crisis among medical providers—and how healthcare leaders are combatting it](#)

## Truth #3: How Your Medications May Be Interacting Without You Knowing.

Medications are meant to help you heal, but when they interact with each other—or with recreational drugs, foods, supplements, alcohol, or even caffeine—they can compromise your treatment plan. Each new medication adds complexity, and without a thorough review of your regimen, undetected interactions may lead to mild to severe side effects, reduced effectiveness, or even life-altering conditions.

Unfortunately, doctors often lack the time to investigate every potential interaction, especially if you're seeing multiple specialists who may not have access to your complete medication history. This makes it essential for you to take a proactive role in managing your health.

### How understanding truth #3 improves your life

Undetected drug interactions lead to mild to severe side effects, reduced medication effectiveness, or even life-altering conditions. Understanding this truth highlights the importance of accessing comprehensive medication information.

The report you get from MedInfo Finder does this for you. It answers questions you may not have considered, sparks critical thinking, and puts a powerful tool in your hands to engage in meaningful conversations with your prescribing doctors.

This proactive approach helps you avoid unwanted consequences or harmful side effects. It encourages you to take an active role in understanding your medications and sharing responsibility with your doctors to ensure your treatment plan supports your current and long term health goals.

### RESOURCES THAT SUPPORT TRUTH #3

- [Drug Interactions - Prescription Drugs, Food & Alcohol Interactions](#)
- [Polypharmacy and Potential Drug–Drug Interactions in Home-Dwelling Older People – A Cross-Sectional Study](#)

## Truth #4: The Hidden Long-Term Effects of Medications.

Many doctors are increasingly concerned about prescribing medications for long-term use without fully understanding their extended effects. The pressure to see more patients in less time often prevents them from having in-depth discussions about this crucial issue.

Here's what many doctors wish they had time to tell you:

Most medications are approved based on studies lasting only a few months, even when they're intended for years of use. The effects of taking these drugs for extended periods are often unclear at the time of approval.

Your unique physiology means you might experience different long-term effects than those reported in initial studies. What works well for one person might cause unexpected issues for another over time.

Some medications can mask symptoms of underlying conditions or create new health problems while attempting to solve others. This "prescribing cascade" is a growing concern among healthcare professionals.

There's often a strong desire to discuss non-pharmaceutical options or complementary therapies that could reduce reliance on long-term medications, but these conversations require more time than most appointments allow.

### How understanding truth #4 improves your life:

By understanding this truth, you can engage in more meaningful conversations with your healthcare providers, ensuring that your treatment plan aligns with your long-term health goals and values.

Recognizing the limitations in our understanding of long-term medication effects empowers you to be more proactive in your healthcare. It encourages you to:

1. Ask about the long-term implications of your medications during appointments.
2. Be vigilant about new symptoms, even if they seem unrelated to your medications.
3. Request regular medication reviews with your healthcare provider.
4. Explore potential alternatives or complementary approaches when appropriate.
5. Consider a more holistic approach to your health, including lifestyle and dietary factors that support overall wellbeing.

Want to understand the potential long-term effects of your medications? Use [MedInfo Finder](#) to get a comprehensive report and prepare for a more informed discussion with your doctor.

## Truth #5: How Medications May Be Stressing Your Vital Organs.

When you take pharmaceutical drugs, your body relies on a highly efficient detox system to process and eliminate them. This detoxification primarily involves the liver, but the kidneys and intestines also play critical roles in keeping your system clean. Over time, however, medications can place significant stress on these organs, particularly if your diet or hydration levels are poor.

In fact, dehydration, one of the most common yet overlooked issues for those on medications, can magnify the strain on the kidneys, potentially leading to long-term damage.

Similarly, a diet high in processed foods, sugars, or alcohol adds further stress to your liver, impairing its ability to break down and eliminate drugs efficiently.

Over-reliance on medications can silently cause problems like liver toxicity, reduced kidney function, or digestive issues that may only surface after significant damage has been done.

By supporting your body's natural detox pathways—through proper hydration, nutrition, and smart medication management—you can help reduce the burden on these vital organs and maintain your long-term health.

### How understanding truth #5 improves your life

Understanding that medications can strain your liver and kidneys empowers you to make healthier choices. For example, staying well-hydrated with 8–10 glasses of water daily supports kidney function, while detox-friendly drinks like green tea or lemon water assist your liver.



Incorporating nutrient-rich foods like turmeric (for its anti-inflammatory properties), nuts (high in antioxidants), and fish (rich in omega-3 fatty acids) further supports liver health.

However, individuals on blood thinners like warfarin should consult their doctor before increasing their intake of leafy greens, as their high vitamin K content can interfere with medication. Additionally, avoiding grapefruit and similar foods that alter drug metabolism can help minimize side effects and improve medication efficacy.

Regular health check-ups, including organ function tests, and the use of natural remedies for minor ailments where appropriate can further reduce the burden on your liver and kidneys. These proactive steps not only protect your organs but also ensure your treatment plan supports your long-term health goals.

#### RESOURCES THAT SUPPORT TRUTH #5

- [Inspired Health](#)
- [Today's Integrative Health](#)
- [Naturopathic Approaches](#)
- [Well Connected Twin Cities](#)
- [Integrative Nutrition and Detox](#)
- [Functional Medicine and Organ Health](#)

## Truth #6: Why 'Inactive' Ingredients Might Not Be Harmless.

The 'inactive' ingredients in your medications are often overlooked but critically important.

You might think these components are harmless, but here's the truth - they're anything but inactive in your body. These so-called inert ingredients can be silent triggers, potentially causing immediate adverse reactions or long-term side effects. Some inactive ingredients may affect the absorption of other medications.

What's more concerning is that these additives - which do everything from binding the pill together to making it taste better - often fly under the radar. Equally concerning is, they're not always clearly listed in the medication guide you receive.

And here's another wrinkle: when you switch to a generic version of your medication, you might be in for a surprise. Generic drugs aren't required to use the same inactive ingredients as their brand-name counterparts. This seemingly small detail can lead to unexpected side effects or allergic reactions, such as those related to lactose or gluten, that leave both you and your doctor scratching your heads!

## How understanding truth #6 improves your life

By being aware of what's in your medication, you can better identify the cause of unexplained symptoms, avoid potential allergic reactions, and ensure optimal treatment effectiveness.

You can ask your pharmacists to give you the specific data on the inactive ingredients for the actual medications you are receiving. Remember, generic drugs differ in their composition!

When you sign up with [MedInfo Finder](#), you'll also receive a comprehensive document explaining everything you need to know about inactive ingredients permitted in the US.

Empowered with this knowledge from your pharmacist or MedInfo Finder, you can have more informed conversations with your doctor. If you identify potential allergens or concerns, you can discuss alternatives or request different medications if needed. Your pharmacist, who is your ally (see Truth #11) may also be able to suggest similar medications with different inactive ingredients.

### RESOURCES THAT SUPPORT TRUTH #6

- [Inactive Ingredients, Active Risks - Scientific American](#)
- [Biologic Excipients: Importance of Clinical Awareness of Inactive Ingredients](#)
- [Pharmaceutical excipients. Adverse effects associated with inactive ingredients in drug products \(Part I\)](#)

## Truth #7: The Dangers of Antibiotic Overuse and Superbugs.

The overuse of antibiotics is a serious issue that goes beyond just fighting infections. These drugs don't just target harmful bacteria; they also disrupt the beneficial bacteria in your gut, which are vital for your overall health. When this balance is thrown off, your body becomes more vulnerable, and your gut microbiome can take years to recover. This disruption has wide-reaching effects - not only weakening your immune system but also negatively impacting your brain and heart health.

A large study of over 14,000 participants from the Nurses' Health Study II found that women who used antibiotics for two months or more in midlife, experienced *decline* in cognitive functions like memory, attention, and psychomotor speed. This study showed how overusing antibiotics can significantly affect not just your gut but also your brain health as well.

In addition, the overprescription of antibiotics has fueled the rise of antibiotic-resistant bacteria, referred to as superbugs. These resistant infections are harder to treat, leading to severe complications including loss of teeth, neurological disorders, mental illness and even death.

In 2019, antibiotic resistance caused 1.27 million deaths worldwide and is projected to surpass cancer as a leading cause of death by 2050 if current trends continue. Why is this allowed? Because for every \$238 spent on the development of new drugs, only \$1.00 is spent on new antibiotics. This stark funding disparity reflects a focus on profitability over public health, leaving the world vulnerable to a growing crisis where even routine infections may become untreatable. Urgent investment in antibiotic development is essential to address this critical challenge.

Meanwhile, many doctors continue prescribing antibiotics without first determining whether an infection is viral or bacterial, which leads to inappropriate use. This occurs because of factors like time constraints and patient demands. There are two extremely vulnerable population groups we need to stand up for, children and the elderly.

In a perfect world, insurance companies would encourage doctors to check the biocompatibility of antibiotics against aggressive pathogens before prescribing, rather than relying on empirical treatments. This proactive approach would lead to increased efficacy, more targeted prescriptions, and a significant reduction in the risk of antibiotic resistance.

## How understanding truth #7 improves your life

By understanding these risks, you can work closely with your doctor to ensure that antibiotics are used only when absolutely necessary, based on blood tests that differentiate between bacterial and viral infections.

Discuss alternative treatments and consider requesting compatibility tests to identify the most effective antibiotic when dealing with very aggressive infection especially such as in periodontal disease.

And when you do agree on an antibiotic, consider asking your doctor or pharmacist if it is available in subcutaneous injections (to do in the comfort of your home) , thereby protecting your gut, brain and immune system.

Additionally, it's important to restore your gut health during or after taking antibiotics. High-quality probiotics can help replace the beneficial bacteria that antibiotics may have destroyed.

By staying informed and cautious, you not only protect your personal health but also contribute to the global fight against antibiotic resistance, ensuring these life-saving drugs remain effective for everyone.

### **IMPORTANT TO KNOW**

It is a common misconception that it's best to take probiotics only after the entire antibiotic treatment is complete.

Practitioners of Naturopathic, Functional, and Integrative medicine recommend waiting at least two hours between taking antibiotics and probiotics.

This timing helps ensure that the antibiotics have passed through the system before introducing the probiotics, which can then help replenish the beneficial bacteria without being immediately destroyed by the antibiotics.

Taking probiotics during antibiotic treatment has been shown to help reduce the risk of side effects like antibiotic-associated diarrhea and support overall gut health

On the bright side, Probiotic research is advancing globally, with laboratories worldwide studying how probiotics can be customized for specific health needs. Stay tuned, MedInfo Finder is closely monitoring this emerging field and we will keep you posted.

## RESOURCES THAT SUPPORT TRUTH #7

- [Herbal Antibiotics, 2nd Edition: Natural Alternatives for Treating Drug-resistant Bacteria](#)
- [Antibiotic Use, Resistance Threaten Global Health - NIH Record](#)
- [Common antibiotics, azithromycin and amoxicillin, affect gut metagenomics within a household](#)
- [Control antibiotic misuse or the drugs won't work, warn WHO experts](#)
- [Take probiotics alongside your prescribed antibiotics to reduce damage to your gut microbiome, says the first review of the data](#)

## Truth #8: How Insurance and Big Pharma Shape Your Prescriptions.

Insurance companies routinely and systematically influence prescription choices by favoring less expensive options, which may not always be the best quality or the most suitable for your specific needs.

Additionally, pharmaceutical companies can influence prescribing practices through various incentives and marketing strategies, including TV and radio advertising (outlawed in almost every country in the world, except the US and New Zealand) potentially swaying decisions toward certain medications.

### How understanding truth #8 improves your life

Being aware of these influences empowers you to ask about alternative options and advocate for the most appropriate medication for your condition.

MedInfo Finder supports you in this goal by providing a comprehensive report based on up-to-date data from many trusted online sources, detailing medication functionality and long term efficacy.

This knowledge helps you avoid less effective treatments or those with more side effects, and encourages more informed discussions with your healthcare provider about the reasons behind certain prescriptions.

By staying vigilant, you can ensure that your treatment plan is based on what's truly best for your health, not just what is most convenient or profitable for others.

#### **RESOURCES THAT SUPPORT TRUTH #8**

- [Medicines Information and the Regulation of the Promotion of Pharmaceuticals - Science and Engineering Ethics](#)
- [Barriers to Prescription Drug Access within US Commercial Insurance - PharmacoEconomics & Outcomes News](#)
- [Where Do Real-Time Prescription Benefit Tools Fit in the Landscape of High US Prescription Medication Costs?](#)

## **Truth #9: The Risks of Overseas Active Pharmaceutical Ingredients (APIs) in Medications.**

A significant portion of the active pharmaceutical ingredients (APIs) in medications are sourced from countries like China and India. While this global supply chain helps keep medication costs lower, it also introduces potential risks, such as dependency on foreign manufacturers, quality control issues, and vulnerability to supply chain disruptions. These factors can lead to shortages or the distribution of medications with compromised efficacy.

### **How understanding truth #9 improves your life**

Awareness of the risks associated with global pharmaceutical supply chains encourages you to take proactive steps towards improving your health beyond reliance on medications. Looking at things like lifestyle changes, nutritional changes, hiring a naturopathic or functional medical doctor or functional medicine health coach. MedInfo Finder, with our sister company Functional Health Solutions, will support you in this process.

## RESOURCES THAT SUPPORT TRUTH #9

- [A Critical Medicines Act to secure Europe's pharmaceutical independence](#)
- [US remains heavily reliant on foreign medicine ingredients](#)
- [US policymakers acting to bolster drug supply chains amid critical shortages](#)

## Truth #10: What Your Medication Leaflet Doesn't Say (and Why It Matters).

When you pick up your medication from the pharmacy, you typically receive a small leaflet with basic instructions.

The leaflet includes a limited list of side effects, often without clear information about their likelihood or a timeline for when they might occur—whether in the short, medium, or long term.

The leaflet may also mention precautions, but when it comes to drug interactions, it lacks specific details about how your medication may interact with other drugs, therapeutic supplements, or foods.

You may also notice a note to 'read the patient information leaflet (PIL) if available'.

The PIL, also called the drug insert, is produced by the manufacturer and contains detailed and useful information, but it isn't automatically provided by your pharmacists, so you may need to ask for it, or look it up online.

Studies suggest that many healthcare professionals, including doctors, may not regularly review PILs due to their dense, technical nature and tiny text and broad descriptions of side effects, making them difficult to digest.

Instead, doctors often rely on drug databases, pharmaceutical company representatives, or professional guidelines, for the most critical drug information. This

may lead to gaps in communication regarding less common side effects, long-term risks, or drug interactions that are buried deep in the PILs.

## How understanding truth #10 improves your life

Recognizing the limitations of pharmacy leaflets allows you to take a more active role in managing your health. Instead of struggling with dense, technical information like the Patient Information Leaflet (PIL), tools like [MedInfo Finder](#) simplify the process.

MedInfo Finder provides a personalized report detailing potential drug interactions, including those with over-the-counter medications, recreational drugs, foods, beverages like caffeine or energy drinks, and therapeutic supplements.

It also outlines side effects over time—short, medium, and long term—and generates a symptoms questionnaire to help you identify symptoms you may not have realized were related to your medications. Additionally, this tool empowers you to track side effects and better understand how your medications impact your overall health.

And when you take your [MedInfo Finder](#) report to your doctor—or share it via email—they'll truly appreciate the homework you've done. With all the details at hand, they will be more likely to engage in a client-centered discussion about your treatment options, ensuring your care is as tailored and informed as possible.

### RESOURCES THAT SUPPORT TRUTH #10

If you are going to do your own research, we recommend that you use reputable sources such as:

- [Drugs.com](#): Provides detailed information on medications, including side effects, interactions, and user reviews. It also offers a drug interaction checker tool.
- [MedlinePlus](#): Managed by the National Library of Medicine, MedlinePlus offers reliable information on medications, including side effects, warnings, and drug interactions.
- [DailyMed](#): This website, provided by the National Institutes of Health (NIH), contains the most recent drug labels as submitted to the FDA, offering comprehensive information about drug uses, warnings, and side effects.
- [FDA Drug Database](#): The FDA's database provides official information on approved drugs, including their labeling, safety information, and regulatory history.



## Truth #11: Your Independent Pharmacist: A Hidden Healthcare Ally.

In the United States, pharmacists' ability to prescribe medications is limited and varies significantly by state, with most lacking the broad legal right to prescribe like doctors. However, their role in medication management has expanded through various mechanisms.

Many states allow pharmacists to prescribe under Collaborative Practice Agreements (CPAs) with physicians, enabling them to initiate, modify, or discontinue drug therapy for chronic conditions like hypertension and diabetes based on established protocols.

Some states have further expanded pharmacists' roles through Advanced Practice Pharmacist (APP) licenses, with California, New Mexico, and Oregon, for example, having particularly progressive laws allowing specially trained pharmacists to prescribe independently in specific situations.

All states permit pharmacists to prescribe and administer vaccines under state protocols, and some allow them to prescribe certain medications like contraceptives, naloxone, and smoking cessation therapies under standing orders. Additionally, pharmacists may have expanded prescribing authority during public health crises or emergencies.

All pharmacists are highly trained medication experts dedicated to ensuring your safety and health. Independent pharmacists, who aren't part of large corporate chains, often have more flexibility to provide personalized care, tailored to your specific needs. They access specialized databases, keep up with the latest trends, and offer invaluable advice on medication management.

By working closely with their clients, these independent pharmacists frequently observe when new medications are prescribed to address side effects of others, making them well-equipped to raise concerns and suggest alternatives when necessary.

Like many doctors, independent pharmacists are also expanding their scope of practice. Some are integrating nutrition so that they can recommend therapeutic supplements. Others are practicing functional medicine or functional medicine health coaching. We are witnessing the birth of a new paradigm within pharmacy where pharmacists are not

just dispensing medications but actively contributing to a broader, more personalized approach to health and wellness.

## How understanding truth #11 improves your life

Recognizing the value of your pharmacist, particularly those in independent pharmacies, can significantly enhance your healthcare experience.

Independent pharmacists have the flexibility to offer personalized care, going beyond just filling prescriptions to truly understanding and optimizing your medication regimen.

This can include Medication Therapy Management (MTM). An MTM is intended as a service for thorough review of medications. It's the perfect place to bring your [MedInfo Finder](#) report. If you were to take your MedInfo Finder report with you, it would give you and your pharmacist more comprehensive information about your meds, from both allopathic and functional medicine perspectives.

You can request an MTM (private consultation) with any pharmacist, including those in independent pharmacies.

The cost of MTM ranges from \$75 to \$100 (at the time of this ebook), and it is often covered by insurance, including Medicare.

The billing codes for these services are:

- 99605: Initial Visit (up to 15 minutes) - Used for the first MTM session with a new patient.
- 99606: Follow-Up Visit (up to 15 minutes) - Used for subsequent MTM sessions with an existing patient.
- 99607: Additional Time (each extra 15 minutes) - Used for any additional 15-minute increments beyond the initial or follow-up session.

### RESOURCES THAT SUPPORT TRUTH #11

- [Pharmacy First - getting the most from your pharmacist](#)

## Truth #12: Deprescribing: Exploring the Benefits with Your Doctor.

Deprescribing is the planned and supervised process of reducing or stopping medications that may no longer be beneficial or could be causing harm. Unlike prescribing, which is exclusively performed by licensed healthcare providers such as physicians, nurse practitioners, and physician assistants, deprescribing is a collaborative effort involving both healthcare providers and patients. While healthcare providers assess the appropriateness of continuing or discontinuing medications, patients play a crucial role by providing information about their experiences, preferences, and any side effects they may be experiencing. This shared decision-making process ensures that any changes to medication regimens are safe and aligned with the patient's health goals.

### How understanding truth #12 improves your life

Deprescribing offers numerous benefits, allowing you to regain control over your health by reducing the risks associated with unnecessary medications. With fewer medications, you can:

- Minimize the risk of drug interactions that might undermine your treatment plan (Truth #3).
- Decrease the strain on your liver, kidneys, and other organs responsible for processing medications (Truth #5).
- Reduce exposure to potentially harmful inactive ingredients that may cause side effects or allergic reactions (Truth #6).
- Limit reliance on medications sourced from overseas, where quality control and supply chain risks may exist (Truth #9).

Taking an active role in deprescribing begins with organizing a complete list of your medications, including supplements and over-the-counter drugs. Share this list with your healthcare provider during a dedicated consultation to explore whether any prescriptions might be reduced or discontinued. Regular reviews of your medication regimen ensure that every treatment serves a clear purpose and reflects your current health needs.

Additionally, lifestyle changes such as improved nutrition, regular exercise, better sleep, and stress management can influence your medication requirements. Be sure to inform your healthcare provider about these positive habits, as they may provide opportunities to simplify or adjust your treatment plan.

Deprescribing is not about rejecting medications—it’s about making informed choices in partnership with your healthcare team. By actively engaging in this process, you can simplify your care, reduce unnecessary risks, and create a path to greater overall well-being.

#### RESOURCES THAT SUPPORT TRUTH #12

- [What is Deprescribing?](#)
- [Rationalizing Medications Through Deprescribing](#)
- [A systematic review of the evidence for deprescribing interventions among older people living with frailty.](#)

### Truth #13: Medicine doesn’t have to break the bank.

In the U.S., many people struggle to afford their medications due to high drug prices and limited regulatory intervention.

24% of Americans who take prescription drugs find it difficult to pay for them, particularly those with low incomes or high monthly medication costs. This financial pressure often leads to risky behaviors, with 30% of adults admitting to skipping doses, taking less medication, or delaying prescriptions to save money, which increases the risk of worsening health issues.

Compared to other countries, the U.S. has significantly higher drug prices—up to 256% more on average, especially for brand-name drugs. Proposed solutions, such as Medicare price negotiations, capping out-of-pocket costs, and increasing access to generic drugs, aim to make medications more affordable.

Over the past decade, low-cost online pharmacy companies have emerged to reduce the financial burden of prescriptions. By eliminating middlemen, such as pharmacy benefit managers (PBMs) and wholesalers, these companies can offer lower prices through direct procurement from manufacturers. The medications sold by these platforms are generally FDA-approved and of the same quality as those found in traditional pharmacies.

Moreover, many pharmaceutical companies in the U.S. offer Patient Assistance Programs (PAPs) to help patients afford their medications. These programs provide free

or discounted drugs for individuals who meet specific income and eligibility requirements, often helping those with low incomes or insufficient insurance coverage.

## How understanding truth #13 improves your life

Knowing that affordable medication options exist empowers you to reduce your healthcare costs without sacrificing quality, making essential treatments more accessible and manageable.

When you sign up for [MedInfo Finder](#) you'll receive a detailed list of low-cost online pharmacies and pharmaceutical companies offering financial assistance,

### RESOURCES THAT SUPPORT TRUTH #13

- [Poll: Nearly 1 in 4 Americans Taking Prescription Drugs Say It's Difficult to Afford Their Medicines](#)
- [Considering an Online Pharmacy?](#)
- [Internet Pharmacies](#)
- [Characteristics of Adults Aged 18–64 Who Did Not Take Medication as Prescribed to Reduce Costs: United States, 2021](#)
- [International Prescription Drug Price Comparisons](#)

## Final Thoughts: Empowering Your Medication Choices

By understanding these 13 truths, you've taken an important step toward becoming an informed advocate for your health. Remember, your voice matters. The more knowledge you have about your medications and treatment options, the better equipped you'll be to work collaboratively with your healthcare providers.

Don't stop here. Take the next step by reviewing your medications, asking thoughtful questions during your doctor's visits, and exploring potential alternatives when

appropriate. Consider tools and resources that can help you organize your medication information, monitor your symptoms, and prepare for meaningful discussions with your healthcare team.

Tools like the **MedInfo Finder** Report can support you in this process.

The [MedInfo Finder](#) Report provides in-depth information on potential drug interactions, side effects, and long-term risks, helping you make informed decisions for your health. It also includes a unique symptoms questionnaire that highlights possible adverse effects from all your medications including over-the-counter drugs and supplements, making it easier to communicate your concerns with your doctor effectively.

By staying proactive and informed, you can create a healthcare plan that supports your well-being and long-term goals.

## A Message from the Founder:

We recognize that no truth is absolute, and every person's health journey is unique. Our commitment is to provide you with the best, most current, and unbiased information possible to help you make informed decisions about your medications.

At MedInfo Finder, we also aim to enhance your relationships with your healthcare providers, including pharmacists, who play a vital role in optimizing your medication use. Together, we can help you take control of your health with confidence and clarity.

## Disclaimer

The information provided in this e-book, *13 Medication Truths Doctors Can't Always Tell You (and how understanding these truths improves your life)*, is for educational and informational purposes only. It is not intended as, nor should it be construed as, professional medical advice, diagnosis, or treatment. The insights in this e-book are based on general research and may not apply to your specific health situation

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