

Overview

Drugs - prescribed, over the counter, natural, herbal, synthetic compounds and supplements - all have the potential to cause harm if taken inappropriately or in excess.

Prescription-related drug problems result in about 119,000 deaths and 8.8 million hospitalizations per year in the U.S.

Over 50% of drugs have adverse effects and major safety issues warranting label changes after they are marketed.

Generally, the more medications a person use, the more likely they are to experience adverse effects from medication use. The more persons prescribing medications to one patient, the more likely that patient is to have an adverse drug event.

You are at risk if:

- You suffer from multiple chronic medical problems including diabetes, hypertension, and heart failure.
- You have unexplained confusion, depression, falls, sleepiness or insomnia.
- You take herbs, vitamins, over-the-counter products, along with "regular" medication.
- You live alone and sometimes forget to take your medication.
- You have had an increase in appetite or thirst since starting a new medication.
- Your medication cause walking difficulties or speech problems.

If you are experiencing any of the above, you are suffering the effects of this dangerous life altering medical complication—Polypharmacy.

Call Eylan Health today to get help reducing your medication burden.

Schedule Your Medical Consultation today!

Directions:

The entrance to our parking lot is located across the street from the 7-Eleven just after you turn onto Bel-Red Rd from NE 24th St.

Alternatively, you can come along 156th NE heading to Bel-Red Rd and the parking lot entrance is on your right just before the intersection.



View from 156th NE Street

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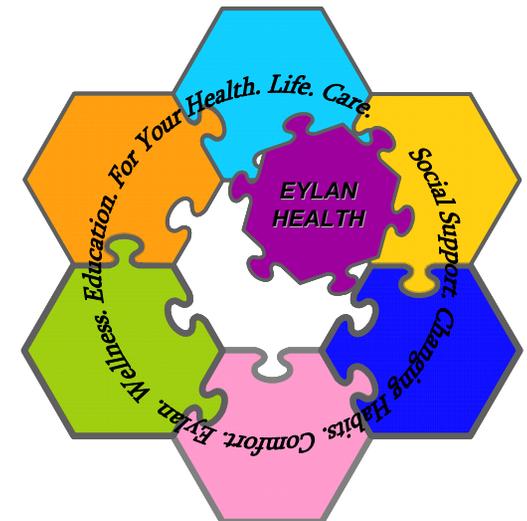
EYLAN HEALTH

Personal

Comprehensive

Proactive

Polypharmacy



www.eylanhealth.com

Our Services

Polypharmacy: The use of five or more medications, and/or the inappropriate use of medications.

Inappropriate use of medications include:

- Using multiple medications to treat a single condition.
- Taking medications that interact with each other.
- The use of medications to counteract the side effects of another.
- Using prescription and non-prescription medications for no legitimate purpose.
- Using more or less medication than prescribed.
- Discontinuing medication when “you feel better.”



Using more than five medications on a daily basis have unfortunately become commonplace.

Persons with diabetes, heart failure, high blood pressure and pain syndromes take many more drugs than those without these conditions.

Drug interactions are numerous in these patient populations and are often neglected as they are considered “the price of treatment.”

The medications you are taking to treat one condition is likely causing another condition to develop for which you have to take another medication.

More is not better, it is harmful!

- ◇ Does your pain medication or iron supplement cause you **constipation** and now need a daily laxative?
- ◇ Have you noticed **weight gain** since starting your anti-anxiety, anti-histamine, diabetes medication or birth control pill?
- ◇ Do you now have **high blood pressure** since starting treatment for depression, migraines, or a pain condition?
- ◇ Is the anti-inflammatory, acne medication, or the diuretic causing **hair loss**?

These are just a few of the problems people taking medications experience daily.

Most medications have side effects which when combined are more severe and harder to treat.



How We Help

At **Eylan Health**, we understand the toxic effects of taking multiple medications.

Our **Medical Consultations** are designed to help you minimize your medication burden, decrease the side effects you experience from medication use, and reduce the costs associated with using multiple medications.

We evaluate all the medications, supplements, and herbals you take, to determine what can be eliminated, combined or replaced so you can have better management of your condition without the side effects. We will recommend or prescribe less expensive but efficacious alternatives when available.

What Are You Taking and Why?

An added benefit of our consultation is that we help you to understand your medications and your condition to empower you to better manage your condition at home, for less.

About the Doctor



Dr. Andrea Marshall is a graduate of top tiered Michigan State University College of Osteopathic Medicine. She has a background in body-work and holistic care.

She is a fully licensed medical doctor who practices conventional medicine as well as Osteopathic Manipulative Medicine. Her rigorous training gives her the background to understand complicated medical conditions and successfully address and treat the fundamental cause of disease rather than just merely addressing symptoms.

The breadth and scope of her practice allows her to offer a comprehensive array of therapeutic options, including manipulation, to address your medical needs.

Having trained in both hospitals and community clinics, she is prepared to address both routine and complex medical conditions with the goal of keeping you at home.

Take Control

- ⊗ Decrease your pill burden and reduce harmful medication side effects today.
- ⊗ Call **425.273.0741** to schedule an appointment.
- ⊗ Visit **www.eylanhealth.com** to learn more about how our **Medical Consultations** will benefit you.
- ⊗ Email **info@eylanhealth** for more information.