



DO YOU  
**REALLY**  
NEED THAT  
**PILL?**

HOW TO AVOID SIDE EFFECTS, INTERACTIONS,  
AND OTHER DANGERS OF OVERMEDICATION

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Jennifer Jacobs MD MPH and

## Do You Really Need That Pill?: How to Avoid Side Effects, Interactions, and Other Dangers of Overmedication



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The first half of the reserve describes the dangers of taking way too many medications, including drug-drug interactions, medication errors, unintentional overdoses, needless medications, made-up ailments ("restless leg syndrome"), and unwanted effects that in fact mimic a fresh illness. helps visitors realize they can choose different answers to their health problems. This book?the first of its kind?tackles the epidemic overuse of prescription medications.A silent epidemic in the usa is imperiling our health and threatens to bankrupt our healthcare system: overmedication. The second half discusses the benefits and harms caused by some of the most well-known drugs used to treat diseases, such as high blood pressure, diabetes, high cholesterol, acid reflux disorder, depression, and discomfort. It tells which medicines are actually needed and whether or not they cause unwanted effects. Finally, readers will learn: how to discuss their issues about way too many medications with their healthcare providers, simple ways to make positive lifestyle changes, and when to consider choice healing approaches. Combining stories of those who have suffered side effects from taking too many drugs with data from cutting-edge medical findings, YOU DON'T Need That Tablet? Today, one-third of all adults take two or more prescription drugs, and half of most seniors take a lot more than five daily.



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Big Pharma tries to market itself as a savior for the unwell, but it's clearly a menace. This is a super book and easy to read. Jacobs points out that most medications are not tested for use together with another medicine and certainly not for make use of with multiple other medicines. If a elder you love appears to be on way too many meds, this book will help you type it out and can arm you with great queries for the next medical check out. You or your beloved really may need that pill, but maybe not. Everyone should read this reasonably priced well written book! An excellent reserve! Also, there are plenty of, little known but very serious side effects when certain medications are used combination with other medications. It is also important for individuals to look at their personal lifestyle options which can be changed to remove problems of health before even considering medication! Great reference Great reference for all the drugs being pushed by doctors today. It is not a "scare" book pressing any particular therapeutic approach, but honestly discusses the benefits of thoughtful awareness when choosing between options for dealing with particular health difficulties. Remember, they're getting wooed by Big Pharma to get you hooked on medications you might not need so they make tons of money. Absolutely a "keeper"! Jennifer Jacobs' "Do You Really Need That Tablet? For people that believe in taking lots of medications? Most of us can cite numerous circumstances where the "cure" may have been worse compared to the initial condition - I understand I could. This book is completely one to keep, talk about, and refer to frequently. It is very balanced, giving clear explanation of both benefits and dangers of popular medications. Whereas we are besieged by the "auctioneer-style" report on side effects and risks given during industrial advertisements of varied prescription medications, the majority of us tune them out the same way many airplane passengers tune out the safety instructions distributed by the trip attendants. Dr. Experience informs me no. She includes important statistical data on scientific studies, evaluating the efficacies and risks of various medications with substitute non-pharmaceutical remedies. One thing that was especially astonishing to me was that many commonly prescribed medicines have dramatic effects on our brains and our cognition. Yet most people older than 65 take at least 4 medications regularly. A little technical and lengthy but some great examples and recommendations Very informative. All this is more helpful, and I so value her warnings about the feasible side effects, many not minor, of so many drugs, and just how one medication can tripped new symptoms resulting in another medication, which sets off more symptoms which are treated with another medication, forming a vicious cycle. The essential truth is that all medications have adverse side effects and also benefits. Another truth is usually that the interaction of many drugs isn't well studied. I will be highly recommending that my friends and family members read this book - especially if they are caring for an aging parent because the elderly seem to be at unique risk for bad drug reactions and for being over-medicated." is beyond beneficial. Dr. Jacobs, however, provides us a magnificently organized, clearly and interestingly presented discussion of the "whys and hows" of varied drug actions and side-effects. Robert C. Ross March 2018 A sobering (and sometimes scary) look in darker effects of the prescription and OTC medications YOU DON'T Need That Tablet by Jennifer Jacobs MD offers a sobering (and sometimes scary) appearance at darker consequences of the prescription and OTC medications we frequently take with out a second though. The pharmaceutical industry is a big business. That's no real surprise to anyone who must purchase prescription medications. We've shifted from a less is even more mentatlity to one where if aspirin can be good opiates must be better. However, Dr. In the event that you get fresh meds each and every time you observe your doctor and you wonder if you really need them, examine this publication. Without overly-technical, this reserve is completely accurate and factual, lists different medicines both by their

trade and generic names, and is details concerning their actual results on the body. This results in serious implications for most people and death in an astounding number of people each year. One big issue is that patients are often not told about all of the potential unwanted effects when getting prescribed a prescription drug. A Much-Needed Message Against Big Pharma and the Opioid Crisis I stopped subscribing to cable a few years ago but network TV is a wasteland. Simple mistake in prescribed dosage makes up about many bad outcomes - either by the physician or pharmacy or by the patient. Everyone should read this book and consider its implications to make personal choices when medications are suggested by an MD. And lastly, drug companies pay tremendous incentives each year (in the millions of dollars) to doctors and hospitals to prescribe their most recent (& most profitable) medications that people may or might not see any benefit from. While these fact are downright scary, this publication offers solid information about many of the most prescribed medications and the potential unwanted effects and interactions with other medications. It also references research that will assist you and your physician decide if you \*really\* need that tablet or if lifestyle changes can present a better, less dangerous treatment. Well, you can learn a good deal -- but will you? Excellent & most helpful This book by a highly qualified physician is wonderfully informative in regards to a very wide selection of subjects. Also shown are anecdotal vignettes which greatly enhance the immediacy and interest of the narrative. We are in need of more books like "Do You Really Need That Tablet" to improve awareness that medications, whether prescribed by way of a doctor or attained from a pimp in a dark alley, are equally dangerous. This is an excellent book for my type -- plenty of horror stories and a great way to study something that someone informs me I must say i should take. We stub our toe and we complain about any of it on Facebook. Jacobs writes in a clear and easy to understand method while still providing complicated insights into the way the medicines we take affect all of our bodies. Less IS REALLY More We have changed from nation of strong, independent, intelligent people to a country of pill popping hypochondriacs. Great information I worked for a major pharmaceutical company for 23 years as an attorney, and discovered that there have been two types of tablet consumers: those that would try anything and frequently took 20 to 30 different medications and health supplements a day and those like me who rarely took any, and only when there is a real demonstrated need. Most readily useful and horrifying at all is usually her chapter about the influence of large pharmaceutical companies on what appears like all degrees of medicine. For visitors who are a small discouraged, just a little skeptical, or just unserved by the medical system these days, this publication will be most useful. It will also be very good for people who prefer to be active in working with health complications, by lifestyle changes or perhaps alternative medicine. I came across it especially so when a new health circumstance emerged in a friend and decisions needed to be made. The title is the question we ought to be asking. Well crafted and readable book difficulties so why individuals, doctors, big pharma and government prefer to medicate instead of make the lifestyle changes that would result in a better existence. Dr. Jacobs draws clear examples from her personal and professional life, backed by solid analysis. Strongly suggest, especially if you find yourself acquiring multiple prescription medications over long stretches. Often, even the physician is unaware of all the risks. Almost every commercial that comes on is pushing some drug that supposedly solves a medical problem but the side effects list is so long concerning be laughable. "May cause death" could be one such side effect. Best advice in order to avoid more than medication and unneeded meds. As an maturing female with an aging husband, I found the information in this book to be extremely useful. We have to become more mindful of what we put into our bodies, whatever doctors tell us. Just a little

specialized and lengthy but some great examples and suggestions! Look at the crisis with Opioids. We live in an age where the media lifestyle offers convinced us that we don't are worthy of to put up with the smallest discomfort or ache. The end result is that while there have been amazing advances in medicine, it's now more crucial than ever that people educate ourselves and recognize that ultimately, we should take ownership of our own healthcare. We're likely to "feel great" on a regular basis and the minute we sprain our ankle, we grab the anti-depressant. This reserve shows the folly of such considering. The book offers very welcome insights about 7 physical ailments which range from cardiovascular disease and high blood pressure through osteoporosis, persistent pain, type 2 diabetes, and acid reflux disorder, and even depression. People have been deluded to think that any discomfort or discomfort is poor and should be eradicate no matter what. However, we naively assume that all of the medications we take have been completely tested for efficiency and longterm side effects and are safe for us to consider if our doctor prescribes them. This well written book highlights the dangers of over dosing and over diagnosing. It offers the dangers and also unwanted effects of common medicines. Information wise there isn't much that's new. Nonetheless it is well shown, intelligently and understandably presented and if taken seriously puts power back in the hands of the individuals.



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