

## The ‘Right Dose’ for You

Are you experiencing side effects to your medication? This may be a sign that the medication strength you are taking is not optimal for you.

Most people do well taking one of the two or three medication strengths commercially available from drug manufacturers. But for some people the lowest strength may be too high. For others the lowest strength isn’t enough but the next highest strength, although effective, may cause too many side effects.

While not all side effects are avoidable, many can be minimized. Experiencing significant side effects can indicate a need for a customized strength. This could be a strength less than the lowest commercially available strength or a strength in between two commercially available strengths.

Below we have developed a checklist that may indicate that you could benefit from a personalization of one or more of your medications.

1. The severity of your illness.  
 Mild                       Moderate                       Severe
  
2. Are you on other medications that may increase (or decrease) the effect of the new medication?  
 Yes       No
  
3. Your genetic make-up. Is there a family history of poor tolerance to medications?  
 Yes       No
  
4. Medications work at concentrations. Your overall body size can matter in achieving your correct dose. Are you a particularly small or large person compared to your peers of the same gender, age, etc?  
 Yes       No
  
5. The health of important organs like your liver and kidneys. Do you have pre-existing conditions that might inhibit or impair your ability of your liver or kidneys to clear medication from your body?  
 Yes       No

If you suspect that you may be experiencing some side effects as a result of too high a dose you might want to consider talking to your physician or pharmacist about getting a lower or intermediate strength customized just for you.

At Pharmacy.ca we offer a medication strength customization service called Personalized Medicine.