



Your medicine was prescribed for you because you need it—but along with the benefits, drug therapy also comes with some risks. For example, some medicines can be addictive if not taken properly. If you are worried that you may become addicted to your medicine, talk to your healthcare provider (HCP) or pharmacist.



Here are some other tips:

- Talk to your HCP or pharmacist about how much of your medicine to take, when to take it and any other special instructions.
- Know the difference between addiction, tolerance and dependence. They may seem like the same thing, but they're not—here's how they're different:
  - **Tolerance** is when you need more and more of the medicine to get the same effect you used to get. Talk to your HCP or pharmacist if you think your medicine isn't working as well as it used to.
  - **Dependence** is when you feel sicker if you just stop taking your medicine. You should always talk to your HCP or pharmacist before you stop taking your medicine.
  - **Addiction** is when people take medicine to change their mood instead of to treat a symptom or be healthy. Your chances of becoming addicted to your medicine are low if you take it the way you are supposed to.
- Ask questions! Here are some questions you may want to ask your HCP or pharmacist:
  - Do any of my medicines put me at risk of tolerance (needing more of it to get the same effect), dependence (feeling sicker if you stop taking it) or addiction (taking it to change your mood)?
  - If so, will lower doses lower my risk?
  - Are there other medicines that have less risk?