



At HealthFirst, we care about your health and safety.

We are always reviewing your medications with three things in mind:

1. Your condition: what is the diagnosis?
2. For this condition: what is the right treatment for this diagnosis?
3. Your treatment: what treatments will help you? What treatments might not help... or even make things worse?

We take extra care when prescribing medications which are “drugs of dependence.” These are medications which can help for a short time but then cause more problems in the long term and can be difficult to stop. This can happen with:

- benzodiazepines (Xanax, Valium, Klonopin) for anxiety,
- Opioids for pain,
- Sleeping pills like Ambien / zolpidem, and
- Sedatives like gabapentin, Seroquel, Fioricet, and some “muscle relaxers”.

We take extra care when prescribing medications which can make you stop breathing when you take them together. For example, we avoid prescribing opioids with benzodiazepines, sleeping pills, and gabapentin.

“But this is what works for me!”

Sometimes patients are on combinations of medicines that they have been taking for a long time. They may notice that they feel worse if they run out of their medicines. It is our job to carefully weigh the benefit and risk of any treatment or medication regimen.

We cannot always continue the same medications that you are used to, if the risk is greater than the benefit. Some of these reasons include:

- Because you are older now,
- Because you are taking a combination which we now know to be unsafe, or
- There may be more effective ways to treat your condition.

As a team, we will work together to gradually change you over to treatments which are:

- More likely to help you,
- And less likely to harm you.

For your health and safety,

HealthFirst Family Care Center
www.healthfirstfamily.org