



Medications adherence value

Why are they important?

Consequences of non-adherence and non-compliance

References

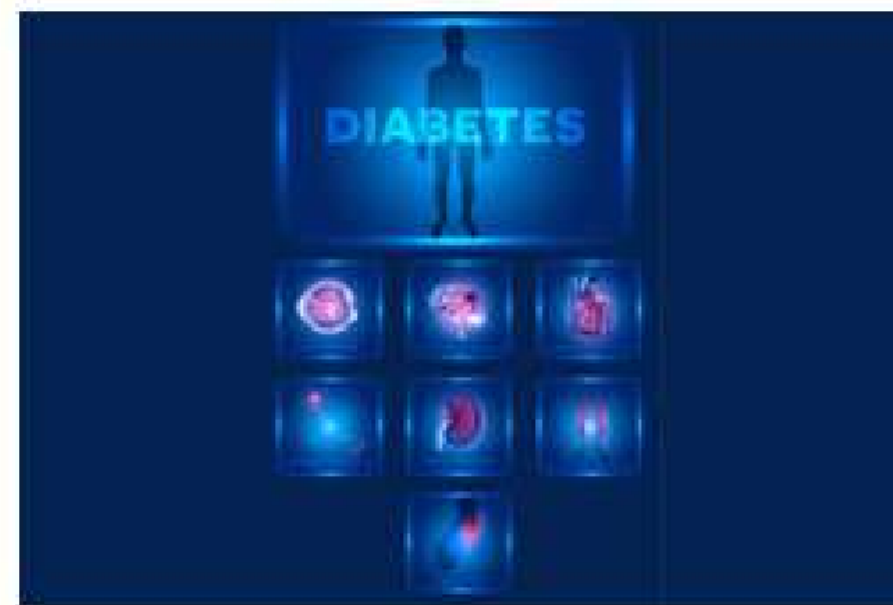
Why are they important?



For prescription medications to successfully treat a disease, consistent use of the medications is required.¹ However, many people do not realize the damages non-adherence and non-compliance in taking medications can do to their lives.² The following section will tell you about the consequences associated with non-adherence and non-compliance to treatment.

Consequences of non-adherence and non-compliance

Not taking your medications on time or as directed can lead to:



- Worsening of your disease and a possibility of further complications.^{2,3} For example:
 - Untreated **high blood pressure** raises your risk of heart attack, heart failure, kidney disease, stroke or dementia⁴
 - **High cholesterol** can lead to cholesterol and plaques building in your artery walls, reducing blood flow to the rest of your body. This can cause chest pain. If the plaques break loose, a blood clot may form and subsequently lead to a heart attack or stroke^{5,6}
 - **Diabetes** is the top cause of vision loss and blindness among working-age adults. The better blood glucose levels are controlled, the lower the risk of developing severe eye complications. Uncontrolled diabetes also leads to nerve damage, kidney failure and lower limb amputation.⁷ Read more about the complications of diabetes [here](#).
 - Extended, poor blood glucose control increases the chances of developing heart disease and stroke⁷



Better adherence to prescribed medications for high blood pressure, high cholesterol and diabetes brought about RM 16* to RM 28* reductions in total health costs for every extra RM 4* spent on medicines¹

*Based on an exchange rate of USD1 = RM 4

- Reduced ability to function and decreased quality of life³
- Reduced productivity (work, school, etc)¹
- Increased healthcare costs due to:
 - Hospitalization—studies have shown that patients with diabetes or high blood pressure who did not consistently take their medications were more likely to be hospitalized¹
 - Nursing home admissions¹
 - More frequent doctor visits³
 - Need of more complicated treatment resources (medications, medical equipment, etc)³
- An increase in long-term cost of living
- Increased burden to the family due to disease progression/complications
- Premature deaths¹

References

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