



Exposing Drug Company Tactics

PROTECT YOUR FAMILY

Don't let the drug companies put your health and the health of your loved ones in danger.

To help make sure you and your family receive the safest and most cost-effective medication available:

- ✓ **Tell your doctor that you would prefer they not see drug reps or accept free samples.** Ask them to sign the "No Free Lunch" pledge, agreeing not to accept any free gifts from drug companies: <http://www.nofreelunch.org/>
- ✓ **Don't assume that the newest drug on the market is the best.** If your doctor suggests that an older drug may be more effective or appropriate for you than a drug you saw advertised, he may be right. Older drugs and generics may do as good a job or better at treating your illness without the risks and high costs associated with newer "designer" drugs.
- ✓ **Ask for generic samples** instead of the higher-priced "designer" drug samples you may be getting now. This way, you know the cost of your medication will still be affordable when your samples run out.
- ✓ **Get objective information** about the safety and effectiveness of drugs relative to their costs at the Consumer Reports Best Buy Drugs website: <http://www.crbestbuydrugs.org/>
- ✓ **Take your health into your own hands.** You know better than anyone how your medications are affecting you. Keep a health journal where you keep track of how you're feeling, when symptoms occur and what changes you experience if you start new medications. You will be able to have a more informed discussion with your doctor about what is truly happening to your body.