

## **Finding the Right Medication – What are the Challenges?**

*Physicians and Nurse practitioners alike have an obligation to do what is in the best interest of their patients. Practicing Medicine requires looking at many factors of a patient some of which include:*

- Your age,*
- Your physical health and tolerance levels*
- Relaying an accurate evaluation of a medications effectiveness or side effects*
- Other medications/supplements that you may taking*

*We relay all this to encourage you when it takes time to narrow down the specific medication/s appropriate for you. Often this will require multiple appointments over the months and even after you are ‘stabilized’ on your medication, any change in one or more of the above factors can necessitate revisiting your prescription.*

*As a licensed physician or nurse practitioner they are also accountable to government and medical oversight which can audit or monitor their prescribing patterns especially with regard to control substances. Overprescribing frequency or quantities can and should be censored to avoid abuse or misdirection on the behalf of the provider as well as the patient. Impropriety or not looking out for the best interests of the patient exposes the provider with loss of licensure or possible malpractice.*

*In addition, the provider realizes that not every patient will be an abuse or an addictions risk but carefully monitoring the prescribing of control substances IS looking out for what is in the best interest of the patient.*