



How to **SAVE** on PRESCRIPTION DRUGS

20
COST-SAVING
METHODS

Edward Jardini, MD

ACCORDING TO RECENT STUDIES:

- 25% of US citizens have difficulty paying for prescription drugs
- One in five elderly Americans choose between medicine and food due to cost
- Only 16% of US patients reported being asked by a doctor or nurse whether they could afford their medications
- 23% of older US adults receive at least one inappropriate drug
- Less than 6% of newly patented drugs provide a substantial improvement over less expensive existing medicines

For Americans, health care is a top concern, and today's politicians are finally taking note. With wildly escalating prescription drug costs, many people find that they can't afford the medicines they need.

Written by a practicing family physician, *How to Save on Prescription Drugs* offers twenty new physician-recommended ways to save thousands of dollars a year on prescription drugs. The book arms patients with the tools they need to become informed consumers, and is illustrated with case studies that clearly show how simple treatment changes can equal substantial savings.

Drawing on 75,000+ outpatient visits over a twenty-year medical practice, Dr. Edward Jardini developed a program of cost-saving methods that patients can use to

bring prescription drug costs within their budgets. A user-friendly "Expensive Drug Survival Index" enables readers to match their particular medications with appropriate cost-saving tips, like splitting higher-dose tablets, substituting generic drugs, and taking advantage of less expensive same-class alternatives or cheaper-class alternatives that have the same treatment goal. From eliminating unnecessary medications and resisting samples to getting smart about expiration dates, *How to Save on Prescription Drugs* shows patients how to dodge expensive industry traps, obtain prescription medicines at the lowest price (or even free!), and treat medical conditions effectively without prescription drugs.

With Dr. Jardini's advice, patients can take charge of their own health, prescriptions, and wallets, while enlisting their doctor's support for the best possible health care at the lowest possible price.



Edward Jardini, MD, is a graduate of the USC School of Medicine. He has served as chair of the Pharmacy and Therapeutics Committee and as chief of Family Practice at Twin Cities Community Hospital in Templeton, California, where he practices family medicine. He is available for interviews. For the latest information, excerpts, and examples, visit his website: howtosaveondrugs.com

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