



# **Your Personal Prescription Checklist: How to Maximize Medication Safety and Efficacy in the Age of Personalized Medicine**

*Richard W Snyder, Koroush Khalighi*

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For anyone on more than one medication or supplement, this is an essential tool.

Although most medical professionals won't openly admit it, taking prescription medication is like playing Russian roulette. With expertise from two highly regarded physicians and decades of pharmacokinetic research, *Your Personal Prescription Checklist* will help you manage an ever-increasing list of prescriptions, assess risk factors, and lower the possibility of adverse drug reactions. Featuring helpful tables and checklists for tracking prescriptions, side effects, and test results, this invaluable reference discusses the most problematic medicines—including widely prescribed statins, blood thinners, and antidepressants—as well as common variations in the metabolic pathways and drug/supplement interactions. For the millions of people collectively filling around three billion prescriptions per year, this book could be life saving.

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