Coronary Artery Disease: Making It Easier to Take Your Medicines

Taking medicines for heart disease can be hard to get used to—especially if you have to take several medicines every day and you haven't had to take pills before.

It can be an emotional challenge too. You may feel sad or scared about having heart disease. Maybe you struggle over seeing yourself as a sick person.

You may have several reasons why you find it hard to take your medicines. But if you can think of your medicines in a new way and figure out how to handle the challenges, you can make peace with your medicines. And that will help you take good care of yourself.

What can get in the way of taking medicines?
If you haven't been taking all of your medicines every day, there could be several reasons why. Maybe some of these examples are challenges for you.

• You don't like thinking of yourself as someone who is sick and has to take pills.
• You don't feel any better when you take your medicines.
• You keep forgetting to take your medicines. These are just a few things that can be problems. What other issues have been a struggle for you?

How can you see your medicines in a new way?
If it's hard to get used to the idea of taking medicines, maybe changing your thinking can help. What you tell yourself about your medicines can help you feel more positive about them.

• If you feel like a sick person: It may seem strange to take medicine if you feel fine. Maybe you take medicine only when you are sick. But taking this medicine can keep you feeling well—now and in the future. Try to think of yourself not as a sick person, but as someone who wants to stay well. Remind yourself of the people and activities that you want to stay healthy for. What other positive things could you say to yourself?

• If you don't feel better from the medicine: You probably won't notice a change in how you feel. That's because heart medicines do their work behind the scenes. Maybe you could think of taking medicines as an investment. The effort you make today may pay off in a healthier and longer life in the future.

• If you forget to take your medicine: It's common to forget to take medicines. Lots of tools can help you with this obstacle. Think about using a paper calendar, an alert on your phone, or a pill box to remind you to take your pills. What other things could help you remember to take your medicines?
These are just a few ideas for some common challenges. You may have other things that you struggle with.

The form below might help if you want to write down the challenges you have with taking your medicines. You also can note how you might handle them.

**How can you deal with your challenges?**

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<th>My biggest obstacles to taking my medicines:</th>
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<th>How I will try to overcome them:</th>
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