



American College of Preventive Medicine  
physicians dedicated to prevention

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**FOR IMMEDIATE RELEASE**

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### **American College of Preventive Medicine Launches Over-the-Counter Medications Time Tool**

Washington, DC—Oct 18, 2011—The American College of Preventive Medicine (ACPM) is pleased to announce the launch of the Over-the-Counter (OTC) Medications Time Tool. Developed by ACPM with an unrestricted grant from the Consumer Healthcare Products Association (CHPA), this Time Tool aims to improve patient education and continued communication about the proper use of OTC medications to help minimize the potential for harm by focusing on the role providers can play in helping their patients take their medications properly. This Time Tool is the third in a series of three related tools ACPM has developed on medication adherence and medication misuse.

Currently, 35% of adult Americans use OTC medications on a regular basis and OTC medication use in children is twice that of prescription medication. Because of the vital role they play in the health of Americans, OTC medication use warrants awareness by both physicians and consumers.

ACPM Time Tools™ provide healthcare providers with concise, credible, evidence-based clinical prevention guidelines to enhance knowledge and improve access and utilization of preventive services. Each Time Tool also includes a patient guide that may be shared during a clinical visit to reinforce and improve the patient education process. According to Miriam Alexander, MD, MPH, FACP, President of ACPM, “The time tools are an excellent resource for physicians and other clinicians to use because they provide just the right balance between recommendations for providers, patient information and evidence-based source material. They offer clinicians practical tools to assist them in working with patients around all issues surrounding medication, which is timely and relevant in all practice settings.”

All three tools in the series—[Over-the-Counter Medications](#), [Medication Adherence](#), and [Use, Abuse, Misuse and Disposal of Prescription Pain Medication](#)—are available online in ACPM's

library of Time Tools. As October is National Medicine Abuse Awareness Month, now is a good time to access the tools and improve your understanding of these important issues.

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**About the American College of Preventive Medicine**

The American College of Preventive Medicine (ACPM) is the national professional society for physicians committed to disease prevention and health promotion. ACPM was established in 1954. Its 2,500 members are engaged in preventive medicine practice, teaching and research. Specialists in preventive medicine are uniquely trained in both clinical medicine and public health. They have the skills needed to understand and reduce the risks of disease, disability and death in individuals and in population groups. For more information, visit [www.acpm.org](http://www.acpm.org).