



KNOW YOUR MEDICATIONS

If you take five or more medications, it is important to review them.

It's important to keep a list of ALL medications, including vitamins, supplements, and over the counter medications.

Taking multiple medications can lead to problems, particularly for people over 65.

Talk to a health care provider...

Discuss your current medications with a health care provider or pharmacist, especially when you are prescribed new medication, to ensure:

- The medications you are taking are helping your current medical problems
- Your medications and supplements can be taken together safely
- Any new medical problems you have are not side-effects of medications

