

As you age...

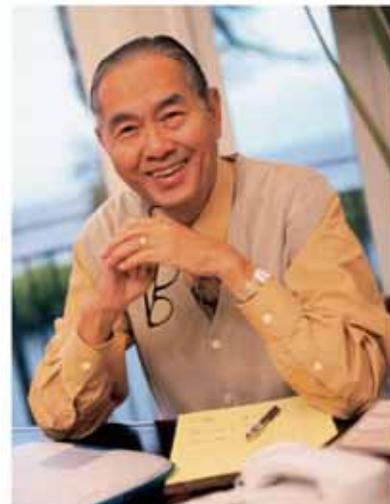


there's no better time to learn more about how to take medications the right way

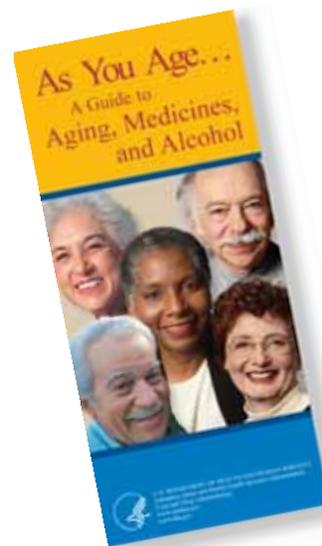
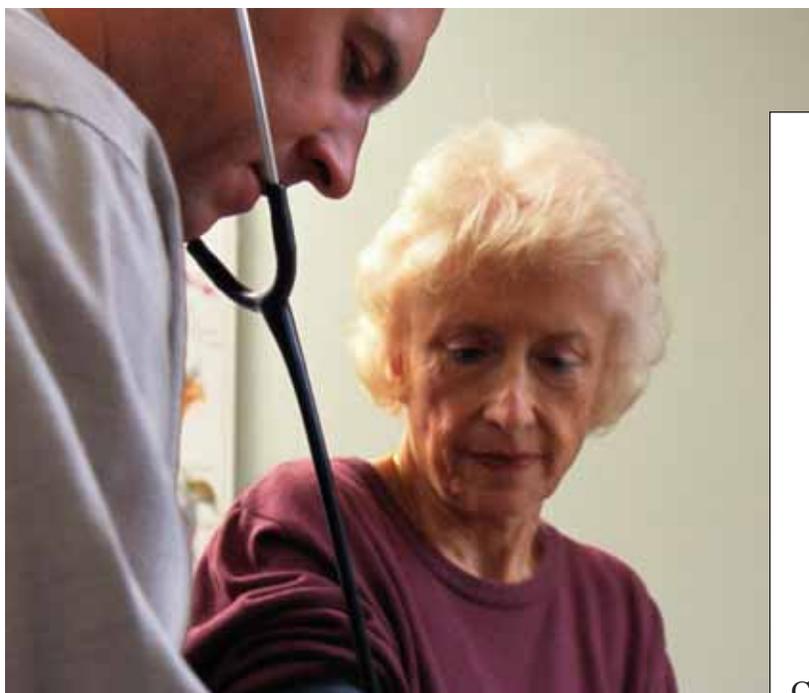
As we get older, our bodies change the way they process medicines. We also tend to take more medications as we age. Both factors increase the likelihood of unwanted or possibly harmful drug interactions—particularly if we misuse these drugs, even accidentally.

Guard against any potential problems:

- **Talk with your doctor, pharmacist, or other health professionals about all the medications you take.**
- **Always read and follow the directions on your medications.**
- **Take your medications for the entire time that they are prescribed.**
- **Don't mix your medications with alcohol.**
- **Notify your health professionals immediately of any unexpected side effects.**



Take charge of your health by being informed so that the best days of your life can be the ones you're living right now.



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*As You Age...A Guide to Aging,
Medicines, and Alcohol.*
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