

## SAFETY MEDICINE USE

If you are 60 years or older, it is likely that you take at least one prescription medication. You may also take OTC (over the counter) medicines, dietary supplements, herbals, and vitamins. Many medications have side effects. It is important to report any side effects to your physician. As you get older, normal body changes caused by aging may make you susceptible to the likelihood of potential problems with medicines. Please tell your physician about all medications and dietary or herbal supplements you are taking, as well as any allergies.

Here are some safety-tips for making sure that you minimize your risk for problems:

- Always read the label carefully before taking any medication
- Make sure you understand the directions for taking the medications – ask your physician or pharmacist if you have any questions
- Do not take more medicine than prescribed
- Never take any medicine that has been prescribed for a friend or relative
- Check the expiration date on the bottle
- Go through your medicine cabinet at least once a year
- Dispose of all outdated medications by flushing them down the toilet
- Use memory aids, such as a calendar or pill box
- Keep medications in their original containers except when transferring medications to a labeled pill box
- Keep all medications in a dry, cool place
- Keep all medications out of the sight and reach of children
- If you are elderly and have no children living with you, you may request that the pharmacy fill your prescriptions in bottles which do not have child-resistant caps
- Keep the telephone numbers of your physician, pharmacy and Poison Control Center near your phone
- Get a ***File of Life*** packet from the Newton Senior Center and keep it updated with your current medications