

HEALTH HINTS

Track Your Medicines

(NAPSA)—Now there's an easier way to make sure you're getting the most from your medications and supplements. The Consumer Healthcare Products Association (CHPA) and the U.S. Food and Drug Administration's Center for Drug Evaluation and Research have released "My Medicines," a pocket-sized guide for listing prescription and over-the-counter medicines, as well as nutritional supplements.

My Medicines



U.S. Department of Health and Human Services
Food and Drug Administration
Center for Drug Evaluation and Research



Consumer Healthcare Products Association



"Taking medicines correctly means taking an active role in your healthcare," said CHPA president Linda A. Suydam, D.P.A. "My Medicines' provides a number of questions consumers should ask their healthcare professionals about their medications, and five recommendations for being a more informed healthcare consumer."

The medicine-related recommendations include advice to speak up, ask questions, find the facts, evaluate the benefits and risks, and read the label. There's also a chart where you can write down which medicines you're taking, when, how much, the active ingredients, and doctors' contact information.

You can get "My Medicines" free at www.chpa-info.org.