

Medications are important health tools for managing specific health conditions. It is important to understand why specific medications are needed, how they can help you manage your health, and potential side effects.

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Article

5 Things to Know About Taking 5 or More Medications

Medicines can improve our lives by regulating blood pressure, curing infections and calming restless minds and aching joints. But as you get older taking multiple drugs increases your risk of falls, confusion, and other serious side effects.

Source

[AARP](#)

Apps

GoodRx: Prescription Drug Savings

GoodRx is an affordable health care and medication app and mobile health care

Source

[GoodRx: Prescription Drug Savings](#)

Links

CostPlus Drug Company

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[CostPlus Drug Company](#)

Article

National Prescription Drug Take Back Day ~ April 27, 2024

Remember to dispose of unused or unneeded prescription medications during the DEA National Drug Take Back Day on Saturday, April 27 from 10am to 2pm.

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[United States Drug Enforcement Administration \(DEA\)](#)

Links

PAN Foundation - Healthcare Financial Assistance

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[PAN Foundation - Healthcare Financial Assistance](#)

Videos

Aging in the Health Care System

The Aging in the Health Care System video explores the challenges people face with the health care system as they get older. Learn how you get the most out of your medical care.

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[WebMD](#)

Links

Disposal of Unused Medicines: What You Should Know (FDA)

Source

[Disposal of Unused Medicines: What You Should Know \(FDA\)](#)

Links

NIH National Institute on Aging: Medicines and medication management

Source

[NIH National Institute on Aging: Medicines and medication management](#)

Books & Guides

Medicines and You: A Guide for Older Adults

[Medicines and You: A Guide for Older Adults](#) provides important information on managing your medications as you age.

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[Food and Drug Administration](#)

Links

AARP Prescription Discounts (for members)

Source

[AARP Prescription Discounts \(for members\)](#)

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 41 Results