

Healthy Living for Elders: Are You at Risk for Drug Interactions?¹

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Drugs (prescription medications, over-the-counter products, vitamins, minerals, and herbals) may interact with each other or the food you eat and cause harmful reactions. To see if you are at risk for drug interactions, circle Yes or No for the following questions:



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|----|---|-----|----|
| 1. | Do you take two or more medications each day? | Yes | No |
| 2. | Do you purchase prescriptions at more than one pharmacy? | Yes | No |
| 3. | Do you have prescriptions from more than one doctor? | Yes | No |
| 4. | Do you ever take your medications with grapefruit juice? | Yes | No |
| 5. | Do you take dietary supplements (vitamins, minerals, or herbals) that you haven't discussed with your doctor or pharmacist? | Yes | No |
| 6. | Do you ever take medications without first reading the instructions and warning labels? | Yes | No |
| 7. | Do you think that drugs bought without a prescription are always safe to use? | Yes | No |
| 8. | Do you ever take a larger dose than the doctor recommends? | Yes | No |
| 9. | Have you ever taken a drug prescribed for someone else? | Yes | No |

If you answered *Yes* to any of the questions, you may be at risk for drug interactions. Be sure to talk to your doctor or pharmacist about all the drugs you are taking to reduce your risk for harmful drug interactions.

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