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## [Prescription Drug Options for Older Adults: Managing Your Medicines](#)

As people age, the likelihood of taking medicines increases. Studies show that the more medicines people take, the more likely they are to be taking a medicine they may not need. It is important to take an active role in understanding what is being prescribed for you. In order to better manage chronic conditions, reduce the chance of harmful drug interactions and get the best value for your money, keep in mind that you are part of a team—along with your doctors and other health care professionals—working to make good health care decisions.

This [brochure](#) will assist you in managing your own medicines, getting the best value for your money, and finding help in making prescription drug choices. By managing your prescriptions throughout the year, having regular discussions with your doctors and health care professionals, and understanding your own medicines and personal health needs, you can take a more active role in managing your medicines and make good decisions about your health now and in the future.

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