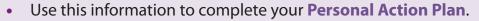
## **Personal Action Plan**

- Ask your doctor or pharmacist the following questions about each of your medicines.
- Include prescription medicines, over-the-counter medicines, dietary supplements, and herbal products.





Centers for Disease Control and Prevention National Center for Injury Prevention and Control

Questions to ask	Answers	Action plan
What is this medicine used for?		
Does this medicine interact with others I am taking?		
Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling?		
Is there another medicine or dose I should try?		
If I stop or change this medicine, what side effects should I expect?		