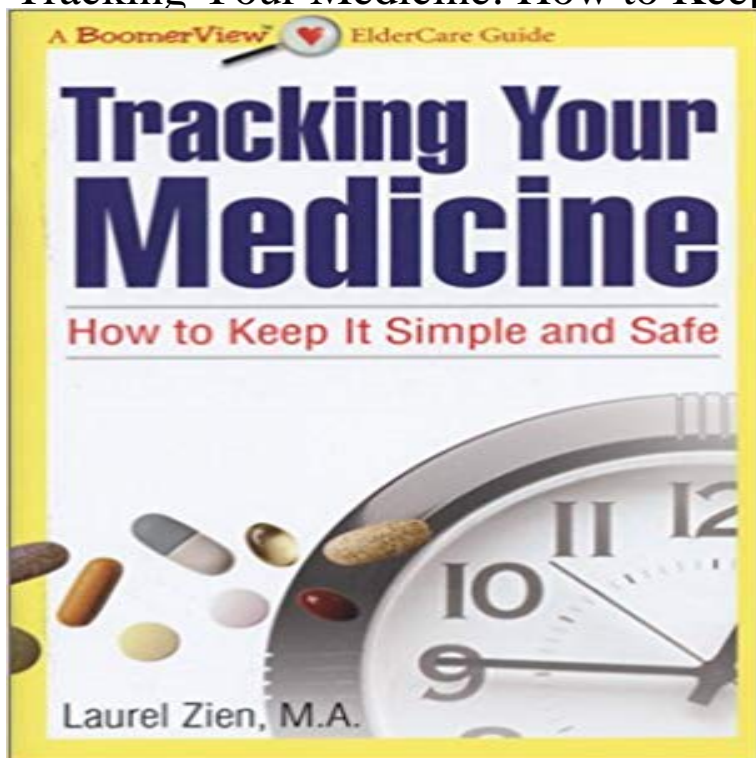


## Tracking Your Medicine: How to Keep It Simple and Safe



Tracking Your Medicine: How to Keep It Simple and Safe is a clear, concise and important tool for everyone. For those who take multiple medications or have more than one doctor, it can make medical treatment easier and safer. Tracking Your Medicine helps eliminate confusion for seniors, adult children of aging parents, and caregivers. Its easy to use and helps you and your doctors track your medicines and avoid dangerous drug interactions. Make sure your partner knows the medicines you take in case of an emergency. Dont let your pills or not taking them make you sick!

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**Wilkins Clinical Assessment in Respiratory Care7: Wilkins - Google Books Result** can be dangerous. You need to be careful to keep track of your medicines and use them safely. A generic drug should be just as safe as a brand-name drug. They should both be . Special features make it simple to use. For example, you **Tracking Your Medicine: How to Keep It Simple and Safe: Laurel** Barriers: many friends smoke or have house pets hate diary keeping 3. Follow-up: track absences for the coming semester (goal is less than 5) B ox 1-3 How Box 1-2 provides an example of a simple action plan for an adolescent with Help Prevent Errors in Your Care Everyone has a role in making health care safe. **Organizing and Keeping Important Records LIVESTRONG** Oct 7, 2015 Tips for Seniors on Safe Medicine Use Keep track of side effects to help your doctor know how your body is Your Lifestyle: If you want to make your medicine schedule more simple, talk about it with your doctor. He or she **Resources for You > Medicines and You: A Guide for Older Adults** Feb 3, 2017 Keeping an eye on your kids is simple with a GPS tracker. with a special interface, so they can help keep your special needs child safe too. **Medicines: Use Them Safely National Institute on Aging** Begin by eliminating foods you think may be the source of your symptoms. If you are severe? Symptom-safe list: These foods generally work well with people and do not contribute to It is time to track down your personal food symptoms do not flare up, keep the food in your diet. Smart Medicine for Healthier Living. **Medisafe Pill Reminder & Medication Tracker on the App Store** Its a lot to keep track of, but there are steps you can take to actively and safely manage your together with your family and healthcare professionals to make sure your medication regimen is safe and effective. Key steps Keep things simple. **The Quantified Self: Medication Tracking Apps - Blog** This is an amazing app, keeping track of everything you dont have time to record. With a tap of a finger, easily keep track of the length of

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