Herbal Products & Prescription Medicine  
Always check with your doctor before taking any herbal products or supplements.

Herbal products are not approved by the Food and Drug Administration, and are not tested for safety and effectiveness, as are prescription medicines. Because few studies have been done on herbals, little is known about how they may help or hurt people with certain medical conditions. Some herbals are known to cause problems if mixed with prescription medicine. For example, persons on prescription blood thinners should not take capisicum, chondroitin, fish oils, garlic pills, gingko or ginseng because these herbals may cause an increase risk of bleeding. To check for possible interactions with your medicine and herbal products, talk with your doctor or pharmacist, or log on to the National Institutes of Health at www.nccam.nih.gov/health.

Nonprescription Medicines

Herbals, Supplements & Vitamins

My Allergies

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How the Poison Center can help Seniors:

1. Access to a toll-free hotline 24 hours a day at 1-800-222-1222 (TTY)
2. Immediate response by skilled and certified medical professionals to questions about illness due to poison or medication
3. Order free poison information materials
4. Visit the Poison Center website www.fpicn.org

Funded by Children's Medical Services, Florida Department of Health.
Prevention Tips for Seniors

**SENIORS STATISTICS**
- Over 70,000 Seniors are poisoned annually - - - enough to fill a football stadium.
- Medication exposures account for 45% of all poisonings for Seniors, followed by household products and food poisoning.
- Poison-related deaths account for 41% of deaths occurring in people over age 60.
- Seniors consume 1/4 of all prescription medicines and more than 1/3 of all over-the-counter drug products sold in the U.S.

**MEDICATION ERRORS**
- Up to 15% of hospitalizations for Seniors are due to medication problems.
- Forty percent of all adverse medication reactions happen to Seniors.
- Up to 60% of Seniors have no plan in place for remembering to take their medications. Use a method to remember when doses were taken.
- Twenty percent of all poisonings involve toddlers taking grandparents’ medication.

**HOME POISONING**
- Avoid buying or consuming food from bent, bulging, broken or leaky cans.
- Wash your hands, utensils and food surfaces often.
- Keep raw foods separate from ready-to-eat foods.
- Cook foods to a safe temperature; use a food thermometer.
- Throw it out when in doubt.

For other food poisoning tips, log on to www.mayoclinic.com/health/food-safety/NU00291.