

Be informed about your medicine.

Resource materials:

## Prescription Medicines & Your Overall Health:

- AwareRx - Public Awareness Campaign  
Can't afford your medicines? Make the right decisions about over the counter and prescription medicines and learn about prescription drug abuse.  
<http://www.awarerx.org>
- APhA "Use Medicines Safely" Resources  
[http://www.pharmacist.com/Content/NavigationMenu3/Newsroom/PublicRelationsResources/Use\\_Medicines\\_Safely.htm](http://www.pharmacist.com/Content/NavigationMenu3/Newsroom/PublicRelationsResources/Use_Medicines_Safely.htm)
- U.S. Food and Drug Administration (FDA) Information for Consumers  
Get the latest information on drug recalls and information about your health.  
<http://www.fda.gov/consumer/default.htm>
- Healthfinder.gov®  
Resource from the U.S. Department of Health and Human Services for finding reviewed health information from government and nonprofit organizations.  
<http://www.healthfinder.gov>
- Women's Health - Get FREE materials at this website on women's health.  
<http://www.healthywomen.org/resources>

## Over the Counter Medicines

- Learn about how to safely use over the counter medicines.  
<http://OTCsafety.org>
- Consumer Healthcare Products Association (CHPA)  
Want to know the latest about over-the-counter medicines and dietary supplements?  
<http://www.chpa-info.org>

## Medication Disposal

- Learn how to dispose of your medicines safely.  
<http://www.smarxtdisposal.net>

## Complementary and Alternative Medicine (CAM)

- Learn about integrative medicine and proactive choices to improve your health naturally.  
<http://www.fammed.wisc.edu/integrative>
- Take Charge of Your Health
  - Create and track your personal goals. Get valuable tips & inspiration.  
<http://www.takingcharge.csh.umn.edu/>
- Free online learning for healthcare professionals.  
<http://www.csh.umn.edu/modules/index.html>
- Quality Assurance for Herbs & Dietary Supplements  
What is the quality of your dietary supplements? Check it out at the following websites.
  - Consumer Lab – Tests dietary supplements. This website does require a subscription to see results.  
<http://www.consumerlab.com>
  - United States Pharmacopeia Dietary Supplement Verification Program:  
<http://www.usp-dsvp.org>
  - NSF International  
[http://www.nsf.org/consumer/dietary\\_supplements/index.asp?program=DietarySupNaturalMedicinesComprehensiveDatabase-ConsumerVersion](http://www.nsf.org/consumer/dietary_supplements/index.asp?program=DietarySupNaturalMedicinesComprehensiveDatabase-ConsumerVersion)
- Do you use natural medicine often? Want more information? Sign up for a monthly or yearly subscription to get online access. Natural Medicines Comprehensive Database  
<http://www.naturaldatabase.com>
- National Institutes of Health (NIH) website:  
National Center for Complementary & Alternative Medicine (NCCAM)
  - Be an informed consumer. Interested in using Complementary & Alternative Medicine? Find out about what you should know before using CAM.  
<http://nccam.nih.gov>
  - Herbs at a Glance  
<http://nccam.nih.gov/health/herbsataglance.htm>
- Office of Dietary Supplements
  - All you need to know about dietary supplements.  
[http://ods.od.nih.gov/health\\_information/health\\_information.aspx](http://ods.od.nih.gov/health_information/health_information.aspx)
- U.S. Food and Drug Administration (FDA)
  - Want up-to-date information on recalls and warnings?
  - Did you have an adverse effect due to your dietary supplement? Submit your adverse effect to the MedWatch Program
  - <http://www.fda.gov>