



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

*Laurel Zien*

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

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

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. It's 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. Don't let your pills—or not taking them—make you sick!



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