

Seniors and Aging Issues Series

Presented by Oregon Alliance for Retired Americans Education Fund

Self-adjusting; even multiple meds can be hazardous

'Take as prescribed' isn't a suggestion



Skipping, modifying or delaying doses can have serious health and medical consequences. Even multiple prescriptions, each fine by themselves, can have serious consequences. Seniors and aging Oregonians, most likely consumers of multiple prescriptions and over-the-counter medications, need to know.

Mark Miller, co-founder and former director of the University of Oregon Drug Information Center, has been called upon for more than 4,000 presentations, to help with **consumer drug safety**, discussing interactions and medical and health effects on the body. Participants also will learn questions to ask their health provider when new or changed prescriptions are ordered to help avoid conflicts and unexpected and even dangerous results.

Heidi R. Murphy, Operations Manager, for the state-sponsored **Oregon Prescription Drug Program**, will explain the benefits of the state-sponsored prescription discount card program, and navigate the simple sign-up process for Oregonians to access reduced cost prescription drugs.

Date: June 15, 2017

Time: 9:00 a.m. to Noon

Place: Oregon AFL-CIO Labor Center, 3645 SE 32nd Ave, Portland

Registration is **free**. To register click: <https://goo.gl/forms/3DohIHwQkyYQyEMX2>

Questions?

Contact Scott Blau 503.730.8034

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Everyone is trending toward senior status