



# **The AARP® Guide to Pills: Essential Information on More Than 1,200 Prescription & Nonprescription Medications, Including Generics**

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## The AARP® Guide to Pills: Essential Information on More Than 1,200 Prescription & Nonprescription Medications, Including Generics AARP®

Mid-life and older Americans look first to AARP as a trusted source of the vital information that will improve their lives. Month to month and year to year, the association's 36 million members read and rely upon its magazines, its newspapers, its book-publishing division, and its website (aarp.org). When AARP says something, they know you can take that information to the bank. That's why book buyers will turn to this lavish manual for answers to their questions about life-saving-and life-enhancing-medications. *The AARP Guide to Pills* has been assembled with the same degree of care and concern for accuracy and ease of use that distinguishes every product that bears the AARP brand. That rigorous quality control will likewise distinguish the pill guide from the competition.

It's the most outstanding and up-to-date guide to pills and medications ever published. The only one of its kind in full color, *The AARP Guide to Pills* addresses the needs and concerns of 50+ adults in incredible depth. To simplify the process of finding information about a certain drug, generic drugs are presented in a logical A-to-Z organization, with a comprehensive index that includes cross-references to related brand-name drugs. All information has been vetted by a board of content specialists, including an expert from the University of Southern California's School of Gerontology, considered the finest in the United States.

Each entry also features a detailed, color-correct image of the pill or capsule for identification purposes, along with details on its generic name, brand name, and manufacturer; a listing of what a health-care provider should know about the condition of anyone taking the medication; advice on what to do if you miss a dose; warnings on interactions with other drugs; and notes on potential side effects to look out for.

In their foreword and introduction, Harvard-trained doctors Jerry Avorn and Bill Thomas provide clear and comprehensive guidance on the wise use of prescription medications; how to effectively manage your drug costs; how to prepare for and derive maximum benefit from each doctor's visit; how to talk to your physician and pharmacist; how to avoid "polypharmacy," or overmedication; and why the appearance of generic pills can change from one prescription refill to the next.

This is a must-have book for anyone 50+ *and younger*.

### Why THIS pill book?

\*Each entry includes a color-correct image of the medication-unlike most books that include the images in a separate section

\*Over 1,200 color images of pills-more than any other book on the market-make identifying medications easy and minimize the risk of error...whether brand name or generic

\*A bulleted list tells you what your health-care professional needs to know before you start taking a specific drug

\*Important details about how and when to take a drug for maximum effectiveness

\*A separate section explains exactly what to do if you miss a dose

\*Content updated at press time to guarantee the most current information available

\*Concise and consistent format helps readers find what they need easily

\*Explains how the older body metabolizes drugs differently

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