

Managing Your Medications

You may take medications and vitamins or dietary supplements to improve your health. Taking a variety of different medications to address different conditions or symptoms can be a very delicate balance. While medications can help you, they can also be harmful if they are not managed properly. [Managing Your Medications](#) provides essential information and resources on how to effectively manage your medications and maintain a healthy lifestyle.

Article Source

Health Access for Independent Living (HAIL), University of Kansas

Source URL

<https://hail.ku.edu>

Last Reviewed

Wednesday, September 29, 2021