

PRESCRIPTION DRUG\$: CAN YOU AFFORD NOT TO TAKE THEM?

Many older people say their prescription drugs cost too much. Medicine can be costly, but you should not quit taking it. Here are some tips that might help you lower the cost of your medicines.

■ TALK TO YOUR DOCTOR

First, talk to your doctor. Tell him you don't have the money to pay for your medicine. Your doctor may know of ways to help.



■ GENERIC & OVER-THE-COUNTER

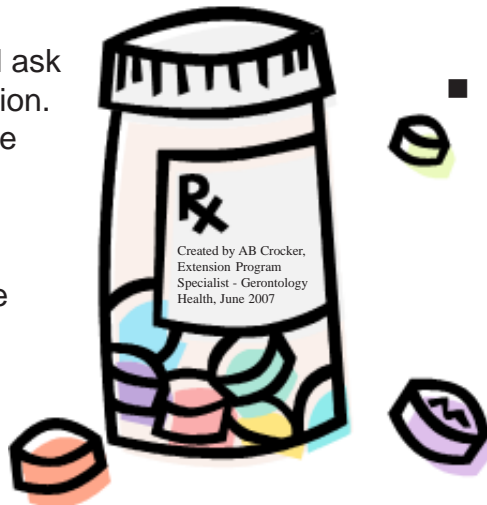
Ask the doctor if there is a generic or over-the-counter form of your medication.

■ SHOP AROUND

Call a few drug stores and ask for prices on your medication. Buy from the place with the cheapest price.

■ FOLLOW DIRECTIONS

Always take your medicine like your doctor tells you.



■ BUY IN BULK

A 90-day supply of medicine may cost less than a 30-day supply. Ask your doctor or pharmacist about buying medicine in bulk.

■ PILL SPLITTING

Some pills can be broken in half. Buying 30 high-dose pills may cost less than 60 lower-dose pills. Ask your doctor or pharmacist about splitting pills.

■ GETTING HELP

Federal and state government agencies, private foundations, and many drug companies offer help to people who meet certain levels of need. Ask your doctor or pharmacist about getting help.

WHERE TO FIND HELP

Centers for Medicare and Medicaid Services

<http://www.medicare.gov> or 1.800.MEDICARE

Area Agencies on Aging of Texas

<http://www.dads.state.tx.us/services/contact.cfm> or 1.800.252.9240

NeedyMeds

<http://www.needy meds.org>

Pharmaceutical Research and Manufacturers of America

<http://www.pparx.org>