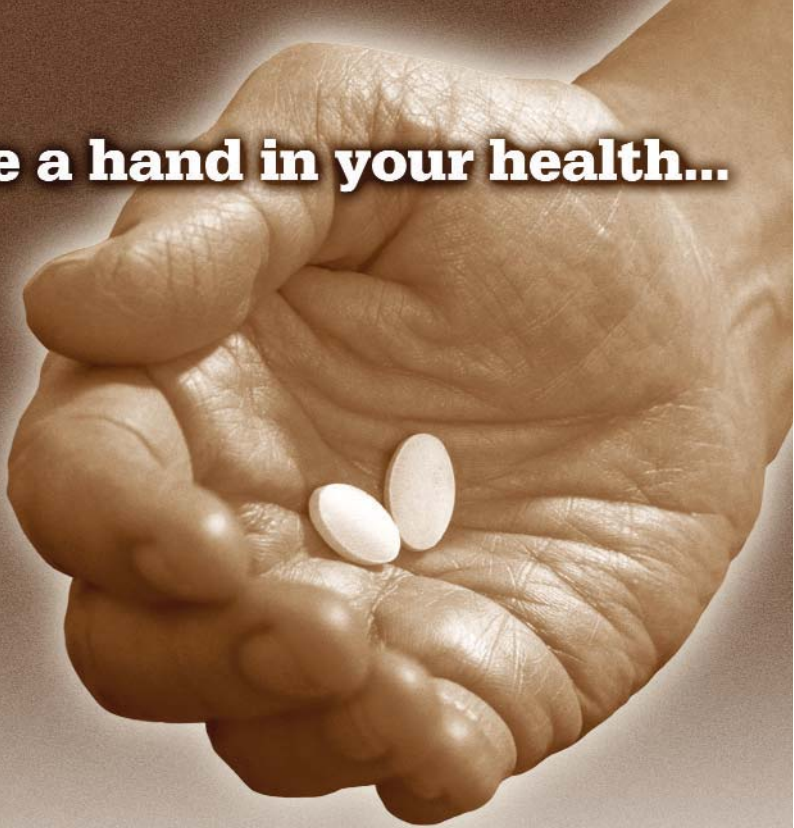
You have a hand in your health...



with the safe and effective use of your medicines.

When you use your medicines as directed, you can increase their safety and effectiveness. But, if your treatment plan doesn't fit your schedule, lifestyle, or habits, following it can be hard. Other concerns important to you, such as cost, convenience, and side effects, can make it even harder.

Speak up
Ask questions
Find the facts
Evaluate your choices

...with your health care professionals

Have a hand in your health decisions. Together with your health care professionals, agree on a medicine treatment plan that works for you.

U.S. Department of Health and Human Services
Food and Drug Administration

www.fda.gov/cder
1-888-INFO-FDA