



HEALTH QUIZ

Are You Taking Medications Safely?

(NAPSA)—Most people know that drugs and alcohol don't mix. But did you know that taking some medications with grapefruit juice can be just as dangerous? For instance, when taken with grapefruit juice, a hypertension drug called felodipine can actually cause blood pressure to drop dangerously low. To test your knowledge further, try this short quiz:

1.) The safety and efficacy of dietary supplements are tested by the:

A) FDA (Food and Drug Administration)

B) FTC (Federal Trade Commission)

C) None of the above

2.) True or False: Children under 16 should never be given aspirin without consulting a doctor.

3.) Which of the following vitamins can help prevent osteoporosis by increasing calcium absorption?

A) C

B) B

C) D

4.) True or False: Smoking can reduce the effectiveness of oral contraceptives.

Answers

1.) C: There is very little regulation regarding dietary supplements. Provided a product's label doesn't say it can prevent, treat or cure a specific disease, supplement manufacturers can make any claims they want.

2.) True: Aspirin may cause a rare but life-threatening condition called Reye's syndrome in children under 16.

3.) C: Vitamin D promotes the



It's important that people get the facts about the medications they take.

absorption of calcium from the intestines and the utilization of important minerals that help rebuild bone tissue.

4.) True: Besides decreasing the effectiveness of oral contraceptives, smoking while on the Pill also increases the risk of developing potentially dangerous blood clots.

For more answers to questions like these, as well as other medical advice, people can consult *The Johns Hopkins Consumer Guide to Drugs*. The 864-page reference encyclopedia covers more than 700 different generic and 2,300 brand name prescription and over-the-counter drugs. The Guide is from Simeon Margolis, M.D., Ph.D., and the editors of the *Health After 50* newsletter from Johns Hopkins. *U.S. News and World Report* ranked Hopkins the number-one medical facility in the U.S. for 12 consecutive years.

To order, call 800-829-9170 or visit www.hopkinsafter50.com.