

# What the AARP!

## News and Notes from AARP Michigan

Is your smart home spying on you? What are the vitamins you can overdose on? Which drugstore is cheaper? Get these questions and more answered in our May newsletter. Happy reading!

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### 5 Vitamins You Can Overdose On



In America, 78% of adults 50 and older use vitamins, but did you know that taking too many can be deadly? Find out which ones pose the most risk.

[FIND OUT](#)

### Is Your Smart Home Spying on You?



Voice-controlled devices provide modern-age convenience, but are those gadgets listening to your conversations? Know the facts and what you can do about it.

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### Let's Talk About Sex



If you're having an issue in the bedroom, don't sacrifice your sex life because you're uncomfortable talking about it. Here are six questions to ask your doctor.

[START HERE](#)

### Which Drugstore Chain is Cheaper?



Not all drugstores are alike. AARP did some comparison shopping to find out which ones have the cheapest prices on 20 brand-name items so you can save money.

[SAVE NOW](#)

### And the Best Pain Medication is...



Find out which over-the-counter pain med is best at providing relief for what ails you, from ibuprofen and acetaminophen to aspirin and topical options.

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### Now Streaming: Disrupt Dementia Free Series



AARP's four-part series on brain health and dementia is now on demand. Learn how to navigate the complexities of diagnosis and the challenges of dementia care.

[WATCH NOW](#)

### #1 Exercise for Lowering Blood Pressure



A new study pinpoints the best exercise for easing blood pressure, and it doesn't involve running on the treadmill or pumping iron at the gym.

[START NOW](#)

### Social Security: Ask the Expert



Do you have a Social Security question? Ask the AARP expert for advice on maximizing your monthly check, filing a disability claim and more.

[ASK NOW](#)

