

## MEDICATION AND AGING (March 22<sup>nd</sup>, 2012)

Presented by:

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### OUTLINE

- Seniors and Medications
- Safety Tips
- Be an “Intelligent Reader”
- Preventative Medicine
- Questions



## NUMBERS



- Medication use by seniors is common
  - 97% of seniors in health care institutions
  - 76% of seniors in private households
- Multiple Medication Use (5 or more drugs)
  - 53% of seniors in health care institutions
  - 13% of seniors in private households
- Most common types of medications:
  - Pain Medications
  - Blood pressure drugs
  - Antacids, drugs for stomach ulcer/gas

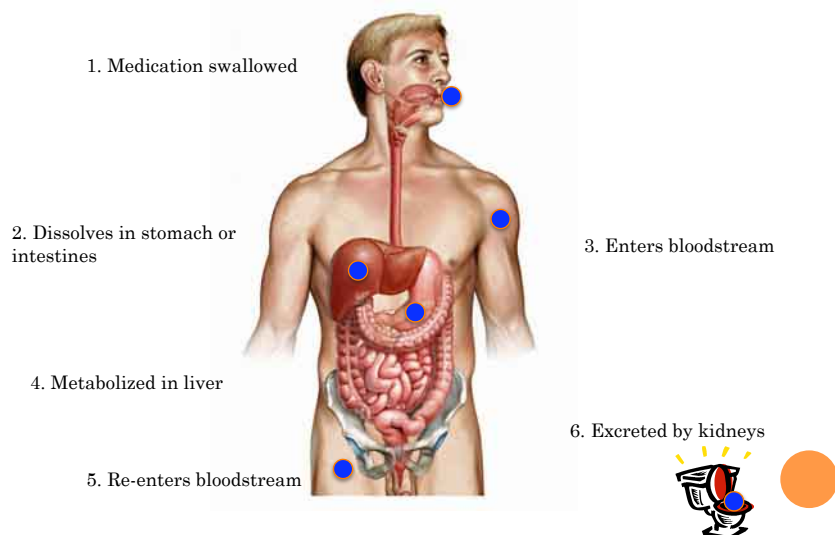


## BENEFITS AND RISKS

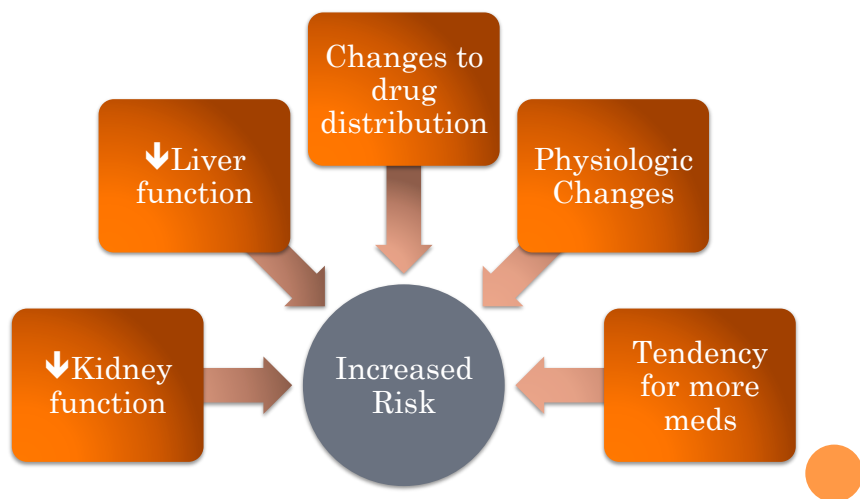
- Benefits
  - Relief of symptoms
  - Treatment
  - Prevention
  - Maintenance of health
- Risks
  - Side effects
  - Drug interactions
  - Cost



## DRUG METABOLISM BASICS



## RISK OF ADVERSE REACTIONS INCREASES WITH AGE



## THE 4 DRUG COMMANDMENTS




- Drugs should be taken only if necessary
- Drugs should be taken at the lowest effective dose
- Drug regimens should be regularly reviewed
  - To remove any unnecessary drugs
  - To add necessary drugs
  - To ensure that doses are appropriate
  - To prevent interactions
  - To ensure that drugs are being taken properly
- Only take the medications prescribed for you


## TAKE CHARGE OF YOUR MEDICATION!

- Keep an updated list and carry it with you
- Check with pharmacist before taking any new medications, herbals, or supplements
- Use one pharmacy
- Keep in original containers
- Store in a cool, dry place
- Regularly check expiry dates
- Speak with your doctor or pharmacist before stopping any medications

## TAKE CHARGE OF YOUR MEDICATION!

- At the Doctor's Office:
    - Risk of "too many cooks" (i.e. multiple specialists prescribing) - be sure to share info with your family doctor
    - Review prescription with doctor prior to leaving the office
    - Raise any concerns you have regarding side effects
  - At the Pharmacy:
    - Always check medication before leaving the pharmacy
    - Ask pharmacist before cutting, splitting, crushing or opening a capsule/tablet
    - Order refills a few days in advance
- 

## TAKE CHARGE OF YOUR MEDICATION!

- Understand all important information about your medications:
    - Name of the drug
    - Why you are taking it
    - How/When to take it
    - Effects to expect
    - Possible side effects
    - What to do if you miss a dose
    - Potential interactions
- 

## TIPS FOR REMEMBERING TO TAKE YOUR MEDICATIONS

- Dosette box
- Blister packaging
- Set alarms
- Calendar
- Time with meals



BE AN INTELLIGENT READER!

## IN THE NEWS

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**Antidepressants could raise seniors' risk for car accidents**

**PAUL TAYLOR**  
From Friday's Globe and Mail  
Published Thursday, Nov. 24, 2011 6:17PM EST  
Last updated Thursday, Nov. 24, 2011 6:27PM EST

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## A SAMPLE EMAIL

Institute of Health Sciences, 819 N. L.L.C. Charles Street Baltimore , MD 1201.

This is the latest in medicine, effective for cancer!


Read carefully & you be the judge.

**Lemon (Citrus)** is a miraculous product to kill **cancer cells**. It is 10,000 times stronger than **chemotherapy**.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits.. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize

## HEALTH CLAIMS

Would You Believe The Antioxidants Benefits Of These Are Equal?\*



2 1/2 Lbs Mixed Vegetables - \$7.41      3 Xocai™ Power Squares - \$2.65

\*Xocai Products are not intended to replace the daily intake of fruit or vegetables in the diet of any individual.

**Healthy**

Nearly all chocolate that is heat pressed. Heat process destroys nutrients contained in cacao.

Xocai™ combines raw, unprocessed cacao from Africa with the acai berry, the highest-rated antioxidant.

Xocai™ chocolate is then processed which retains the healthy antioxidants.

That is why Xocai™ is "The Healthy Chocolate."

**We are the first. We are the only.**

**The Chocolate Treat That's Almost Too Good to Eat – XOCAI Healthy Chocolate**

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Choose XOCAI chocolate for guilt-free pleasure. Each bite is packed with the heart-healthy benefits of rich dark chocolate and

EASY. Buy. VIEW. SELL. MORI.

## TIPS FOR BEING AN INTELLIGENT ON-LINE READER

- Don't believe everything you read!
- Compare the information across multiple resources
- If possible, read credible medical literature: peer-reviewed medical journals and textbooks
- Check for author's or organization's credentials
- Check for website validation (e.g., TRUSTe, HONcode)





## TIPS FOR BEING AN INTELLIGENT ON-LINE READER

- Be wary of websites selling product
- Be cautious of information from bulletin boards or chat sites
- Be wary of websites claiming cures or breakthroughs
- Be wary of websites using sensational writing style
- If unsure or want a second opinion, check with your doctor or pharmacist



## SOME CREDIBLE WEBSITES

- MedicineNet.com
- WebMD.com
- CDC.gov
- MedlinePlus.com
- MayoClinic.com
- Merckmanuals.com
- Websites offered by Health Canada or recognized institutions (e.g., hospitals)
- Any others?



## QUESTIONS TO ASK (WEBSITES)

- Who maintains the site?
- Who pays for the website?
- Does the site link to other good sources of medical information?
- Are statements supported by references to reputable sources?
- When was the site last updated?
- Has the site been reviewed for grammar or spelling mistakes?
- Is there an editorial board or review process?



- Let's take a look!

[webMD.com](http://webMD.com)



## READING MEDICAL STUDIES

- Compare the study population and consider whether it applies to you
- How many people were enrolled in the study?
- Is the study published in a reputable peer-reviewed journal?
- Is the article cited by other publications?
- If unsure, ask your doctor or pharmacist



## PREVENTATIVE MEDICINE



## PREVENTATIVE MEDICINE

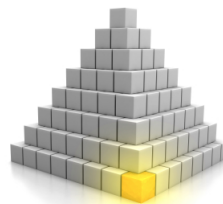
- Many drugs and supplements have been shown to prevent disease
  - Prevent onset
  - Prevent worsening
- Some examples:
  - Calcium and vitamin D - bone loss/osteoporosis
  - Actonel, Fosamax - osteoporosis
  - Aspirin - heart attacks
  - Feverfew - migraines



## CORNERSTONES OF PREVENTION

NOT drugs!!!

- Exercise
- Healthy Diet
- Social interaction
- Stop smoking



## PREVENTION OF DEMENTIA



- No convincing evidence to support using antioxidants, vitamin E, folic acid, vitamin D, DHEA, ginkgo, or hormone replacement to prevent dementia

### MAYBE's:

- Higher fish consumption (omega fatty acid & DHA)
- High fruit and vegetable intake
- Aricept



## CANCER PREVENTION

- Reduction of risk factors, such as:
  - Tobacco use
  - Excess weight
  - Poor diet
  - Inactivity
  - Excess sun exposure
  - Excess alcohol consumption
- Drugs
  - Aspirin - colorectal cancer
  - Tamoxifen, Raloxifene - breast cancer
  - ?Metformin - cancers in people with diabetes
  - Finsteride - prostate cancer ?



## PREVENTING HEART DISEASE



- Minimize risk factors:
  - Maintain a healthy diet
  - Stop smoking
  - Good blood pressure control
  - Good cholesterol levels
  - Regular physical activity
  - Maintain a healthy weight
  - Good blood sugar control (in people with diabetes)
- Drugs:
  - Mild alcohol intake (1 drink/day for women, 1-2 drinks/day for men)
  - Aspirin (risk vs benefit?)

## PREVENTION OF DIABETES

- Risk factors for developing diabetes (Type 2):
  - Family history
  - Ethnicity (Asian, Hispanic, Aboriginal, African)
  - History of gestational diabetes
  - Overweight
- To prevent progression to diabetes:
  - Lifestyle modification that includes moderate weight loss and regular physical activity
  - Drugs:
    - Metformin
    - Acarbose
    - Pioglitazone

## QUESTIONS

- Should I be taking “drug holidays”?
- What is Wobenzym N?
- What are long-term side effects of anti-inflammatories (e.g., meloxicam, naproxen, diclofenac, ibuprofen)
- Do placebos work just as well as anti-depressants (e.g., Cipralex) for mild to moderate depression?

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They change your dreams into  
Powerpoint presentations!"