



Medication Management and Nutrition Interactions



Do you know which medications or supplements should be taken with foods and which should not be?

Do you know if you are taking a medication that affects appetite?

Do you have a good system in place to help you remember what medications and supplements should be taken at what time of day - with or without food?

One of the biggest dangers seniors face today is poor medication management. Food and drug interactions are not always known, and inadequate nutrition can complicate medication management even further. Seniors can be at increased risk from medicines for various reasons including: multiple diseases requiring multiple medications, physical effects of aging, using multiple pharmacies, etc. Recent studies show that more than 80 percent of adults over 57 years of age take a least one prescription drug and that about half of them regularly mix prescription drugs with over-the-counter medications and supplements.

To improve your medication management start by:

- Informing your health care providers (including dentists) of all medications and the prescribed dosage, and give this information to a family member or emergency contact as well. Discuss and understand why you are taking any medication or supplement.
- Getting all your medications filled at a single pharmacy
- Making sure you get a complete drug interaction list each time a prescription is filled and report any side effects you experience.
- Reporting to your health care provider if you are not taking medications as prescribed.
- Keeping a daily schedule of when medications and supplements should be taken.

For more information or specific questions about nutrition/drug interactions please contact:

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