

Medications and Nutritional Supplements

Medications

It is important to understand that Medications, Herbs, Nutritional Supplements and Foods do have interactions. Some interactions are actually good while others can be serious. The more powerful the medication the more likely that either side effects or interactions can have serious consequences. For *medications* there are organizations that specifically deal with the effects of multiple medication regimes particularly for the older patient. Many symptoms that are treated with additional medications are actually caused by another medication. If you or a relative are taking multiple medications you owe it to yourself and your loved ones to consult with a qualified Consulting Pharmacist. Go to ascp.com and seniorcarepharmacist.com. Your medical doctor's sources of information are limited compared to the consulting pharmacist and often one doctor does not know what another doctor has prescribed. **ALWAYS** take a complete printed list of all your medications with you to the doctor: include name, dosage and how long you have been taking it and why. Make copies to give to each doctor. This will help your doctors make informed decisions. He may be too pressed for time to ask and or write down the list. Help a relative make a list. It could save a life.

Herbs

Remember that herbs are medicine. Herbs, however, are generally milder and are compounds the body can recognize. Medications and many additives cannot be recognized by the body and have more serious reactions. Herbs and their natural reactions, however can strengthen or weaken medications and can have serious consequences in combination with medications. Always tell your doctor and nutritionist what you are taking. While some medical doctors are critical of natural remedies and others may simply be overly cautious about them, it is still necessary to tell them. On the other hand, not all nutritionists and herbalists are knowledgeable about medications and interactions, but they **MUST** be told of your medications in order to be informed. While combinations of herbs and medications can be safe and therapeutic, caution is the best policy. **ALWAYS** inform your nutritionist about medications you are taking.

Supplements and Food

Most vitamins, supplements, and foods have few side effects and interactions with medications. Some medications require supplementation in order to counteract deficiencies created by the medication. However, there are some foods and vitamins that must be considered when taking certain medications and herbs. For this reason your predominant diet is important. Foods such as grapefruit and raw spinach and the crucifers can have effects on medications because they block or enhance absorption or metabolism of medications. If you tend to eat large quantities of a particular food, inform you doctor or nutritionist.

Make a list of Meds and Supplements and Herbs

If you have questions please contact Dr. Stephen Green (845) 294-9990