

Managing Your Medications for Better Health



With aging comes many changes that affect health and how health is managed. Seniors are more likely to have one or more chronic health issues such as diabetes or heart disease. With more illness comes the need for more medication. The average senior will take more than four medications daily either to treat or to prevent disease. The more medication one takes the more potential there is for the medications to interact with each other or to cause an adverse effect on the person taking them. Seniors are more likely to be hospitalized for adverse medication effects such as falls, fractured bones and confusion.

Polypharmacy, too many pills, occurs when a senior is taking four or more medications. The best way to minimize polypharmacy is to regularly review medications with your primary care provider by bringing in all your medication bottles as well as any nonprescription medications you take to each regularly scheduled appointment. It is important to work with your primary care provider to reduce medications whenever possible. A senior should not stop taking a medication unless the decision is made in collaboration with their primary care provider.

The time of day a medication is taken can affect how well it will work. Some medications, like thyroid pills, need to be taken on an empty stomach while others, such as pain medications, should be taken with food. Some medications, like cholesterol lowering drugs, work best at night. A primary care provider or the pharmacist can help determine the best time for you to take a medication. Remembering when to take medications is best achieved when medications are taken no more than once or twice a day.

Medications have a place in helping to keep a senior healthy and free from disability but they must be managed appropriately. To do this effectively, a partnership must exist between the senior and the primary care provider that takes the senior's health goals into account.



Karyn P. Leible, MD, FACP

Board-certified in both internal medicine and geriatrics, Dr. Leible received her undergraduate degree from Boston University where she graduated Magna Cum Laude. She completed her medical degree and internal medicine residency at the University of Colorado. Following residency, she remained in Denver and also completed a two-year geriatrics fellowship.

Dr. Leible always strives to promote a true collaboration between herself and the patient in order to meet the patient's desired health goals. Her clinical interests include caring for frail elders and those with memory impairment.

When she is not in the office, Dr. Leible enjoys spending time with her family, cooking, reading, and traveling.

Centura Health Physician Group Church Ranch Senior Care



CHPG Church Ranch Senior Care
7233 Church Ranch Blvd.
Westminster, CO 80021

Phone: 303-925-4040
myneighborhoodhealthcenter.org

We are part of Centura Health, the region's leading health care network.

Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact Centura Health's Office of the General Counsel at 303-804-8166. ©Centura Health, 2016