

YOUR PRESCRIPTION FOR SAFETY

Below is a list of side effects of commonly used medications:

Side Effects	Common Used Medications That Cause Side Effects
Drop in Blood Pressure upon Standing	High blood pressure medications, tricyclic antidepressants, Viagra, nitroglycerine, heart medications.
Fatigue and Weakness	High blood pressure medications, pain medications, diuretics, steroids, tricyclic antidepressants, statins, antihistamines, allergy medications, cholesterol lowering drugs.
Depression	High blood pressure medications, oral contraceptives, statins, acne medications.
Confusion	High blood pressure medications, sedatives (valium), antibiotics, pain medications, seizure medications, steroids, tricyclic antidepressants, stomach pills, sleeping medications, Sinemet CR (Parkinson Disease Medication).
Movement Disorders	Tricyclic antidepressants, selective serotonin reuptake inhibitors, antipsychotics, Comtan.
Loss of Bladder Control	High blood pressure medications, antidepressants, diuretics, sleeping pills, migraine medication.
Dizziness	High blood pressure medications, diuretics, sedatives, antidepressants, seizure medications, pain medicines, diet pills, sleeping pills, allergy medicine.
Fluid Volume Depletion	Diuretics, sedatives, steroids, antipsychotics, antidepressants, antihistamines, high blood pressure medications.

Always tell your doctor about any unwanted side effects because your dosage may need adjusting or your medication may need changing.



How to reduce the risks of unwanted side effects of prescription medications:

- Take medications only as prescribed.
- Do not take anyone else's medicine.
- Ask your pharmacist for a detailed list of side effects.
- Tell your doctor about all medicines you are currently taking.
- Ask your doctor if changing your lifestyle, such as diet and exercise can reduce your need for taking medications.
- As you age some medications may no longer be needed, so you should ask your doctor if any of the medications you are taking can be stopped.
- Ask your doctor about the benefits and risks of your medications.

Visit To Physical Therapy

- ▶ Bring a list of medications with you to physical therapy.
- ▶ Certain medications may affect your balance and response to exercise.
- ▶ You should always consult with a PT before beginning any exercise program.

List Of Medications:

If you need or would like information on prescription medications or drugs and their side effects contact your physician, pharmacist, or visit one of the websites below.

REFERENCES:

PDR HEALTH

<http://pdrhealth.com/home/home.aspx>

RX LIST

<http://www.rxlist.com/script/main/hp.asp>

WEBMD

<http://www.webmd.com/drugs/index-drugs.aspx>

MEDICINE NET

<http://www.medicinenet.com/medications/focus.htm>

PICTURE (Front)

<http://www.cdc.gov>

PICTURE (Back)

<http://www.niddk.nih.gov>



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