

Master of Memory-Medications and Memory Function

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Let's Review. . .

- ***Your brain makes up 2% of your body weight, yet uses 30% of available energy.
- ***Physical conditions such as clogged arteries, high blood pressure and dehydration can affect memory.
- *** Vitamins and minerals such as B Complex-B6, B12 and folic acid are helpful and Vit. C and Vit. E.
- *** Nutritional supplements are not regulated by the government and do not go through trials like other medications.

Things You Should Know . . .

- ***Prescription medication are safe and effective when used under a health provider's care.
- ***Over the Counter medication are medicines the FDA decides are safe and effective for use without a health provider's prescription.
- ***Herb/herbal supplement-compounds not regulated by the FDA, may not be tested for efficacy and may have unexpected interactions with other medications.

Medications and Memory . . .

- ***Many medications have a negative effect on memory
- ***Substances such as caffeine, nicotine and alcohol may affect memory.
- ***You should know what medications you are taking and be aware of their side-effects.
- ***Older bodies process medications differently.
- ***Memory pills are not regulated by the government , do not go through trials like other medications, and may have serious impact on other medications being taken. **ALWAYS consult your healthcare provider if you choose to take a supplement.** Ginkgo Biloba affects blood flow. St. John's Wort may affect concentration and stability.

Polypharmacy. . .

- ***Use of more than one medication
- ***Combinations of medications may cause memory problems
- ***Talk with ALL of your healthcare providers regarding your medications

Reducing Medication Risks . . .

- ***Keep a list of medications and discuss with your healthcare provider
- ***Keep track of side-effects and report to healthcare provider
- ***Take medications as prescribed
- ***Don't share medications with others
- ***Use an organizer to keep track of medications