

# NUTRITION NEWS

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## Medication Management

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As we age, the chance of needing a regular medication to manage your health and well being greatly increases. Most people over the age of 55 take at least one prescription medication daily. And many people take multiple medications daily. Because of this, the chance of making a mistake in the proper use of medication increases.

As we age, certain factors can contribute to our ability to effectively manage our medications. Elderly people may want to consider seeking help from their family, caregiver, doctor, or pharmacist if they can be categorized by any of the following: lives alone, takes 3 or more medications including non-prescription or vitamins, has memory problems, gets prescription from more than one doctor, fills prescriptions at more than one pharmacy, or uses both online and community pharmacies.

If you are managing your own medications, here are some helpful tips to prevent errors:

- ◆ Use a medication organizer: choose one that works for you. Some have daily slots while

others have slots for each morning and evening as well.

- ◆ Make a list: present a complete medication list including amounts and dosage to each doctor you see.
- ◆ Ask questions: asking doctors or pharmacists about side effects, food interactions, and other drug interactions can be helpful in promoting your overall health.
- ◆ Keep a medicine diary: detailing your side effects, especially to new medications, may help physicians recognize if the symptoms are a sign of the disease or a true medication side effect.

Not only can medications interact with other medications, food and medication can have interactions that are potentially dangerous. It is important to check with your physician and pharmacist for a list of which foods to avoid or limit and also the timing of eating in regards to your medication.

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### Monthly Exercise

Reindeer Knee Lifts

Sit in a chair. Rest arms on armrests, contract the right upper leg and lift right leg.

Hold this position for three seconds. Lower the leg slowly

Do 10-12 repetitions on each leg

Drug interactions may make your medication less effective. In other circumstances, it may actually make your medication “too effective;” that is, consuming certain foods at the same time as your medication may speed up your body’s absorption of the medication thereby making the results intensified.

Common oral medications used to treat diabetes are some of the most commonly prescribed medications today. Fortunately, the differing medications have different mechanisms to control your blood sugar. Therefore, if you have an unwanted side effect from a specific medication, you may be able to choose one that works differently and obtain better results. Metformin (or Glucophage) can cause bloating, gas, diarrhea, and a loss of appetite. Glyburide may cause unintentional episodes of low blood sugar. Actos can cause fluid retention, which may increase the incidence of congestive heart failure in at risk individuals.

Medications used to treat hypertension (or high blood pressure) are also very common. Some of these medications include lisinopril, Lasix, captopril, Norvasc, and atenolol. Diuretics (such as Lasix, torsemide, or aldacone) may cause a dangerously low potassium level, as potassium is excreted in the urine. Symptoms of low potassium include weakness, fatigue, and leg cramps. Physicians commonly prescribe potassium in conjunction with diuretics to counteract this. Occasionally, diuretics cause an increase in blood sugar levels, specifically in diabetic patients. Therefore, an adjustment in diabetic oral agents may also accompany a prescription of a diuretic. Other common side effects of blood pressure medications include insomnia, cold hands and feet, skin rash, dizziness, or dry mouth.

Lastly cholesterol medications are a known class of medicine that interact with grape-

fruit and grapefruit juice. Other medications, including certain antibiotics, blood pressure medications, and cardiac medications can also interact. Chemicals in the fruit can interfere with the enzymes that break down the medication in your digestive system. As a result, the medication may stay in your body for too short or too long a time. If the medication is broken down too quickly, it may not have time to work. And if the medication stays in the body too long, it can increase to potentially dangerous levels, causing serious side effects.

Keeping an updated, detailed list of your medications in your wallet or purse and on your fridge can possibly prevent medication mix-ups.



Medications used to treat cancer often have severe side effects. Chemotherapy is a drug treatment that uses powerful chemicals to kill fast growing cells in your body. There are many different chemotherapy drugs available. They may be used alone or in combination with other agents. Here is a partial list of side effects that you may experience when undergoing chemotherapy:

- \* Anemia: a decreased production of healthy red blood cells necessary to carry oxygen, which can leave you tired or short of breath
- \* Bleeding: a decreased production of platelets, which help the blood clot, can cause unusual bleeding.
- \* Infections: a decreased production of white blood cells, which protect against infection, increases your risk. An elevated body temperature may be the earliest sign.
- \* Diarrhea: your body's ability to absorb nutrients from food may be affected.
- \* Nausea and vomiting: while medications are effective at controlling nausea, your stomach and intestinal lining may be damaged, which can also cause nausea and vomiting.
- \* Constipation: this may be a direct result of the chemotherapy agents; however, if nausea and vomiting are also side effects, your intake of fluids may be suboptimal, which can in turn cause constipation.
- \* Hair loss: while usually temporary, hair loss, including eyebrows and eyelashes, is very common.
- \* Mouth sores: damage to the cells in your mouth can create sores, which make eating and drinking difficult.

Another common treatment of cancer is radiation treatment. This treatment involves using a beam of intense energy to target and kill cancer cells. Radiation therapy damages cells by destroying the genetic material that control how

cells grow and divide. Both healthy and cancerous cells are damaged by radiation, but the goal is to pinpoint the radiation so that as few normal cells are destroyed as possible.

Side effects of radiation therapy depend on which part of the body is being radiated. Most are temporary and disappear over time after the treatment has ended. Common side effects of radiation therapy include the following:

- Hair loss at treatment site
- Skin irritation at treatment site
- Fatigue
- Dry mouth or thickened saliva
- Difficulty swallowing
- Food taste alterations
- Mouth sores
- Nausea/vomiting
- Diarrhea
- Bladder irritation
- Frequent urination

As always, discuss side effects with your physician to optimize your health during your duration of treatment.



Keep your **BRAIN** Healthy

### **EAT RIGHT**

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you

### **HEAP**

If you received **HEAP** last year but have not yet received an application for this year, please call the **HEAP** office.

**315-867-1195**

If you did not receive **HEAP** last year but want to apply this year, please contact the **HEAP** office for an application.



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Time to lighten up the subject material with a recipe for Christmas!

### **Christmas Stollen**

**2/3 c warm milk—1 tbs active dry yeast**  
**2 1/2 c bread flour -1/3 c white sugar**  
**1/3 c butter, softened—1 large egg**  
**1/2 tsp salt-2/3 c diced candied citron**  
**1/3 c currants-1/3 c golden raisins**  
**1/3 c red candied cherries, quartered**  
**6 oz marzipan-1/4 tsp ground cinnamon**  
**1 tbs confectioners' sugar**

Place warm milk and yeast in a bowl. Let stand until creamy, about 10 minutes.

Place yeast mixture, 2 cups bread flour, white sugar, butter, egg, and salt in a large mixing bowl; stir well to combine. Add remaining flour, 1/4 cup at a time, stirring well after each addition. When dough has pulled together, turn it out onto a lightly floured surface; knead in candied citron, currants, golden raisins, and cherries. Continue kneading until smooth, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Lightly grease a baking sheet. Deflate dough and turn it out onto a lightly floured surface. Roll marzipan into a rope and place in the center of the dough. Fold dough over to cover it; pinch the seams together to seal. Place the loaf, seam-side down, on the prepared baking sheet. Cover with a damp cloth and let rise until doubled in volume, about 40 minutes.

Preheat oven to 350 . Bake in preheated oven for 10 minutes, then reduce heat to 300 and bake for an additional 30 to 40 minutes. Let cool on wire rack , then dust with confectioners' sugar and sprinkle with cinnamon.