



Title : Medicine Intake in Elderly of Mumbai City

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Introduction:

In Goethe's words, 'there is no art in getting old, but it is an art to endure elderliness' (1). As the body ages, changes can affect the way medicines are absorbed and used. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body. Because of these body changes, there is also a bigger risk of drug interactions for older adults (2). Coronary heart disease (CHD) is the leading cause of death of elderly men and women: 81% of adults who die of CHD are aged 65 or older (3). In ageing individuals, endocrine changes result in a decline in endocrine function involving the responsiveness of tissues as well as reduced hormone secretion from peripheral glands (4). Depression is a common feature in patients with chronic pain, therefore it is important to assess pain measures in elderly patients with depression (5).

Aim:

To evaluate the Medicine intake in elderly and drug-nutrient interaction associated with it.

Methodology:

A survey was conducted in various institutions for elderly in Mumbai city. The cohort consisted of 100 elderly subjects whose ages ranged from 60 to 95 years old and were both ambulatory and non-ambulatory. A standardized & pretested questionnaire was used for the data collection and had questions regarding general health, daily activities, medicine intake & supplement intake. Results were analyzed using the standard statistical tests.

Results:

Out of the cohort 52% females and 48% males. 50% of the cohort was able to do almost all the activities independently, 23% needed assistance with their activities, and 27% were completely dependent on caregivers. The general health assessment showed that 53% had poor eyesight, 18% were sad or depressed. The medicine intake data showed that 76% consumed at least one medicine per day. It was seen that cardiovascular drugs were the most widely consumed drugs showing that 40% had cardiovascular issues. The second most widely consumed medications were endocrine/hormonal medications that also included NSAID drugs, showing that 36% consumed it. Other drugs consumed included respiratory and kidney disorder drugs, musculoskeletal drugs, neurological drugs and miscellaneous drugs which included drugs for digestion, gout, insomnia, eye allergy and psoriasis. 40% elderly consumed vitamin supplements and 30% had mineral supplements.

Conclusion:

In the present study it can be concluded that half of the cohort completed activities independently; majority consumed medications, vitamin and mineral supplements. It was also seen that the prevalence of usage of the cardiovascular and endocrine drugs was higher as compared to the other drugs.

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