

Pharmacy or provider? For seniors and medication, it matters

*****SOT*****

Dr. John Rinker

OSF HealthCare internal medicine physician

"Because it's widely accessible and they can easily get it from their grocery store, they sometimes don't even view it as actual medicine." (:09)

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OSF HealthCare internal medicine physician

"That's why we often adjust doses of medicine for adults as they age. We deescalate the dose. Less is more in certain cases. The dose can last longer. The byproducts of the drug are more likely to create another problem." (:30)

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OSF HealthCare internal medicine physician

"If it's used temporarily, it's probably not problematic. That's how those drugs are meant to be used. But so many people have chronic conditions like arthritis. They'll take these drugs for long lengths of time. That's when we start to run into more of those long-term effects. You worry about gastric ulcers or bleeding in your gastrointestinal area. If you have underlying kidney issues, those drugs can make that more harmful." (:29)

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"This can create issues with how you absorb nutrients like calcium and vitamin D. It can lead to bone and kidney problems." (:08)

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"If you have an enlarged prostate, [overuse of Sudafed] can create more of an issue. You'll have more problems urinating." (:09)

*****SOT*****

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"It can impair cognition and increase the risk of a fall." (:05)

SOT

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"You can read medicine packaging, but sometimes it's really difficult to understand the language. It's not always clear cut for the average person. So, your primary care provider is the best person to ask questions of. They'll have your chart and other information. They can give you a response that's tailored to your needs." (:24)

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"Your provider might have a different prescription medication or a safer over the counter alternative that works well for you. Or maybe they can figure out a way for you to take your current drug in a healthier manner." (:30)