

Soundbite script - Navigating polypharmacy as we age

Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center, Rockford, Illinois

"Polypharmacy is using or taking multiple medications. Most healthcare professionals have agreed that the number is somewhere around five or more. Generally, we say anyone who's taking five or more medications is experiencing polypharmacy." (:17)

Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center, Rockford, Illinois

"Once we get to that age, we tend to have chronic diseases that have been diagnosed and we take more medications to handle those chronic diseases." (:11)

Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center, Rockford, Illinois

"That's when your body starts to change. You can absorb medications differently; the way that your body works changes and then the way that you hold on to medications because of your body makeup changes too. The way that you may have absorbed or had a reaction to a medication in your 30s could be different in your 60s and 70s just because of the way that your body has changed." (:29)

Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center, Rockford, Illinois

"They'll just continue to take it even though they probably only need to take it for a couple of weeks and then see how they do off of it. That's one of the most common ones I see that they don't necessarily need to be on." (:11)

Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center, Rockford, Illinois

"Your pharmacist is really your drug and medication expert. They know a lot about the drug interactions with all your medications." (:08)