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EDGEwise

ADRs are preventable. Educate yourself about your condition and the medications you are taking, but be careful to use reliable sources. Every time you get a prescription filled, ask the pharmacist whether there are any adverse drug reactions you should know about.

To find out more about possible ADRs, contact your physician or pharmacist and request an appointment for a "complete medication review." Bring along everything you take, including vitamins and supplements. If you're a senior, try to consult with a physician who specializes in geriatric medicine.

"A Pilot Study of Seniors' Experiences with Medication" involved researchers from UVic's Centre on Aging, the Vancouver Island Health Authority, Oceanside Seniors' Centre and Vancouver Island University. It was funded by the BC Network for Aging Research and the Vancouver Island Health Authority.

UVic researchers were awarded more than \$104 million in outside research grants and contracts in 2008/09—more than double the research support of five years ago.

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Supporting education in our community

How many pills do you pop daily to keep healthy? With pharmacies full of vitamins and supplements, and prescription and non-prescription drugs for everything that ails you, the number can add up quickly.

And that's a big problem, especially for seniors. If you're taking more than a single medication or supplement, you're at risk of having what is called an Adverse Drug Reaction, or ADR. They range from minor reactions such as a skin rash to serious events such as a heart attack or liver damage.

ADRs are frighteningly common. In the US, they are then (01) hattshts h , a (01) 2

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