

9 Meds for Seniors to Avoid

If you or someone you know is over 65, you should be aware of the following drugs that can cause potentially devastating side effects in older adults. Please print this page out and consult it as needed.

Opioid Pain Relievers

Demerol, Talwin

Can cause confusion, falls, seizures and even hallucinations.

Heart Medications

Lanoxin +0.125 mg

Can be toxic in older adults and people whose kidneys do not work well.

Diabetes Drugs

Diabeta, Micronase, Diabinese

Can cause severe low blood sugar in older adults.

NSAIDs

Feldene, Indocin

Can increase the risk of indigestion, ulcers and bleeding in the stomach or colon.

Muscle Relaxants

Flexeril, Robaxin, Soma

Can increase the risk of falls, and cause constipation, dry mouth and urination problems.

Estrogen

Alora, Estrasorb, Cenestrin

Can increase your risk of breast cancer, blood clots and dementia.

Anticholinergic Drugs

Elavil, Bentyl, Benadryl

Can cause confusion, constipation, urination problems, blurry vision and low blood pressure.

Anti-Psychotic Drugs

Haldol, Risperdal, Seroquel

Can increase the risk of stroke or even death; they can also cause tremors and increase your risk of falls.

Anti-Anxiety and Anti-Insomnia Drugs

Valium, Xanax, Ambien

Can increase your risk of falls, as well as cause confusion.

