



FALL NEWSLETTER

Did You Know that Multiple Over the Counter Products Can Harm Memory?

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Assistant Professor,
UofL Family & Geriatric Medicine

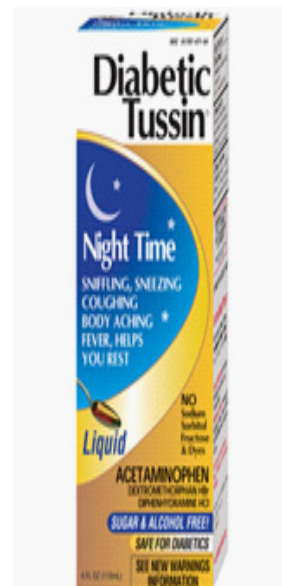
Over the Counter (OTC) medications look innocent enough, but some, which are harmful to memory, alertness and thinking, masquerade under the disguise of many different brand names. Primarily found in sleep aids, the most common and one of the most harmful is diphenhydramine. Diphenhydramine is actually an antihistamine which was first developed decades ago for the treatment of allergies. Since then, safer antihistamines have come onto the market, but diphenhydramine is still the main ingredient in sleep aids, many travel sickness medications and nighttime cold and flu remedies such as Nyquil®, Tylenol® Cold and Flu products.

The side effects caused by diphenhydramine and drugs like it, are counterproductive to preserving good brain function. In fact, the medications used to help improve memory in patients with Alzheimer's disease work in the opposite way of drugs like diphenhydramine. Avoiding diphenhydramine is not easy because it can appear in many products marketed for different purposes, so it would

be very easy to take a double dose of diphenhydramine without realizing it.

All of the over the counter products pictured below contain diphenhydramine.

In addition to diphenhydramine, some of the other over the counter medications which can impair judgment and harm memory are Dramamine® (dimenhydranate), Midol® (pyrilamine maleate and caffeine), and Chlortrimeton® (chlorpheniramine maleate). When taking OTC product, pay close attention to the "active ingredients" listed in small print on the package and try to avoid products that would impair thinking. Recently, scientists are discovering that the longer you use these products (the more days, months, years); your risk of causing permanent thinking impairment goes up as well.



U^{OF}L Geriatrics

Get to Know Our Newest Faculty and Fellows!



Dr. Rangaraj Gopalraj, Assistant Professor, completed his M.B.B.S. (Bachelor of Medicine and Bachelor of Surgery—MD equivalent) at Kilpauk Medical College and Hospital, Madras, India. He then completed his PhD in Physiology at the University of Kentucky and trained at the University of Kentucky Family Medicine Program. He completed his Geriatric Medicine Fellowship and Palliative Medicine Fellowship at UofL. Dr. Gopalraj will concentrate in the areas of research, palliative medicine, and nursing home medicine.



Dr. Laura Grooms, Assistant Professor, graduated from University of Louisville School of Medicine. She completed her residency training at the University of Louisville Internal Medicine Program and completed her Geriatric Medicine Fellowship at UofL. Dr. Grooms will concentrate in the areas of nursing home medicine and home care.



Dr. Hina Ali graduated from Aga Khan University Medical College in Karachi, Pakistan. She then completed her residency training with the University of Louisville Internal Medicine Program.



Dr. Kelly Church graduated cum laude from University of Louisville School of Medicine. She then completed her residency training with the University of Louisville Internal Medicine Program.



Dr. Ronna Compton graduated from Edward Via Virginia College of Osteopathic Medicine in Blacksburg, VA. She then completed her residency training with the University of Louisville Family Medicine Program.

Alice Duncan Turns 90 Years Young in Style!

Alice Duncan turned a head or two as she celebrated her 90th birthday this year by taking her entire family on an Alaskan cruise! Her four children, their spouses, as well as grandchildren and great-grandchildren came along for the ride--twenty eight people in all! Alice had traveled to Alaska before and loved it so much that she decided she and her family needed a fabulous vacation to create great memories to talk about for years to come.

However, just a month before the family vacation, Alice fell while walking on the sidewalk and was quickly rushed to the ER. Luckily for Alice, the only thing broken in her mishap were her glasses. When friends and family called to check on Alice, all she was worried about was her bruises going away before the trip.

"The trip was great!" according to her daughter, Karen. They all saw the glaciers in Glacier Bay, tons of beautiful scenery, and ate tons of great food. One of the highlights of the trip was visiting a musher who participates in the Iditarod Race every year in Skagway. They watched as the musher showed them how his dogs pull his sled, as well as learning about what the dogs eat during the race to help keep them healthy and their endurance up! The best part about meeting with the Skagway musher were the new puppies--which will more than likely grow up and learn to run the race as well.

Alice's son-in-law, Phil Cady (a young 84 years himself!) volunteers at the Iditarod every year by helping care for the dogs who injure themselves in the grueling 1000 mile race.

Alice and her family consider themselves to be incredibly lucky to be able to show their family, friends, and the UofL Geriatrics community how two of their family members have continued to age in such a healthy and active way!



If you have other examples of healthy aging--don't hesitate to contact us!

Dressing Down to Fight Alzheimer's!

In the months leading up to the 2010 Alzheimer's Association Memory Walk on September 11th, 2010, UofL Family and Geriatric Medicine contributed to the cause in a wild and zany way! Everyone from the providers, medical assistants, receptionists, and managers played along on our "themed" days -- beach day, hippie day, western day, and team day -- all of which to raise money for an excellent cause. Together, UofL Family and Geriatric Medicine raised \$3000.00!



Announcements

Senior Companion Program

Elderserve, Inc., is a non-profit organization founded in 1962 to help meet many of the complex physical and social needs of Jefferson County seniors. Elderserve, Inc. sponsors the Senior Companion Program, which trains healthy seniors (volunteers over the age of 55) to provide companionship for frail seniors (over the age of 60) who would otherwise be lonely and isolated.

The Senior Companion Program is funded, in part, by the Corporation for National and Community Service (AmeriCorps, etc.).

UofL Geriatrics is dedicated to serving seniors in cooperation with Elderserve, and other wonderful non-profit organizations. Some of our physicians, under the guidance of Dr. James G. O'Brien and Dr. Belinda Setters, will provide free healthcare screenings for these volunteers at no charge. We look eagerly forward to facilitating this worthy cause.

Alzheimer's Caregiver's Support Group

3rd Friday of Every Month at 2pm

Call Kim Toebbe at UofL Geriatrics for more information at 502.852.7449

in conjunction with **alzheimer's**  **association®**

Hospital Care of Older Adults

We care for older adults in the hospital. The hospital can be a difficult environment for older adults. Issues of delirium, confusion, urinary problems, medication concerns, polypharmacy, functional concerns and ethics are some of the problems that geriatricians are trained to handle in the hospital.

We see patients at the following hospitals:

Jewish Hospital Downtown

Nortons Hospital Downtown

U of L Hospital

Specialized Geriatric Medicine Care in the Office Setting

We see patients in our outpatient office who are 65 years or older. We serve as consultants to patient's primary care provider and specialize in: memory impairment, confusion, urinary disorders, depression, medication concerns, dementia, delirium, falls, incontinence, functional issues, palliative care, advance directives and end of life care. We use an interdisciplinary approach to care for older adults.

Community Resources

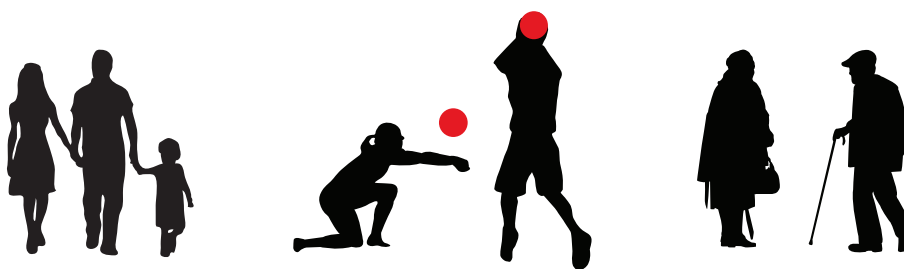
<p>ElderServe, Inc.</p> <p>411 E. Muhammad Ali Blvd. Louisville, KY, 40202 502-587-8673</p> <p>Harriette Friedlander, CEO hfriedlander@elderserveinc.org www.elderserveinc.org</p>	<p>DearWatch Inc.</p> <p>4965 US Highway 42, #1000 Louisville, KY 40222 502-855-3667</p> <p>Mary Romelfanger RN, MSN, CS, LNHA, President/CEO info@dearwatch.net www.dearwatch.net</p>
<p>Progressive Medical & Rehabilitation Group</p> <p>825 S. Sixth Street Louisville, KY, 40203 502-568-1000</p> <p>Kim Cassaro-Gorsky, President progressivemed@yahoo.com www.progressivemedrehab.com</p>	<p>Smooth Transitions</p> <p>601 Briar Hill Road Louisville, KY, 40206 502-897-9332</p> <p>Barbara Morris info@movingforseniors.com www.movingforseniors.com</p>
<p>Christian Care Communities</p> <p>12710 Townepark Way Louisville, KY, 40243 502-254-4200</p> <p>Keith R. Knapp, PhD, CNHA COO keith.knapp@ccc1884.org www.christiancarecommunities.org</p>	<p>Alzheimer's Association (800) 272-3900 Helpline</p>
<p>ElderCare4Families</p> <p>13806 Lake Point Circle #201 Louisville, KY 40223 502-244-8446</p> <p>Rita Pate, Owner rita@eldercare4families.com www.eldercare4families.com</p>	<p>Driver's Test for Seniors at Frazier Rehab (502) 451-6886</p>
<p>Trilogy Health Services</p> <p>8500 Lockerbie Drive Brownsburg, IN, 46112 502-592-7269</p> <p>Melanie Perry, MS, Memory Care Support mperry@trilogyhs.com www.trilogyhs.com</p>	<p>KIPDA (502) 266-5571 or (502) 266-6084</p>

Community Resources

Facilities our Providers Visit:

Chapel House 945 S. 5th St (502) 585-5653	Presbyterian Home Westminster Terrace Rosanna Hughes 2116 Buechel Bank Rd. (502) 499-9383
Christian Health Center 920 S. 4th St. (502) 583-6538	Sacred Heart Village 2120 Payne St. (502) 895-9888
Episcopal Church Home 7504 Westport Rd (502) 736-7800	Treyton Oak Towers 211 W. Oak St. (502) 589-3211
Friendship House 960 S. 4th St (502) 585-5656	

University of Louisville Family and Geriatric Medicine



Leaders in Personalized Care Start Here.

***If you would like to contribute to our newsletter, or if you have any questions, please don't hesitate to contact Kim Toebbe, Project Coordinator for UofL Geriatrics.
215 Central Avenue, Suite 100, Louisville KY 40208 Ph. 502.852.7449.
www.familymedicine.louisville.edu***