

## **WARNING!** RX DRUGS CAN DRAIN YOUR BRAIN!

THE medications you're taking for health problems could be destroying your memory – especially if you're older!

That's the stunning warning from medical experts who say memory loss can often be due to drugs – and not aging diseases like dementia and Alzheimer's.

Dr. Jacob Teitelbaum says a review of autopsies on Alzheimer's patients yielded a shocking discovery – nearly half of them DID NOT have the dreaded disease! "Memory loss is NOT an inevitable part of aging," Teitelbaum, the author of Real Cause, Real Cure tells GLOBE. "Physicians need to be careful in prescribing medications that can cause loss of brain function."

Here are popular medications experts say can trigger confusion and memory loss:

- **STATINS** – A study in the journal Pharmacotherapy found three out of four people who took these drugs to lower cholesterol reported cognitive problems that were mostly resolved when they stopped the medication. Ask your doctor for alternative ways to lower cholesterol.
- **ANTI-ANXIETY** drugs – Benzodiazepines like Xanax cloud areas of the brain affecting short and long term memory. Try calming herbal teas or melatonin to curb insomnia.
- **ANTIDEPRESSANTS** – A whopping 35 per-

cent of people taking tricyclic antidepressants report memory loss and 54 percent have difficulty concentrating. Experts recommend healthy lifestyle changes, therapy or lowering dosages.

- **PAINKILLERS** – Opioid analgesics used to treat chronic pain affect the chemical messages sent to the brain to help you think. Ask your doctor to switch you to non-narcotic painkillers.
- **HYPERTENSION DRUGS** – Beta-blockers slow the heartbeat, lower blood pressure and interfere with the chemical messengers to the brain. Try alternative medications.
- **ANTIHISTAMINES** – Many of the older drugs affect the memory and brain learning centers. Newer antihistamines like Zyrtec and Claritin don't.
- **SLEEP MEDICATIONS** – Nonbenzodiazepine sedative hypnotics, or "Z" drugs, can cause short-term memory loss and also amnesia or bizarre behavior. Try 5 mg. of safer melatonin before bedtime for insomnia.
- **INCONTINENCE** – Anticholinergics that treat overactive bladder block the brain messenger, acetylcholine, which slows activity in memory and learning centers. First, rule out bladder infections. Then try cutting back on caffeine and alcohol. – LYNN ALLISON  
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