

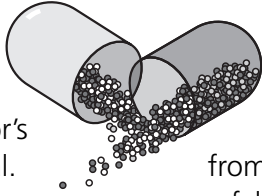
Backbone Chiropractic Newsletter

SPRING

2004

The Perils of Prescription Medications

Each year, elderly people in the U.S. make almost 17 million outpatient visits, either to their doctor's office or to a local hospital. Many of these visits occur so that patients can either fill an existing prescription, or get a new prescription for medication. Unfortunately, elderly patients sometimes receive drugs included in the Beers Criteria. Also known as the "always avoid" list, the Beers Criteria contains approximately



three dozen medications that can cause adverse side-effects when given to older people, ranging from memory problems to dizziness, falls and high blood pressure.

To see how often elderly people receive inappropriate medications, the author of this study reviewed more than 8,100 outpatient visits made by senior citizens to doctors' offices and hospitals between 1995 and 2000. The analysis showed

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From Dr. Batdorf

It is spring once again! And time to dust off our deck furniture and get our gardens dug for a new season of outdoor activity. The Yoga Center is offering a discounted class (only \$5) taught by Kathy Stover that is intended to get your back warmed-up for the gardening season: April 17th 12-1:30PM. Monies for this class will be donated to the Yoga scholarship fund. All who are interested are welcome to attend!

Sincerely,
Dr. Kristin Batdorf

According to Mary Poppins, "A spoonful of sugar helps the medicine go down in a most delightful way." A new report suggests that the equivalent of a spoonful of cinnamon a day can significantly lower blood sugar, cholesterol and lipid levels, which is most delightful news for people with — or at risk of developing — diabetes.

Sixty people with type 2 diabetes were divided into six groups; three groups received daily doses of cinnamon (1, 3 or 6 grams, respectively), while the other groups received



A Spoonful of Cinnamon Helps the Blood Cholesterol Go Down

placebo capsules containing wheat flour. The cinnamon was consumed for 40 days, followed by a 20-day washout period. Blood glucose, triglyceride, LDL cholesterol and total cholesterol levels were all significantly lower in patients receiving cinnamon compared to those given a placebo.

While adding cinnamon to the diet won't cure a person with diabetes, it may help protect diabetic patients from some of the worst complications that arise from the

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Thank you for your referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a **free consult and exam.**

Backbone Chiropractic ■ 1780 East Grand River, East Lansing, MI 48823 ■ 517-316-1277

Office hours: Mon. – Fri. 1:00 pm – 6:30 pm

Saturday by appointment only

**PRESCRIPTIONS
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that in 7.8 percent of the visits — nearly one in 12 — an elderly patient received one or more drugs from the “always avoid” list. Elderly women over age 65 were twice as likely to get an inappropriate prescription than elderly men, and the risk of getting an unsafe medication was higher for patients who took several medications compared to those who took fewer medications. Receiving the wrong medication can have serious - even fatal - consequences. If you (or a family member) is above the age of 65 and on prescription medication, here are a few recommendations:

- Bring a list of drugs you (or your family member) is taking to each doctor.
- Before starting a new medication, talk to the doctor about possible side-effects.
- Also, before starting a new medi-

cation, ask about taking tests on memory, mood and balance, so that any changes can be monitored.

Reference: Rauch Golding M. Inappropriate medication prescribing for elderly ambulatory care patients. Archives of Internal Medicine, Feb. 9, 2004;164(3), pp. 305-312.

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condition, such as blurred vision, heart disease and kidney failure. There are a variety of ways cinnamon can be incorporated into a person's diet, such as adding it to coffee or cereal, or making a tea out of boiling water and cinnamon stick.

For more information on herbs, visit www.chiroweb.com/find/tellmeabout/herbs.html.

Reference: Khan A, Safdar M, Muzaffar Ali Khan M, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. Diabetes Care December 2003;26, pp3215-3218.