Medications and Memory Loss

Dealing with memory loss in a loved one? There are some medications that may be contributing to memory loss, confusion or sedation. Here are some tips to discuss with your Provider:

- ☐ **Review ALL** supplements, vitamins and OTC (over the counter) pills
  - ☐ Include Tylenol, Aspirin and Ibuprofen
  - ☐ How often are they used? Daily, twice a day, etc
  - ☐ Consult your Pharmacist or Provider to reduce any unnecessary pills
- ☐ **Types of Medications:** Does your loved one take any of the following medications, that potentially can affect memory or cause sedation:
  - ☐ Benadry/Diphenhydramine - used for allergies, but also found in Tylenol PM
  - ☐ Hydroxyzine/Vistaril - used for itching or anxiety
  - ☐ Promethazine/Phenergan - used for nausea
  - ☐ Sedatives called Benzodiazepines, such as:
    - ☐ Xanax/Alprazolam
    - ☐ Klonopin/Clonazepam
    - ☐ Valium/Diazepam
    - ☐ Ativan/Lorazepam
    - ☐ Ambien/Zolpidem
  - ☐ Pain medications, also called Opioids, such as:
    - ☐ Tramadol/Ultram
    - ☐ Oxycodone/Oxycontin or Percocet
    - ☐ Hydrocodone/Vicodin or Lortab
    - ☐ Morphine/MS Contin or Roxanol
- ☐ **Pill Organizer:** An organizer can help you keep track of necessary medications that should be taken daily, twice a day and so on.

You can schedule an appointment with a Medication Therapy Management Pharmacist. Call 218-736-8229 for a free consultation and review of medications.

While there can be many causes for memory loss or cognitive impairment, reviewing medications with a professional may be just one step in the right direction. Do not stop any medications without FIRST consulting with a professional.

For support and connection, remember Rivers Area Memory Cafe meets the third Tuesday of every month, 1:00 - 3:00 P.M.

RIVERS AREA
MEMORY CAFÉ

Rivers Area Memory Café is a place of connection, learning, and support for those impacted by memory loss. We host monthly events featuring movement, music, art, games, and educational resources. Our goal is to build community in an environment that is enjoyable, safe, and comfortable.

JOIN US FOR MEMORY CAFÉ:

THIRD TUESDAYS

FROM **1-3 PM**

Learn more & stay connected

REGISTER AT - riversareamemorycafe.org

While reservations are helpful,
we warmly welcome guests without reservations.

NO CHARGE FOR PARTICIPATION

✉ RIVERSAREAMEMORYCAFE.ORG
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