

SILVER LININGS



CHRISTIAN CHURCH (DISCIPLES OF CHRIST)
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DON'T EAT THIS IF YOU'RE TAKING THAT!"

"If a prescription label says "take with meals" does it matter what you eat? I currently take eight different medications for various health problems and would like to know if there are any foods I need to avoid?"

This question was addressed to Jim Miller, Editor of Savvy Living. In the January 15, 2018 issue of this newsletter that is regularly made available to your Editor courtesy of David Moore, Director of Development, Chapman University, Mr. Miller offered the following reply which I'm passing along to you who read these monthly newsletters courtesy of the PSW Regional Office.

"It depends on the medication. Many meds should be taken with food--any food--to increase their absorption and reduce the risks of side effects. But some foods and medications can interact, reducing the medications' effectiveness or increasing the risk of harmful side effects.

To stay safe, you should always talk to your doctor or pharmacist about your prescriptions, along with what foods and beverages to avoid while you are taking them. In the meantime, here are some foods you should avoid when take some commonly prescribed drugs.

Cholesterol Medications: If you take a certain statin drugs to control high cholesterol, such as Lipitor, Zocor, Altoprev, Meva-cor, or generics Atorvastatin, Simvastatin or Lovastatin, you should avoid grapefruit and grapefruit juice. Grapefruit can augment the amount of the drug in your bloodstream and increase the risk of side effects, especially leg pain.

Blood Pressure Medication: If you take an ACE inhibitor drug, including Capoten, Vasotec, Monopril, or Zestril to lower your blood pressure, you should limit foods that contain potassium, like bananas, oranges, tomatoes, spinach, sweet potatoes and salt substitutes that contain potassium. ACE inhibitors raise the body's potassium levels. Eating too many potassium rich foods, while taking an ACE inhibitor, can cause an irregular heartbeat and heart palpitations.

Blood Thinning Medications: If you are taking Coumadin, Jantoven, or the generic Warfarin, you should limit kale and other greens, including broccoli, cabbages, spinach and brussel sprouts. (Editor's Comment: Given how many people don't like these particular green vegetables, not eating them might be a great excuse to give to anyone who tries to "push them on you.")

These foods can block the effects of blood-thinning medications, which could put you at risk for developing blood clots. You also need to watch out for garlic, ginger, Vitamin E and fish oil supplements.

(This article continues on the next page.)

WRITE TO:
SILVER LININGS
C/O PSWR OFFICE
2401 N. LAKE AVENUE
ALTADENA, CA 91001

EDITOR: ED LINBERG

EDITOR'S PHONE NUMBER:
909-392-6688

EDITOR'S E-MAIL ADDRESS:
EMLINBERG@EARTHLINK.NET

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DISCIPLESPSWR.ORG/OAM

(Continued from Page 1, "Medications and Foods to Avoid")
ments because they can increase the medication's blood-thinning abilities, which could put you at risk for excessive bleeding.

Antidepressants: If you take a monoamine oxidase inhibitor (MAOI) antidepressant like Marplan, Nardil, Emsam, Parnate, or generics Isocarboxazid, Phenelzine, Selegiline or Tranylcypromine, you should avoid cheeses, chocolate, cured meats and alcoholic drinks. These contain tyramine, which can raise blood pressure. Normally, the body controls tyramine levels with an enzyme called monoamine oxidase, but MAOI antidepressants block that enzyme.

Thyroid Medications: If you take a medication for hypothyroidism like Synthroid, Levoxyl, Levothroid, or generic Levothyroxine, you should avoid tofu, walnuts and soy milk because they can prevent your body from absorbing your thyroid medication.

Anti-Anxiety Medications: If you take medication for anxiety like Xanax, Klonopin, Valium, Ativan, or generics Alprazolam, Clonazepam, Diazepam, or Lorazepam, you should avoid alcohol. These medications act as sedatives, binding with the brain's natural tranquilizers to calm you down. If you mix these drugs with alcohol, the side effects intensify and can cause you to feel lightheaded, sleepy, or forgetful.

Antibiotics: If you are taking an antibiotic like Sumycin, Dyancin, Monodox, or generic Tetracycline, Doxycycline or Minocycline, you should avoid dairy and calcium supplements for a couple of hours before and after taking the medicine. This includes milk, yogurt and cheese. The calcium in dairy products binds to the antibiotic, which can prevent your body from absorbing it and may make the medication ineffective.

To find more dietary guidance on the drugs you take, see reliable Health websites like MedlinePlus.gov or MayoClinic.org. Also consider the new book, [Don't Eat This If You're Taking That: The Hidden Risks of Mixing Food and Medicine](#). This book is available at Amazon.com and BN.com for \$13.

DO YOU HAVE PROGRAM IDEAS FOR YOUR SENIORS?

In the January issue of "Silver Linings" we suggested six areas of Potential topics for meetings of Senior Adults in your congregation. We hope the suggestions were helpful. If your Seniors have had a Program they especially enjoyed, please share that information so That it can be passed along. Send that information to your Editor at The e-mail address on the front side and he'll share it in future issues.