



Open House at Yaun House brought many community members to visit. Above are Judy Stanan-cuk, Referee at Juvenile Court, and her daughter Kate; Paul Backus, Director of Yaun House; William Jennings, volunteer; and Mr. and Mrs. Bust, volunteers. (Photo: Richard Brown)

## Elderly misuse prescribed drugs

The older you get, the more medications you need but elderly persons have special needs and problems also relating to taking their medicines properly, says an Oregon State University pharmacy professor who is a national authority on drug therapy in the elderly.

"About one third of the elderly fail to take their medicines properly," it was noted.

"Medication consumption increases dramatically with age," Prof. William Simonson points out. "In the United States, for example, a man between ages 25 and 44 receives 3.4 new or refill prescription medications annually, and a woman of the same age group, 7.3.

"Men and women aged 65 and over receive 11.2 and 14.3 new or refill prescriptions respectively. In fact, the elderly (over 65) in the U.S. make up about 11.3 per cent of the population, but purchase 25 percent of all prescription and non-prescription drugs sold."

Institutionalized elderly patients (hospitals, nursing homes, etc.) take between four and seven different medicines at the same time on the average. Elderly outpatients (at home) usually take between two and four different medications.

Although medicines frequently cure or manage disease in the elderly, they may also cause adverse effects ranging from minor discomfort to total debilitation and even death, Simonson observed. Adverse drug reactions are common and those caring for the elderly need to be mindful that drugs in combination have the potential for serious problems if not properly prescribed and administered, he added.

"Many times, signs and symptoms of adverse drug reactions—confusion, weakness and lethargy—are mistakenly attributed to senility or disease," Simonson points out in a recent paper, "Drugs: pharmacology, administration, toxicity and nursing implications." It is a chapter of a new book in the national Nurses' Reference Library series.

"If the adverse reaction isn't identified, the patient may continue to receive the drug. And he may receive unnecessary additional medication to treat complications caused by the original drug," Simonson warned.

"Although any medication can cause adverse reactions, most serious adverse reactions in the elderly are caused by relatively few medications," Simonson wrote. "Those caring for the elderly should be particularly aware of toxicities resulting from diuretics (used to remove excess body fluids) digoxin (heart medicine), corticosteroids (for arthritis and other diseases), sleep medications and nonprescription drugs (aspirins, laxatives, cathartics)."

Why do approximately one third of all the elderly fail to take their medicines as prescribed?

"An age-related decline in sight and hearing is a major reason," according to Simonson, who has done research on the subject.

"For example, an elderly patient with impaired vision may have difficulty reading prescribed instructions. With hearing loss, the patient may not understand verbal instructions. Also, physical disabilities, such as those produced by arthritis,

may hinder old people from opening 'childproof' medication containers."

Older persons on fixed incomes and in a financial pinch may try to make medications last longer by skipping some doses, the pharmacy leader said. "The importance of following the doctor's orders exactly needs to be stressed continually."

Some medications have to be taken with meals, too, so if meals are skipped, doses may be missed, Simonson pointed out.

"Proper nursing care can help manage, reduce or overcome many medicine problems in the elderly," he concluded.

Simonson was appointed last year to the national advisory panel on geriatrics by the U.S. Pharmacopoeial Convention and a book he has written on drugs and the elderly will be published in early 1983.

## Street Beat

by Lanita Duke and Richard Brown

As the election returns filtered in, the Street Beat team asked, "How do you feel about the outcome of the elections?"



Joe Wright  
Meat Cutter

I was pleased. However, I wanted to see more Democrats make it into office. And I would have liked to see the bottle and can bill pass in Washington State.



Kari Alberding  
Unemployed

I'm a Democrat and I wanted Ted Kulongoski. He would have made a difference and I felt the state needed a change. We should have given him a chance. Everything else I wanted passed. I didn't want to pump my own gas.



Hardie Davis  
Maintenance

I heard on the radio that #51 flunked to my dismay. The power structure needs checks and balances. Without it people in power have a free hand for abuse. Power lies with the people and that's where it should stay.



Laura Martinez  
Bookkeeper

I'm satisfied with the outcome. Most of the winners I had voted for. The only item that was a disappointment was the race for Governor. I wanted to see someone else in office.



Lester Johnson  
Truck Driver

I wish the Democrats would have gotten more seats in the Senate. I'm glad Ballot Measure 3 failed because it would have hurt the state in the long run. If it passed we would have to go to something like a sales tax. I didn't want to see that.



Lee Hildebrand  
School Bus Driver

They turned out the way I expected. I'm a school bus driver and if 3 had passed my job would have been gone."



### Grand Opening

## Angela's Hair Design

for men and women

Exclusively for you! Weekly specials.

4835 N.E. Union Ave. • 287-0548

Come in and see what we have in store for you. Specializing in all curls, perm, hair color, shampoo & style.

# Sears

## \$15 OFF

### Misses' Wool-blend blazers in tweed or flannel

Timeless man-tailored blazers—complete with an inside pocket. Wool and polyester, with nylon or rayon lining. Misses' sizes. Reg. \$45 **29<sup>99</sup>** each

**Save on these smart separates, too**

Blouse with detachable ruffle collar and bow. Polyester. White, assorted colors. Misses' sizes. Reg. \$18 **11<sup>99</sup>**

Women's sizes. Reg. \$20 ..... **14.99**

Larger sizes only

Pants with man-tailoring and two slash pockets. Polyester and wool. Misses' sizes. Reg. \$25 **17<sup>99</sup>** pr.

Flannel or tweed skirts in classic A-line, divided or full soft styles. Polyester, acrylic and wool. Misses' sizes. Reg. \$22 **14<sup>99</sup>** each

This 4-way blouse can be worn 2 more ways:



as a blouse with mandarin collar

as a tunic with self tie belt

Styles shown offered only as representative of Sears assortment.

### 25% OFF

All full-length coats, including Dress and Storm and All-Weather coats

Fur-trimmed and untrimmed styles. Wool and wool-and-nylon blends. Raincoats and all-weather coats. Down-filled and polyester-filled styles. Misses, petites.





## VIDEO MANIA

801 N.E. Broadway

287-5023

OPEN 10-8 p.m. Mon - Sat  
Now Open Sundays 12-6

Dead Men Don't Wear Plaid, Star Trek II, Conan, Quest For Fire, Cat People, Psycho

Best Head Cleaner **21<sup>00</sup>**

Nice Hot Rod Joy Stick **25<sup>00</sup>**

Hook Up Video Games, etc.

Watch VCR on 2 TVs


Command Controller **49<sup>95</sup>**

Fuji T120s & L-750s **2/28<sup>00</sup>**


Ask about the Video Mania Movie Plan \$2.50 Movies All The Time.

### Slippers for the family


## 20% OFF




Kids' slip-ons  
Fun Sesame Street characters. In S-M-L-XL  
Reg. \$5.99 **3<sup>99</sup>**



Men's opera slip-on  
Brown vinyl upper. Searchlam sole. In 7-10.11.12  
Reg. \$12.99 **9<sup>99</sup>**



Family quilted boots  
Warm acrylic pile lining. Sizes for the family  
Reg. \$7.99 **5<sup>99</sup>-6<sup>99</sup>**



Women's velour slide  
Soft acrylic velour. Nylon tricot lining. S-10M  
Reg. \$8.99 **6<sup>99</sup>**

You can count on **Sears**

SEARS ROEBUCK AND CO.

Satisfaction Guaranteed or Your Money Back

### Men's fleeced wear

## 25% OFF


Soft, absorbent blend of cotton and polyester or cotton, polyester and rayon. Sizes S-XL

A. \$22 to \$24 Zip jacket warm-up set **16.49 to 17.99 ea.**

B. \$8.99 Pants . . . **5.99**

C. \$14.99 Hooded zip sweat-shirt . . . **10.99**

Other fleeced wear also on sale.



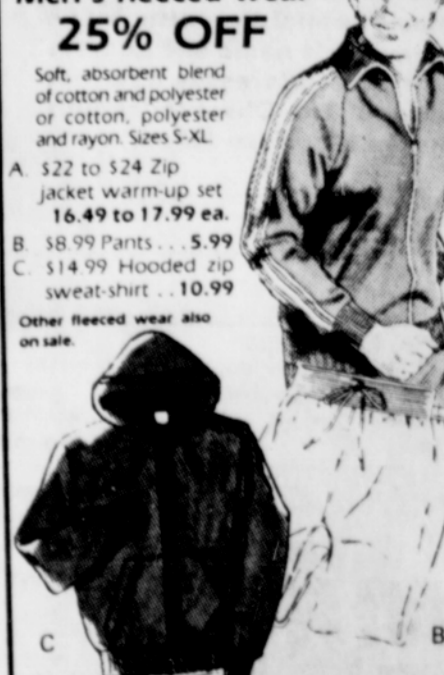
Men's nightwear values

Broadcloth pajamas. Perma-Prest® pajamas of cotton and polyester. Button coat style, assorted dark solids. **9.99**

\$12.99 Pastels and fancies. . . . **9.99 pr.**

\$14.99 Pastels and fancies, tall sizes. . . . **11.99 pr.**

Long robes \$10 OFF. Acetate and nylon fleece, with a notched collar. Fashion solids. Reg. \$39.99 **29.99**



Men's fleeced wear