

Medicated Older Adults

36% of a NHTSA survey group over age 50 mentioned use of two or more drugs.

58+% of the over age 50 group mentioned use of one or more potentially driver impairing (PDI) medications.

14% of the drug mentions involved drug-drug interactions.

Symptoms of drug-induced poisonings, overdoses, drug interactions or side effects are often interpreted as normal signs of aging and thus fail to be linked to a pharmaceutical etiology¹.



Older adults use a disproportionately high amount of medications: older adults represent 13 percent of the U.S. population but consume about 30 percent of all prescription drugs

(Noble: Textbook of Primary Care Medicine).

The results of NHTSA analysis suggest that both the kinds and number of medication exposures, and the characteristics of diseases/disorders present may predict an increase in risk for Motor Vehicle Crashes among older adults.

Studies linked NSAIDs, ACE Inhibitors, anti-coagulants, antidepressants, and benzodiazepine use with motor vehicle crashes.

Studies also link depression, alcoholism, arthritis, history of falls, back pain, diabetes, heart disease, stroke, arrhythmias, coronary artery disease, and sleep apnea with motor vehicle crashes.

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Are You a Driver **at Risk?**



Side Effects of our Medications

What you can do:

Talk to your doctor about the prescription medications, over the counter medications, and dietary supplements you are taking and possible drug interactions and side effects

Choose not to risk driving if feeling sedated, dizzy, have blurred vision, or otherwise feel impaired

Make alternative arrangements for transportation while medicated temporarily; or, discuss with your doctor any 'adjustment period' or alternatives you may have to certain medications; and, *choose not to be an at risk driver while medicated*



<i>Drug Class</i>	<i>Possible Effects</i>
Anti-Diabetic Drugs	Hypoglycemia
Anticholinergics	Blurred vision
Narcotic analgesics	Sedation
Anti-hypertensive drugs	Hypotension
Sedative/Hypnotics	Sedation
Antidepressants	Sedation, dizziness
Allergy drugs	Sedation, dizziness
Anti-arrhythmics	Fainting (syncope)
Anticonvulsants	Ataxia, dizziness, sedation
Skeletal Muscle Relaxants	Dizziness, sedation

The combination of driver-impairing medical conditions and the use of multiple medications (both impairing and non-impairing) suggests that the aging driver population may be at increased risk for motor vehicle crashes.