EFEITOS COLATERAIS BUCAIS DOS MEDICAMENTOS EM IDOSOS: UM PONTO MUITO IMPORTANTE PARA DISCUSSÃO PELA EQUIPE INTERDISCIPLINAR DE CUIDADOS EM SAÚDE

REPORTED ORAL SIDE-EFFECTS OF MEDICATIONS IN THE ELDERLY: A VERY IMPORTANT POINT FOR DISCUSSION BY INTERDISCIPLINARY HEALTH CARE STAFF.

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INTRODUCTION

The oral side-effects of medications are one of the most serious factors related to a good quality of life in elders. For example, a xerostomic condition can lead to the removal of dental prosthesis due to difficulties in chewing more consistent foods that generally have better nutrients. Also can increase the incidence of root caries, lesions on soft tissues beneath prosthesis saddles and all mucosal areas in the oral cavity. But so important as the above mentioned oral problems, the xerostomia influences directly on the food bolus formation and its moistening, almost creating an obligation to the elders in changing the quality of his/her diet and nutrients, that will bring to anaemic states that will compromise the general health of these individuals, engaging its functional reserve to supplant the regular ageing diseases (2,7,9,10).

Being one of the drugs oral side-effect of greatest incidence between all (varies from 40 to 70% in the most used medications by elders) the xerostomia can also be caused by radio/chemotherapies and both dentists and physicians don’t regard it when prescribes a drug/or drugs to patients (1,3,6).

In the complete version of this study, 46 oral cavity drug side-effects were listed and its mention in the instructions for use of medicine (inside drug box), drugs bullary commercial books (sponsored by pharmaceutical laboratories), drug reference books (made by publishers with scientific authors) and drug sites in the Brazilian Internet permit the readers to have knowledge about them, but they keep on prescribing drugs in large quantities to elders, without any awareness over the consequences of their acts to the quality of life and to sustain a good general health in old persons (3,4,5,6,8,11).

For Dentistry, these side-effects of drugs have influence in our daily work with old patients because lesions beneath prosthesis saddles are specially painful and the same happens with mucosal problems in the all oral cavity creating bad feeding conditions to nurses and to nutritionists in hospitals and nursery homes elsewhere. Living without prosthesis in even worst, not only for nutrition, but for psychological/social relationships so important for elder’s quality of living than just medical/dentistry matters (1,7,9,10).
This particular work objectives the measurement of the oral side-effects mentioned in these sources of information to patients, physicians, dentists and other members of the health team in an effort to clarify to involved personnel the importance of the oral side-effects of drugs on elders.

METHODS

The purpose of this study is to list and quantify the reported oral side effects of the drugs most commonly used by Brazilian elders. Starting with 200 pharmacological groups, this work data gathering had finished with 450 - involving 8,635 commercial drug brands- that were analysed from the standpoint of their original "instructions for the patient", professional medication-help books, medication guides and Brazilian internet drug sites about oral side-effects.

In all the sources searched, topics like adverse reactions, precautions/warnings, contraindications and patient information data were analysed regarding oral side-effects of each commercial drug, and were included in a specific software program that listed all the data founded in these sources.

Due to differences in nomenclature of the side-effects (origin country of the pharmaceutical laboratory) and to the fact that one drug can have more than one oral side-effect, a very big effort was done in grouping all citations.

RESULTS

Close to 46 different oral side-effects were found in the complete version of the study (included in the textbook of Brunetti; Montenegro below mentioned 1). For this work, we choose the most significant in absolute/relative numbers, that made clear our initial premises: oral side-effects are very common and bring various difficulties to elders, that must be shared with all health team that takes care of these patients.

During the research, the following oral side-effects of medications were found: delayed healing of tissues (57,0%), salivary alterations (43,4%) [specifying: xerostomia (36,6%), hypersalivation (4,3%) and internal implications on salivary glands (2,5%)], drug-induced candidosis/stomatitis (29,9%), gingival/periodontal problems (18,4%), taste/flavour alterations (13,4%), difficulties in swallowing (12,5%), burning mouth/tongue alterations (9,1%), excessive sensibility in mouth/tongue (1,6%).

At least in the Brazilian sources searched, we were very concerning that 21,6% of medications don’t mention any oral side effect, what let us very worried about the seriousness of some instructions for the use of medicine and some commercial medication-help books, that sometimes didn’t tell a word about oral side-effects, contraindications, adverse effects that are capital informations that can’t be “forgotten” in a so serious matter that deals directly with the quality of life and survival of individuals.\(^{(4,5,8,11)}\)
CONCLUSIONS

- Most of the drugs used in elders have oral side effects (1 to 10).
- These oral side-effects impair quality of life of elders, bringing problems in feeding, swallowing, anaemic conditions with sound general health influences.
- All health staff must be aware of oral side-effect of drugs due to 57% of delayed healing of tissues and 43.4% of salivary alterations, just to mention the most incident ones.
It’s time to reflect that prescribing is more compromising and involves one true interdisciplinary approach, that all areas of clinical knowledge must be taken in consideration.

REFERENCES


Discussão. O presente estudo teve como objetivo investigar o efeito do exercício físico. nos domínios de QV do SF-36® em idosos com DM leve ou moderada. Com exercícios foi realizada em conjunto com o uso de medicamentos antidepressivos, portanto não sabemos o quanto os medicamentos podem ter influenciado na melhora dos sintomas depressivos. Possivelmente, o fato de todos os indivíduos terem iniciado a pesquisa com o tratamento medicamentoso e permanecer sem alterar o medicamento, a influência do medicamento no tratamento pode não ser significativa. Embora as limitações possam contri

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