

## Further information

- [www.migesplus.ch](http://www.migesplus.ch):  
Health information in several languages.  
Schweizerisches Rotes Kreuz/Croix-Rouge suisse, Werkstrasse 18, 3084 Wabern,  
[info@migesplus.ch](mailto:info@migesplus.ch), Tel. 031 960 75 71
- [www.migraweb.ch](http://www.migraweb.ch):  
Living in Switzerland – information and online counselling (also on the topic of “Senior citizen”)
- [www.pro-senectute.ch](http://www.pro-senectute.ch) (D, F, I)
- Leaflet “Alcohol in old age” D, F, I, Albanian, Bosnian/Serbian/Croatian, English, Portuguese, Spanish, Turkish
- Leaflet “Someone close to you has an addiction: What can you do?” D, F, I, Albanian, Bosnian/Serbian/Croatian, English, Portuguese, Russian, Spanish, Tamil, Turkish

These leaflets are free and can be downloaded from [www.suchtschweiz.ch/](http://www.suchtschweiz.ch/) [www.addictionsuisse.ch](http://www.addictionsuisse.ch) or ordered by telephone from Tel. 021 321 29 35.

## If you have any questions about your medicines or you feel uncertain about them ...

... consult a doctor and/or a pharmacist about them.

The Swiss Medicines Information Centre provides information (in D, F) about medicines: [www.medi-info.ch](http://www.medi-info.ch), Tel. 0900 573 554 (CHF 1.49/min.)

If you have questions about a potential addiction to medicines, contact your doctor or your regional addiction centre. You can find the address of a counselling centre in your region or a rehabilitation clinic at [www.suchtindex.ch/](http://www.suchtindex.ch/) [www.indexaddictions.ch](http://www.indexaddictions.ch) or from Sucht Schweiz/ Addiction Suisse, Tel. 021 321 29 76.

The specialists in these centres are obliged to maintain professional secrecy. By contacting the counselling centre in your region, you or someone you trust can find out whether there are opportunities for counselling in your mother tongue.

Herausgegeben von/édité par:

Sucht Schweiz  
Addiction Suisse  
Tel. 021 321 29 11  
[www.suchtschweiz.ch](http://www.suchtschweiz.ch)  
[www.addictionsuisse.ch](http://www.addictionsuisse.ch)

ZFPS  
Tel. 044 271 87 23  
[www.zfps.ch](http://www.zfps.ch)

**ZFPS** Zürcher Fachstelle zur Prävention  
des Suchtmittelmissbrauchs



SUCHT | SCHWEIZ



ADDITION | SUISSE



DIPENDENZE | SVIZZERA

# Medicines in older adults

Information for people over 60

As you age, you are more likely to suffer from health problems, such as high blood pressure or a heart condition.

**This means, as you get older you often need to take more medicines.**



- For many health problems taking medicines is necessary and it makes good sense. Discuss the following points with your doctor or pharmacist:
- Is there a risk of addiction? Are there other risks associated with taking this medicine?
- Are there any possible alternative treatments?
- Is there a risk of interactions with other medicines or with alcohol? Am I still allowed to drive if I take this medicine?
- These questions are also important for medicines you have been prescribed while on holiday or abroad.

**It is important for you to know about the medicines you're taking.**

As you get older, your sleep patterns change.

**You often need less sleep in old age.**



- Don't immediately resort to sleeping tablets if you're having difficulty sleeping. If you're sleeping less than you used to, that might be a normal sign of ageing.
- If your difficulty sleeping is bothering you, relatively straightforward changes to your behaviour can often help. For example, avoid eating a heavy meal or drinking alcohol in the evening or try relaxation techniques. Natural sleep aids, such as herbal teas, can also help you sleep.

**Do not resort too quickly to medicines. Find out about alternatives and discuss them with your family doctor.**

Ageing may bring with it various stressful situations, such as your children moving away, retirement, or the loss of close friends and relatives. These changes in your life can cause psychological distress and prevent you from sleeping properly.

**Talking things over with friends, relatives or professionals can be of assistance to you. However, you may also need to consider taking medication.**



- Psychotherapeutic drugs (for example, antidepressants) may help under certain circumstances.
- However, these include medicines that must be used with a great deal of caution: sleeping tablets and tranquilizers containing benzodiazepines, for instance, can quickly become addictive.
- Discuss the advantages and disadvantages of the medicine with your family doctor. What are the pros and cons of taking the medicine? Are there alternative ways to find relief?

**Take any medicines exactly as prescribed.**