

老年、藥物 和酒精

AGING, MEDICINES and ALCOHOL



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

老年、藥物 和酒精

年紀越大，我們越需要關注自己的健康。

隨著年紀的增長，我們日常服用藥物的數量越來越大，種類也越來越多。另外，老年人的身體對酒精和藥物的反應也與年輕人大不相同。

你應該瞭解：

- 某些藥物不可與其他的藥物混合服用，這包括非處方藥物和中藥（草藥）。
- 許多藥物不可與酒精混合服用。

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As you get older, it's important to take care of your health.

As we age, the need to take more, and different kinds of medication tends to increase. Also, growing older means that our bodies respond differently to alcohol and to medication than when we were younger.

You should be aware that:

- Some of your medicines won't mix well with other medications, including over-the-counter medications and herbal remedies.
- Many medications do not mix well with alcohol.



藥物和酒精的服用不當，會對我們的身體造成不可估計的傷害。因此，了解這方面的知識對您來說是十分重要的。

以下是由於酒精或藥物不適而引起的有關症狀：

- 吃藥或飲酒以後記憶力減弱
- 失去平衡能力（走路不穩，經常摔跤）
- 睡眠習慣改變
- 莫名其妙的瘀傷
- 對自己缺乏信心
- 急躁、憂傷、情緒低落
- 無法解釋的長期疼痛
- 飲食習慣的改變
- 只想長時間地獨處
- 不願意洗澡或保持整潔
- 無法完整地以語言表達
- 注意力難以集中
- 難與家人或朋友保持聯繫
- 對各種活動缺乏興趣

Because medicine and alcohol misuse can happen unintentionally, it's important to know if you're having a problem.

Here are some signals that may indicate an alcohol or medication-related problem:

- Memory trouble after having a drink or taking medicine
- Loss of coordination (walking unsteadily, frequent falls)
- Changes in sleeping habits
- Unexplained bruises
- Being unsure of yourself
- Irritability, sadness, depression
- Unexplained chronic pain
- Changes in eating habits
- Wanting to stay alone a lot of the time
- Failing to bathe or keep clean
- Having trouble finishing sentences
- Having trouble concentrating
- Difficulty staying in touch with family or friends
 - Lack of interest in usual activities



你有使用藥物或酒精的問題嗎？
若想避免這些問題，請採取以下
措施：

與你信任的人談話：

- 與醫生或相關醫療保健人員
討論你的問題。他們可以為
你做檢查來瞭解你的健康狀
況，並且與你討論治療方
案。
- 向老人中心的職員或相關專
業人員諮詢。
- 讓你的朋友、家人或心理顧
問瞭解你的問題。

Do you think you may be having
trouble with alcohol or medications?
Do you want to avoid a problem?
Here are some things you can do:

Talk to someone you trust:

- Talk with your doctor or other
health care professional. They
can check for any problems you
may be having, and can discuss
treatment options with you.
- Ask for advice from a staff
member at a senior center or
other program in which you
participate.
- Share your concerns with a
friend, family member or
spiritual advisor.



自己採取措施：

- 仔細閱讀藥品的標籤，並按其說明服藥。
- 注意藥瓶上、處方上有沒有告誡服藥時不能飲酒的圖標或字樣。如果你服用的是安眠藥、止痛藥、抗焦慮藥、或抗情緒低落藥，這時再飲酒是很不安全的。
- 如果你從未被診斷出有飲酒方面的問題，65歲以上每人每天可以少量飲酒。我們建議你限量於：啤酒12盎司，烈性酒1.5盎司，或葡萄酒5盎司。

Take steps on your own:

- Read the labels of your medications carefully and follow the directions.
- Look for pictures or statements on your prescriptions and pill bottles that tell you not to drink alcohol while taking the particular medicine. If you are taking medication for sleeping, pain, anxiety, or depression, it is unsafe to drink alcohol.
- If you have never been diagnosed with a drinking problem, one alcoholic drink a day is the recommended limit for anyone over the age of 65. That's 12 ounces of beer, 1.5 ounces of distilled spirits or 5 ounces of wine.



向醫療保健人員提供正確的資訊：

- 準備一個清單，列出你服用的所有藥物(包括劑量)。將你的清單交給醫生過目，尤其是在第一次問診時。然後不斷更新你的清單，並隨身攜帶。
- 提醒你的醫生或藥劑師，過去你曾患有的疾病，這些疾病可能會影響某些藥物的服用，例如中風、高血壓、心臟病、肝病或肺病。
- 如果你不懂某字的含義，不能透徹地瞭解某項藥品的說明，或者想獲得更多的資訊，請不要害怕提問。
- 儘可能請你的醫生或有關醫務人員為你寫下服藥注意事項。

Share the right information with your health care professional:

- Make a list for your doctor of all your medications (including doses), especially on your first visit. Keep it updated, and carry it with you.
- Remind your doctor or pharmacist about any previous conditions that might affect your ability to take certain medicines, such as a stroke, hypertension, serious heart disease, liver problems or lung disease.
- Don't be afraid to ask questions if you don't know the meaning of a word, if instructions are unclear, or if you want more information.
- Whenever possible, have your doctor or a member of the medical staff give you written advice or instructions.



如果你想與醫療保健人員討論酒精和藥物問題，請打24小時熱線電話 1-800-662-HELP (4357)，或上網 www.findtreatment.samhsa.gov。

醫療保健人員請注意：

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If you want to talk to a qualified care professional about alcohol and medications, a 24-hour hotline is available: 1-800-662-HELP (4357) or visit www.findtreatment.samhsa.gov

For Health Care Professionals:

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This brochure was created to accompany the publication *Substance Abuse Among Older Adults, #26* in CSAT's Treatment Improvement Protocol (TIP) series. The TIP series and its affiliated products are available free from SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI). Call 1-800-729-6686 or 1-800-487-4889 TDD (for the hearing impaired), or visit www.csat.samhsa.gov.