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。

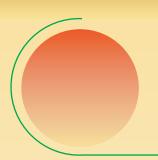
AGING, MEDICINES and ALCOHOL

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:

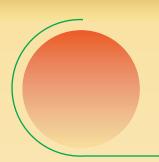
- 吃藥或飲酒以後記憶力減弱
- 失去平衡能力(走路不穩, 經常摔跤)
- 睡眠習慣改變
- 莫明其妙的瘀傷
- 對自己缺乏信心
- 急躁、憂傷、情緒低落
- 無法解釋的長期疼痛
- 飲食習慣的改變
- 只想長時間地獨處
- 不願意洗澡或保持整潔
- 無法完整地以語言表達
- 注意力難以集中
- 難與家人或朋友保持聯系
- 對各種活動缺乏興趣



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:

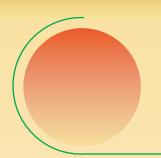
與你信任的人談話:

- 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.



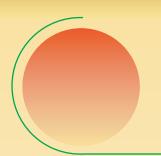


自己採取措施:

- 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 告誠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.

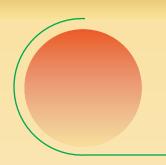


向醫療保健人員提供正確的資訊:

- 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。

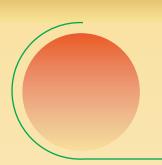
醫療保健人員請注意:

本冊子由Johnson, Bassin & Shaw公司製作。Johnson, Bassin & Shaw公司與U.S. Department of Health and Human Services (HHS)下屬的, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) 簽訂承包合同,合同號為270-04-7049。CDM 集團公司負責英文版本的撰寫,合同號為270-99-7072。Magna Systems 公司(Los Angeles, CA)提供翻譯服務。Christina Currier 擔任政府項目官員。

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:

This brochure was produced by Johnson, Bassin & Shaw, Inc., under Contract Number 270-04-7049, for the Center for Substance Abuse Treatment (CSAT) of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The CDM Group, Inc., developed the Englishlanguage version of this product, under Contract Number 270-99-7072. Magna Systems, Inc. (Los Angeles, CA), provided translation services. Christina Currier served as the Government Project Officer.



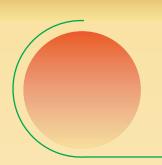
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本冊子隨〈〈老年人的毒品控制〉〉 一同出版發行。〈〈老年人的毒品 控制〉〉是CSAT的Treatment Improvement Protocol (TIP)系列的 第26冊。TIP 系列及有關刊物可從 SAMHSA 的National Clearinghouse for Alcohol and Drug Information (NCADI) 免費得到,電話是1-800-729-6686,或打聽力障礙電 話1-800-487-4889 TDD,或上網 www.csat.samhsa.gov。



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.