

Medication Caution Needed For Elders

The following article is presented as a public service by the Warren Nursing Center and the pharmacist who serves the facility.

We are all familiar with what medications are "supposed" to do for the body, for example, aspirin is taken to relieve headache or decrease a temperature, antibiotics to help clear infections, tranquilizers to help relieve tension. Consideration can also be given to what the body does to drugs. Drugs are absorbed, distributed, metabolized, and eliminated from the body by various body organs.

At approximately age 30, body functions begin to decline. This decline continues as we grow older with the sharpest decline occurring around age 65. How does this decline in body functions affect drug usage in the elderly? (65 years old and older).

In the elderly absorption of drugs from the stomach and small intestine do not appear to be affected to a great degree. However, one note of caution; it is probably better to take antacids at a different time from other medications to avoid interference with absorption. One author even suggests allowing two hours between taking antacids and other drugs. Avoiding taking medications and antacids together is not true all of the time, for example, your doctor or pharmacist will occasionally stress the importance of taking an antacid with a drug to reduce stomach irritation. In addition to antacids, some drugs may interfere with the absorption of other drugs, for example, some bulk laxatives, anti-diarrheal products, and even food may interfere with the absorption process. Asking your pharmacist's advice is always best when taking more than one medication.

In some cases, distribution of drugs to all parts of the body is altered in the elderly due to the increase in percentage of body fat, the decrease in muscle mass, and the decrease of total body water as we grow older.

The liver is the main site of drug metabolism in the body. As we age, our liver is unable to change drugs into inactive compounds as quickly as when we were younger.

The kidney is responsible for eliminating some wastes from the body. Many drugs in either their active or inactive form are removed from the body by the kidneys. Kidney function may decline by 30 percent or more over a lifetime.

Doctors must keep these considerations in mind, especially metabolism and excretion, when they prescribe drugs for their elderly patients. For example, if a 30 year old needs .25 mg of drug a day, then a 70 year old may need either half this amount (.125 mg a day) or possibly less (.125 mg every other day.)

Prescribing for the elderly is complicated even more by the multiple disease states that often exists in the same person because several drugs for each disease may be necessary. (e.g. diabetes, arthritis, high blood pressure, etc.) The more drugs a person takes the greater the chances a drug interaction may occur. A drug interaction is a mixture of drugs resulting in unwanted effects. There is evidence that the elderly may be more sensitive to the effects and side effects of some drugs.

It is also bad to mix alcohol with many drugs. Alcohol should be considered a drug in itself. Many over-the-counter (OTC) drugs, which do not require a prescription, may interfere with actions of prescription drugs. Always consult your pharmacist before mixing alcohol or OTC drugs with any prescribed medications you may be taking.

This article only briefly touches on many points to be considered and is written in hopes that you will identify your pharmacist as a drug expert with a great deal of knowledge to share with you.



Warren Academy's 1984 kindergarten class received their diplomas Sunday afternoon following their musical commencement, "Kindergarten Kapers," at the school. "Graduates" are, seated left to right, Erika Augustia Manning, Kimberly Elaine Williams, Deborah Erin Crouch, Stephanie Anne Medlin, Kimberly Noel Norwood, Julie Anne Schuster, Lillianne Holland Currin and Laura

Burke Davis. Standing, left to right, are Gregory Nelson Bowen, William Morris Callahan, Jr., Ryan Alexander Coleman, Joseph Carroll Harris, Elizabeth Warren Hayes, Jason Charles Stainback, Christopher Lee Hawks, Nathaniel Gray Rooker and Ross Anderson Blaylock. Mrs. Jules Banzet, III, teacher, is shown standing behind the students.

(Photo by Gilbert Hilliard)

Kindergarten Graduation Held

By HARRIET BANZET Commencement exercises for the 1984 Kindergarten Class of Warren Academy were held in the academy gymnasium on Sunday, May 13, at 3:00 p. m.

The kindergarten students and their teacher, Mrs. Julius Banzet, III, presented "Kindergarten Kapers," a delightful musical program which included a special

salute to "Mary Poppins," the magical English nanny who had such wonderful adventures with the children Jane and Michael Banks in Walt Disney's film production which is considered Disney's supreme achievement in screen entertainment.

The talented tots thrilled their audience

of parents, grandparents, relatives and friends as they sang, danced, and played rhythm instruments. Adorning the stage were kites, Mickey Mouse, Minnie Mouse, Goofy and a life-sized mannequin of "Mary Poppins," designed by Mrs. Randy Currin.

Following the musical portion of the program,

Headmaster B. L. King and Julius Banzet, III, vice-chairman, Warren Academy Board of Directors, presented kindergarten diplomas to the following children: Ross Anderson Blaylock, Gregory Nelson Bowen, William Morris Callahan, Jr., Ryan Alexander Coleman, Deborah Erin Crouch, Lillianne Holland Currin, Laura Burke Davis, Joseph Carroll Harris, Christopher Lee Hawks, Elizabeth Warren Hayes, Erika Augustia Manning, Stephanie Anne Medlin, Kimberly Noel Norwood, Nathaniel Gray Rooker, Julie Anne Schuster, Jason Charles Stainback and Kimberly Elaine Williams.

After the diploma presentation, the class gave the benediction and recessed to the music of "Pomp and Circumstance." They formed a receiving line to greet their parents and friends and an informal reception was held in their honor.

Brooks Gets Top State Post

Steven Brooks, dean of academic services at Louisburg College, was elected to the office of president elect at the recent meeting of the North Carolina Association of Student Financial Aid Administrators.

The Association is composed of some 275 members representing over 125 public universities, independent colleges and universities, community ties, community colleges, technical institutes, proprietary schools, government agencies, and private organizations concerned with the administration of student financial aid programs.

Its purposes include enhancing the administration of financial aid programs in order to foster student access to postsecondary education, promoting the professional competencies of financial aid administrators, facilitating communication between its members and the sponsors of aid programs, and assisting in the development of effective programs of student assistance.

For 1984-85 Brooks will serve as president elect. He will become president for the Association for the 1985-86 year. Brooks is the son-in-law of Mr. and Mrs. R. Edward Hunter of Warrenton.



BROOKS

The World Of Books In The Warren County Memorial Library

It's like a book, I think, this bloomin' world, Which you can read and care for just so long, But presently you feel that you will die Unless you get the page you're readin' done, An' turn another-likely not so good; But what you're after is to turn 'em all.

—Rudyard Kipling

Four hundred years of ghosts and fears come back to haunt Jeremy Mydet and his friend from Ocracoke Island. An eerie series of events: Grandpa's booty stolen, a missing manuscript, a near drowning, blood-spattered tombstones, the reappearance of the Nag's Head, a frightening chase through the Elizabethan Gardens, and the incredible theft of the Elizabeth II lead to a startling conclusion of how the past affects the future.

We hope the above will get the young people in Warren County to come in and check out this new book, "The Mystery of the Lost Colony," by Carole Marsh, during this summer's reading program. We have numerous brand new books on and about North Carolina just waiting to be read.

WANTED: All overdue books, please. NEW BOOKS: "Rainsong," Whitney; "Night Sky," Francis; "River of Dreams," Courter; "A Social History of England," Briggs; "War Day," Strieber and Kunetka; "The 637 Best Things Anybody Ever Said," Byrne; "One More Sunday," MacDonald; "Lords of the Earth," Anderson; "On Leaving Charleston," Ripley, plus numerous new books for the Young People's Room.

MEMORIALS: For William K. Lanier, Sr., "In the Shadow of FDR," Leuchtenburg, from Bignall and Grace Jones; "Megatrends," Naisbitt, from Mrs. Maebelle Hueber. For Clyde R. Rodwell, "What's Ahead for the Economy?," Rukhyser, from Howard and Annette Daniel. For Mrs. Mariam Boyce, "The Days of Eternity," Glasco, from Mrs. Hattie Scott. For Roger Limer, "Ike's Spies," Ambrose, from Mr. and Mrs. Durwood Johnson, and "The Dictionary of Phrase and Fable," Brewer, from Mrs. Duke Jones, "Islands, Capes, and Sounds," The North Carolina Coast, by Thomas J. Schoenbaum, from Mrs. Anna Thompson.

A sale of magazines and books is going on now and will continue for the next two weeks.



"Boy, after all that hard work, it'll feel good to stay home all day."

Warren Native To Manage New Store

A Warren County native, Tommy King, has been named to manage a new Heilig-Meyers store which held

its grand opening in Chester, S. C. May 11-12. King began his career with Heilig-Meyers in 1973 as a manager

trainee in Roanoke Rapids. He also worked as a salesman at the company's Rockingham and Laurinburg stores

before his promotion to manager of the company's Tabor City store.

King is a 1971 graduate of John Graham High School. He is the son of Mrs. Lillie King Radford of Norlina and the late Herbert D. King of Warrenton. He is married to the former Darlene Turner of Henderson.

"I reported to my new job in Chester, S. C. on April 9, the 11th anniversary of my joining the company," King said.



KING

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<p>\$1 Box 65 Ounce Arm & Hammer Regularly 1.39. Heavy duty detergent. Limit 2.</p>	<p>4.99 For 1 Marcal Facial Tissues Regularly 3 For 4. Box of 100 facial tissues. Limit 4.</p>	<p>3.99 For 1 Hershey's Big Block Candies Milk Chocolate, Mr. Goodbar, Krackel & more.</p>	<p>1.59 Each Afta XX Or Extra Dry Spray, roll on, cream or solid deodorant. Limit 2.</p>

Prices Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers.

STORE HOURS: MON.-TUE.-WED. & SAT.—8A-8P THURS. & FRI.—8A-9P SUN.—1A

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