

DO NOT MIX NATURAL PRODUCTS WITH MEDICINES

POLYMEDICATED PATIENTS

The control of diabetes, high blood pressure, cholesterol and many other diseases requires exact medication levels. When mixing with some natural products, the treatment can be compromised.

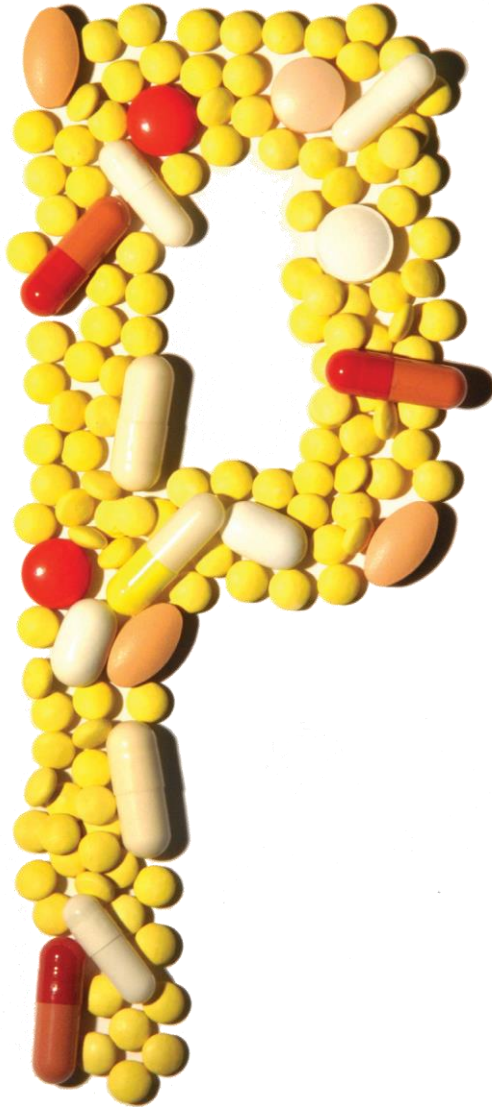
PROMOTER



OBSERVATÓRIO
DE INTERAÇÕES
PLANTA-
MEDICAMENTO



FFUC FACULDADE DE FARMÁCIA
UNIVERSIDADE DE COIMBRA



FINANÇING



SUPPORT



POLYMEDICATED PATIENTS

Patients who take multiple medications and have more than one disease.

Diseases such as hypertension, diabetes, dyslipidemia, depression and anxiety are often associated, and their treatment may involve a high number of medications. Additionally, increase the tendency to appeal to to “natural products”, and the risk of interactions occurrence.

Consult your doctor or pharmacist
or call the helpline

239 488 505/484

or visit the website

www.oipm.uc.pt

HYPERTENSION

The effect of antihypertensives can be altered by [Goji berries](#) or by [garlic](#), consumed in large amounts in food, or in supplements.

[Ginkgo](#), [Olive tree \(leaves\)](#) and [Hawthorn](#) – can lower blood pressure too much, causing hypotension – sleepiness, blurred vision, weakness, disorientation, dizziness, nausea and faint.

[Liquorice](#), [Aubergine](#), [Black Tea](#), and [Ginseng](#) – can cause an increase in blood pressure, contradicting the effect of antihypertensive drugs.

DIABETES

The effects of drugs used to control blood sugar levels can be altered when taken with plants.

[Turmeric](#), [Aloe](#), [Goji berries](#), [Greater Burdock](#), [Cinnamon](#), [Ginger](#), [Ginseng](#), [Guar](#), [Blueberry](#), [Noni](#), [Blond Psyllium](#), [Elder e Flaxseed](#) – they can increase the effect of antidiabetics and insulin, ending up in episodes of hypoglycemia.

HYPERCHOLESTEROLEMIA

[St. John's Wort](#), [Sage](#) and [Orange juice](#)
– may decrease the effect of statins, reducing their therapeutic activity.

[Aloe](#), [Alfalfa](#), [Fermented Red Rice](#), [Ginseng e Golden Root](#)
– may increase the incidence of side effects and toxicity associated with statins, such as rhabdomyolysis and muscle pain.

THROMBOEMBOLIC DISEASES

[Anticoagulant and antiplatelet drugs]

[Turmeric](#), [Alfalfa](#), [Garlic](#), [Aloe](#), [Garden Angelica](#), [Goji berries](#), [Chamomile](#), [Marian Thistle](#), [Horse Chestnut](#), [Chlorella](#), [Ginger](#), [Ginkgo](#), [Saw Palmetto](#) and [Hawthorn](#)– may increase the risk of bleeding.

[Black Tea](#), [Green Tea](#), [St. John's Wort](#), [Noni](#), and [Nettle](#) – may decrease the effectiveness of anticoagulant and antiaggregant drugs, increasing the thromboembolic risk - occurrence of CVA and heart attack.

Note: The fact that a plant (food or drug/herbal medicine) is not found in those mentioned here does not mean that its combined use with medicines is safe.

Juices and “teas” are concentrated extracts of chemical compounds whose effect on the body can be very intense, depending on the plant from which they are made and the taken amount.