

## The Aging Body: Ask the Experts

### Class 3

#### 9/18: Piles of Pills: The Dangers of Polypharmacy

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Learning Objectives: At the end of this class, the participants will be able to

1. Discuss two variables that lead to polypharmacy.
2. Identify the impact of polypharmacy on the older adult.
3. Explore options for non-pharmacological interventions for anxiety and depression.
4. Discuss the national impact of polypharmacy on the cost of healthcare.

#### References for Class 3: Suggested readings/videos

- <https://www.nia.nih.gov/news/dangers-polypharmacy-and-case-deprescribing-older-adults>
  - The dangers of polypharmacy and the case for deprescribing in older adults. *National Institute on Aging*, (Aug, 2021).
- <https://www.aamc.org/news/problem-polypharmacy>
  - The problem with polypharmacy; *AAMCNews* . Bridget Balch, Staff Writer (June 23, 2026).
- <https://www.youtube.com/watch?v=Z8dps72MQwI>
  - Polypharmacy in Older Adults: Identifying and Reducing Risky Medications (2 min 41 sec)