



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

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### **“Targeted De-Prescribing”: What is it?**

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Targeted De-prescribing refers to the process of objectively assessing a patient’s need for a medication versus the adverse effects associated with using it. It involves working towards providing safer alternatives to manage illness and chronic conditions.

It is very essential that medication be appropriately used and for the specific duration of time it was intended for. Often medication intended for short-term use is not adequately reviewed and patients remain on them for years. As the years go by, with each new medical condition that arises, the number of prescriptions a patient is ingesting can grow to a point where adverse effects and drug-interactions start to outweigh the benefits. Some of these adverse effects may include weight gain, memory loss, susceptibility to falls, digestive disturbances, insomnia, mood

changes, fatigue and nutrient depletions. Abruptly stopping medications can result in withdrawal effects, and lead to uncontrolled medical conditions endangering one’s health.

A supervised de-prescribing program allows patients to safely transition to decreasing the number or dosage of the medications they are using thereby optimizing their medication use. As a pharmacist who is trained in functional medicine, going beyond symptom management with medication, to assess the root cause of illness is a routine part of attentive patient care.

Medication groups commonly reviewed for de-prescribing include sedative-hypnotics, proton-pump inhibitors prescribed for acid reflux or heartburn, certain classes of diabetic medications, antihistamines, conventional hormone replacement therapy and pain medication.

### **At the OIHC, your de-prescribing assessment will include the following:**

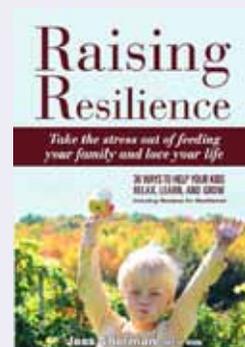
- Targeted analysis of all prescription medication.
- Detailed Assessment of symptoms/ health conditions.
- Step-by-step Plan for medication reduction and inclusion of non-drug protocols.
- When needed, medication expert collaboration with your medical doctor to facilitate transition to safer options.

- Collaboration with a strong team of natural health practitioners, and physical and mental therapists to support a higher level of mind-body health for you.

### **Our Holistic Nutritionist has written a book!**

*Raising Resilience fills an important gap in the strategies teachers, parents, therapists and doctors use to help a child thrive. Specifically, the book explains the ways in which food affects growth, learning, behaviour, and ability to cope with stress, adversity and expectation along with how to modify these factors through changes in diet.*

**Learn more about the book at**  
[www.raisingresilience.ca](http://www.raisingresilience.ca)



*Now available at the OIHC*

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*