

PREVIEW_ Jackie Eberstein - The Hidden Costs of Medications (LCC 2016)

Dr. Eberstein: There are lots of reasons also why you want to get off medications other than the previous three things I talked about? In 2014 statistics have shown that approximately 123,000 people died from the prescription medications they were taking.

That were used correctly, these were not prescription mistakes, these medications were used correctly. And an additional 800,000 people in 2014 suffered serious outcomes from prescription medications. And this is a particular issue in elderly people.

And as we get older, not only are we getting older, our faces, our skin, our wrinkles, our muscle mass, whatever, our liver is getting older and it's your liver that has to handle and metabolize all of these medications. And as you start getting a mixture of medications and your liver isn't as effective as it used to be, that puts you at risk for serious complications.

Also medications in the form in which we use them for this chronic conditions, they are not mostly curative of anything, they'll take away a symptom and they may take away the symptom temporarily, but they don't really cure you, which is why you wind up on them for years and years and years.

So a better solution is to get to the real reason why you have the symptoms and that's a more curative solution. And of course, the financial stress on our healthcare system. \$475 billion a year spent on prescription medications. Pharmaceutical industry loves it, but taxpayers, we don't.