



iQuestions Faculty, Dr. David Eckman

Question:

Why are women in their forties the major misusers of prescription drugs?

Answer:

Women in their forties sometimes are major mis-users of prescription drugs. Of all the different age groups, of the two different genders, when it comes to women in their forties, that's the group that has the biggest struggle with prescription drugs.

Why is that so?

Because of the problems of depression, because of the problems of menopause, oftentimes drugs will become available, prescription drugs will become available, and then they will end up misused.

The solution to this, again, is a healthy relationship with a medical doctor—an open, transparent one. Many times, medical people will over-prescribe anti-depressants. Make sure that you're not just taking those drugs because they're being handed to you.

Sometimes, good conversations with other people will have a much more positive effect than some of these drugs.