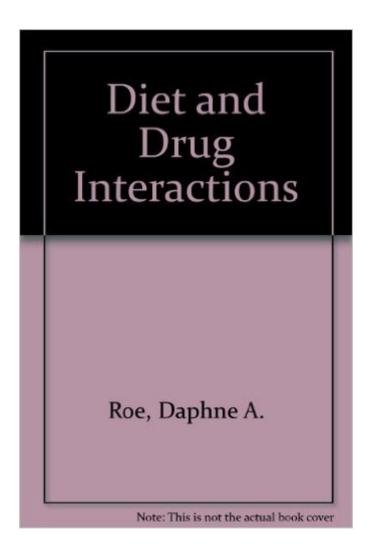
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## **Diet And Drug Interactions**





## Synopsis

When we learn from a patient, clinician, or medical record that a drug has been discontinued, it is logical to ask why. The drug may no longer be needed; it may not have produced the desired effect; it may have produced an adverse reaction; a better drug may be available to replace the original drug. The patient may have discontinued the drug because he or she could not see why it was necessary; or the patient may have discontinued the drug because of unpleasant side effects. A drug may not work because its absorption is reduced by physical or chemical interaction with another drug or a food component. It may also not work because the patient's metabolism is speeded up or inÂ- hibited to an extent such that the desired duration of drug action is not obtained. Such an effect may be related to a change in diet. Side effects may be related to consumption of specific foods or bevÂ- erages or to an overall change in nutritional status. Drug-food and drug-alcohol incompatibility reactions are frequent but are avoidable if a patient is warned of their possible occurrence. Drugs may also produce nutritional deficiencies, especially in a patient whose diet is marginal in those nutrients depleted by the particular drug. Careful prescribing practices together with appropriate nutrient supplements will serve to reduce the risk of these incompatibilities.

## **Book Information**

Hardcover: 350 pages Publisher: Springer; 1 edition (August 31, 1988) Language: English ISBN-10: 0442204876 ISBN-13: 978-0442204877 Product Dimensions: 0.8 x 6.5 x 9.5 inches Shipping Weight: 1 pounds Average Customer Review: Be the first to review this item Best Sellers Rank: #1,516,426 in Books (See Top 100 in Books) #22 in Books > Medical Books > Pharmacology > Pharmacodynamics #1146 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Pharmacology #1702 in Books > Engineering & Transportation > Engineering > Bioengineering > Biochemistry

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