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Energy Thieves: Medications

Another class of energy thieves is medications. This may not apply to everyone but based on the latest CDC stats, close to 50% of all American adults take at least one prescription drug and almost one-quarter take three medications or more. There are three ways medications can steal your energy when you need it to perform your best.

- Some medications can directly affect energy levels. Beta-blockers used for hypertension are an example; they're supposed to slow down heart rate. They can also affect beta-receptors in other areas of your body. The net effect saps energy.
- Other medications indirectly steal energy. An extreme example would be chemotherapy and radiation during cancer treatment, but some medications such as statins can cause muscle discomfort which can also steal energy levels.
- Not taking the medications as directed can also steal energy. The simplest example is thyroid medication for hypothyroidism. It's designed to be taken in the morning (unless otherwise specified by your doctor). If it's not taken when it's supposed to be taken, it can't help with energy levels.



There are numerous medications that can impact energy. The first step is a discussion with your physician to address your concerns; schedule that today. I'll be discussing strategies to minimize energy loss due to medications in the Super Bowl Webinar on Sunday, but it all begins with a discussion with your doctor.

What are you prepared to do today?

Dr. Chet

Reference:

<https://www.cdc.gov/nchs/fastats/drug-use-therapeutic.htm>

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