



Wellness Buddy Wednesday Tip

Food & Medicine Interactions

Because each person's body chemistry is different medicines will have different effects on different people. Factors such as age, weight, the use of other medications, and foods and drinks influence the effects of medicines.

There are two basic ways food and drink affect the action of medications. Its presence in the digestive system can slow or speed the time or rate it takes medicine to metabolize and arrive at the site in the body where it is needed.

Take for example, the interaction between tetracycline compounds and dairy products. Calcium in milks and cheeses impair the body's ability to absorb tetracycline.

Additionally, the acidity of soft drinks and fruit juices can cause some drugs to dissolve quickly in the stomach instead of the intestines, where they would be more readily absorbed. Antacids can also negatively affect the absorption of medicines.

Before taking any medicine, read the label carefully. It will tell you how much medicine to take and when and how to take it.

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