

Exam 7 Medications Inventory

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January 24, 2022

Importance of Medications

Exam 7 Ancillary Studies have a special interest in medications

- MESA-Mind Cognitive Assessment
 - memory, verbal and numeric reasoning, reaction time
 - Psychotropic drugs (amitriptyline, benzodiazepines, paracetamol, ...)
 - Sleep medications (ambien, night-time formulations, ...)
 - Calcium channel blockers
- MESA Sleep and 24 Hour Act
 - Sleep medications



Importance of Medications

 Of the 1,964 publications to date, >95% make use of medications data.

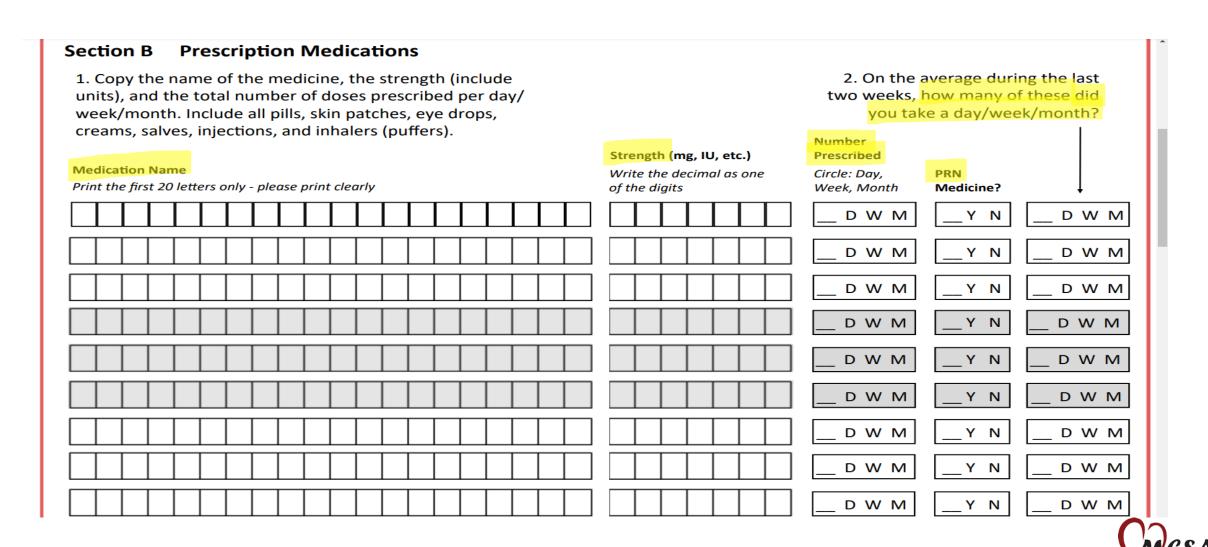
Shah RV, Allison MA, Lima JA, Bluemke DA, Abbasi SA, Ouyang P, Jerosch-Herold M, Ding J, Budoff MJ, Murthy VL. Liver fat, statin use, and incident diabetes: The Multi-Ethnic Study of Atherosclerosis. *Atherosclerosis*. 2015:242(1):211-217.

Table 1Baseline characteristics of the study population, stratified by no statin at follow-up or use of statin at follow-up.

	All subjects ($N = 3153$)	No <mark> statin</mark> (N = 2237)	Inciden <mark>t statin</mark> use (N = 916)	P-value
Age (y)	59.0 [51.0-68.0]	58.0 [50.0-68.0]	61.0 [54.0-69.0]	< 0.0001
Male gender	1384 (43.9)	992 (44.3)	392 (42.8)	0.43
Race				0.004
White	1235 (39.2)	834 (37.3)	401 (43.8)	
Asian	394 (12.5)	297 (13.3)	97 (10.6)	
Black	855 (27.1)	627 (28.0)	228 (24.9)	
Hispanic	669 (21.2)	479 (21.4)	190 (20.7)	
Weight (lb)	165.7 [143.0-192.0]	165.0 [142.3-190.0]	168.0 [144.1-194.9]	0.02
BMI (kg/m ²)	27.0 [24.1-30.3]	26.8 [23.9-30.2]	27.5 [24.6-30.9]	< 0.0001
Waist circumference (cm)	95.0 [86.0-103.5]	94.2 [85.2-102.9]	96.5 [87.6-105.0]	< 0.0001
Systolic BP (mmHg)	120.3 [108.0-136.0]	118.5 [107.0-134.5]	124.5 [112.5-140.0]	< 0.0001
Diastolic BP (mmHg)	71.5 [64.5-78.0]	71.0 [64.5-77.5]	72.5 [65.5–79.0]	< 0.0001
Hypertension	1116 (35.4)	693 (31.0)	423 (46.2)	< 0.0001
Antihypertensive Rx	838 (26.6)	514 (23.0)	324 (35.4)	< 0.0001
Smoking status				0.19
Never	1678 (53.2)	1181 (52.8)	497 (54.3)	
Former	1099 (34.9)	774 (34.6)	325 (35.5)	
Current	375 (11.9)	281 (12.6)	94 (10.3)	
Family history of diabetes	1062 (33.7)	726 (32.5)	336 (36.7)	0.02
Metabolic syndrome	644 (20.4)	390 (17.4)	254 (27.7)	< 0.0001
Glucose (mg/dl)	86.0 [81.0-91.0]	86.0 [80.0-91.0]	87.0 [81.0-91.0]	0.002
CRP (mg/l)	1.7 [0.8–4.0]	1.6 [0.7-3.8]	2.0 [1.0-4.6]	< 0.0001

Exam 7 Medications	Participant ID #: Technician ID:	Acrostic: Date://	
Section A Medication Reception			
As you know, MESA will be describing a	II medications its participants are us	sing, both prescription and over-the-counter. These	
include pills, liquid medications, skin pa	tches, eye drops, creams, salves, inh	halers and injections, as well as cold or allergy	
medications, vitamins, herbal remedies	and other supplements. The letter y	you received about this appointment included a cloth	
medications bag for all your current me	dications and asked you to bring the	nem to the clinic. Have you brought this bag with you?	
Are these all the medications that you h	nave taken in the past two weeks?		
○ YES — May I see the	m? Continue with Section B	○ NO	
○ REFUSED	n for refusal in Comments Section	○ TOOK NO	

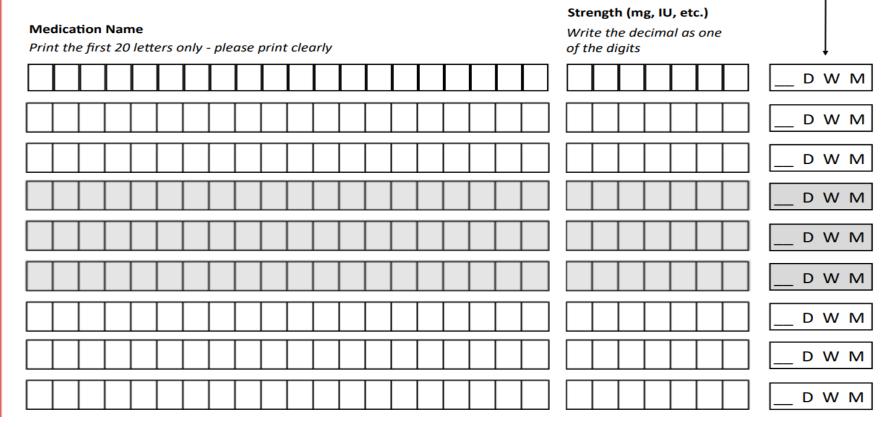




Section C Over-the-Counter Medications

3. Copy the name of the medicine, the strength (include units), and the total number of doses prescribed per day/ week/month. Include all pills, liquid medications, eye drops, creams, salves, inhalers (puffers), and supplements.

4. On the average during the last two weeks, how many of these did you take a day/week/month?





	Number unable to transcribe:	M
Comments:		
MESA Exam 7 Medications Interviewer-Administered v1	12/29/2021	Page 2



Practice Medications

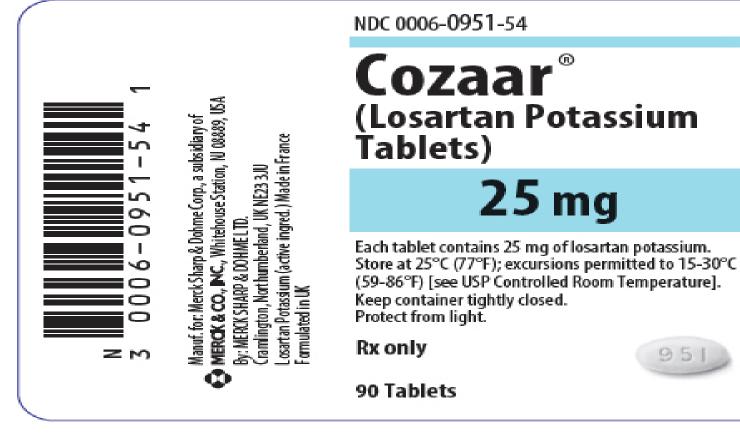
	Medication	strength	Rx	Taken	Class	Comments
1	Losartan	25	1/day	1/day	Antihypertensive	Generic or trade OK
2	Atenolol	50	1/day	1/day	Beta blocker	Odd font
3	Lipitor	40	1/day	1 every other day	Statin	1/ 2 dys = 0.5 / day
4	Allopurinol	100	3/day	3 / 2 days	Gout Med	3 / 2 days = 1.5/day
5	Latanoprost	0.005%	2/day	2/day	Ocular	2doses (1 each eye)
6	Carvedilol	12.5	3/day	2/day	Beta blocker	2 nd BBlocker verify?
7	Ranitidine	150	2/day	1 every other day	H2 Blocker	PRN
8	Baclofen	20	qd	bid	Muscle relaxer	0.5 /day
9	Lantus	100/ML	As dir	15U/day	Insulin	Rx = -9
		-		•		Taken = sum of
						typical dosing
10	Tylenol PM	500/25	OTC	qhs	NSAID	Anticholinergic
11	Aspirin	325	OTC	3/wk	NSAID	OTC PRN
12	Vitamin C	500	ОТС	2/day	Supplement	Supplement

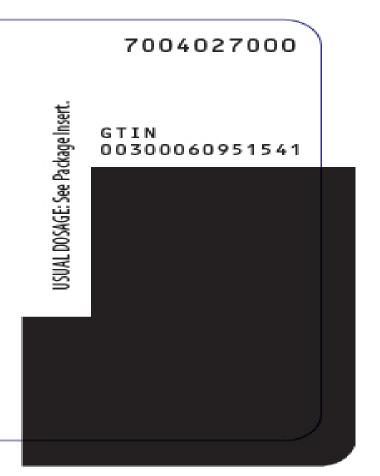


Losartan (antihypertensive)

Prescribed: 1/day

Taken: 1/day







Atenolol (Beta Blocker)

Prescribed: 1/day

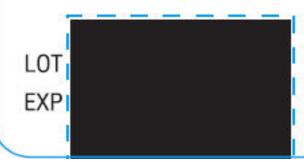
Taken: 1/day

USUAL DOSAGE: One tablet daily, or as directed by physician. Prescribing Information attached.

WARNING: As with all medications. keep out of the reach of children.

Store at controlled room temperature, 20-25°C (68-77°F) [see USP]. Dispense in well-closed, light-resistant containers.

35931-00



NDC 0310-0105-10

100 tablets



50 mg tablets

Rx only

Manufactured for: AstraZeneca Pharmaceuticals LP Wilmington, DE 19850 By: IPR Pharmaceuticals, Inc. Canóvanas, PR 00729 Product of Italy



TENORMIN is a trademark of the AstraZeneca group of companies. © AstraZeneca 2012



Lipitor (Statin)

Prescribed: 1/day

Taken: 1 every other day

Store at controlled room temperature 20-25°C (68-77°F) [see USP].

Dispense in tight containers (USP).

DOSAGE AND USE

See package insert for full prescribing information.

*Each tablet contains atorvastatin calcium equivalent to 40 mg atorvastatin.

Distributed by Parke-Davis Division of Pfizer Inc NY, NY 10017

MADE IN IRELAND





PAA056783

Allopurinol (Gout medication)

Prescribed: 3/day

Taken: 3 every other day



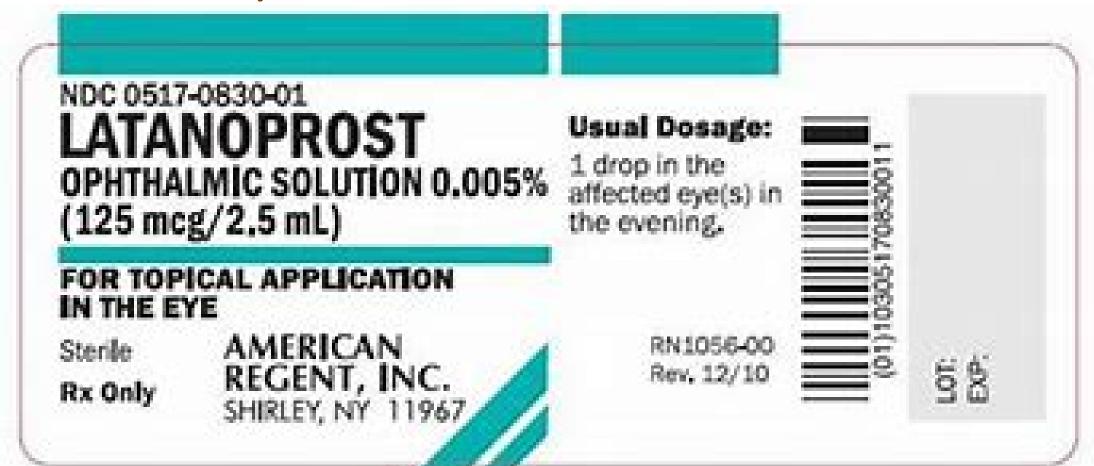




Latanoprost (Ocular)

Prescribed: 2/day

Taken: 2/day

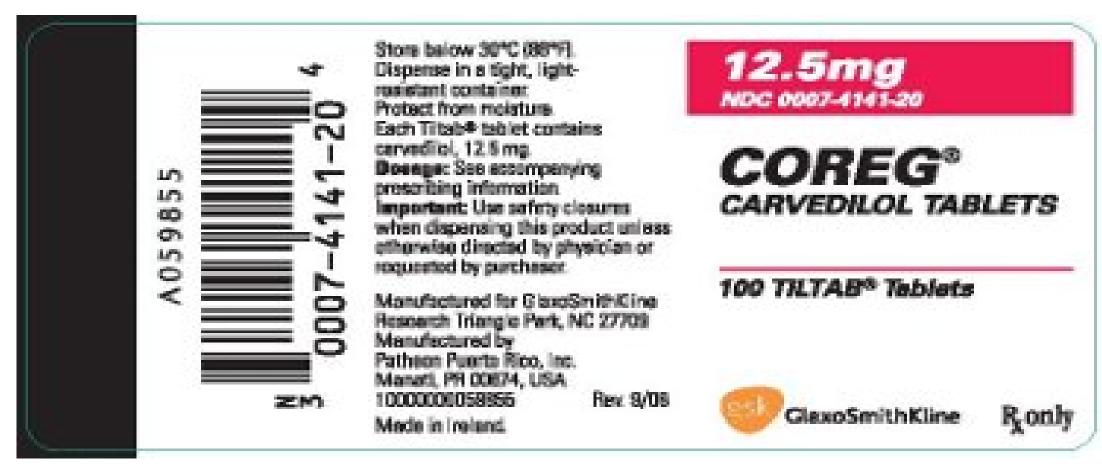




Carvedilol (Beta Blocker)

Prescribed: 3/day

Taken: 2/day





Ranitidine (H2 Blocker)

Prescribed: 2/day as needed

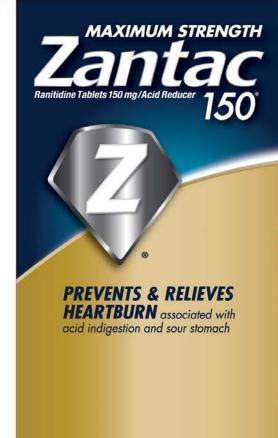
Taken: 1 every other day

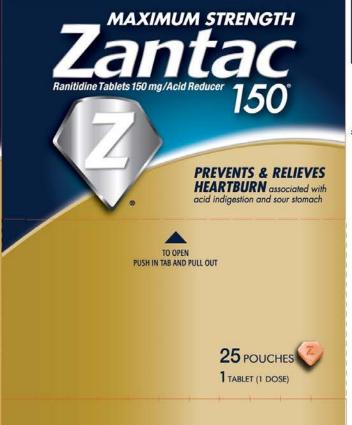


Active ingredient (in each tablet) Purpose relieves hearthurn associated with acid indigestion and sour stomach Allergy alert: Do not use if you are allergic to ramitidine or other acid reducers · if you have trouble or pain swallowing food, vomiting with blood, or bloody or black stools. These may be signs with other acid reducers Rak a Gotter before use if you have he and partners over 3 mortims. This may be a sign of a more surious condition. - hear thurn with lightheadedness, sweating or dizziness - chest pain or shoulder pain with shortness of breath; weating; pain spreading to arms, neck or shoulders; or lightheadedness frequent wheezing, particularly with hearthurn unexplained weight loss nausea or vomiting Stop use and ask a doctor if your heartburn continues or worsens you need to take this product for more than 14 days If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right awa DIFFICULTURE - addiss and children 12 years and over: - to refere symptoms, availier it states with a glass of water - to refere symptoms, ovailier it states with a glass of water - to prevent symptoms, availier it tables with a glass of water 30 to 60 minutes before eating food or drinking beverages . can be used up to twice daily (do not take more than 2 tablets in 24 hours) children under 12 years: ask a doctor . do not use if individual foil pouch is open or torn • store at 20*-25*C (68*-77*F)

Manufactured by: Boehringer Ingelheim (Bi) Consumer Health Care Products Division of Bi Pharmaceuticals, Inc., Ridgefield, CT 06877 © 2015, Bi Pharmaceuticals, Inc. All rights reserved.

Product repackaged and distributed by: JC World Bell Wholesale Co., Inc. 376-380 Railroad Ave, Hackensack, NJ 07601







· Albergy alert: Do not use if you are alleroic to

Do not discard this carton. It contains important consumer information.

Questions? call 1-888-285-9159 (English/Spanish) M - F, 8:30 - 5 EST, or visit www.zantacotc.com for Tips for Managing Hear

090320981/5 P011072-007 CT5971B 2/15 005

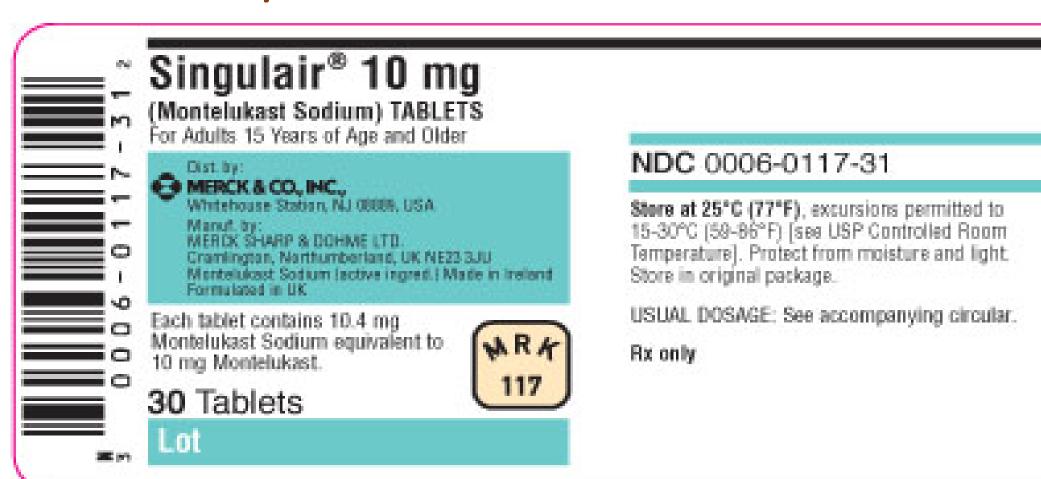




Montelukast (Leukotriene Inhibitor)

Prescribed: 1/day

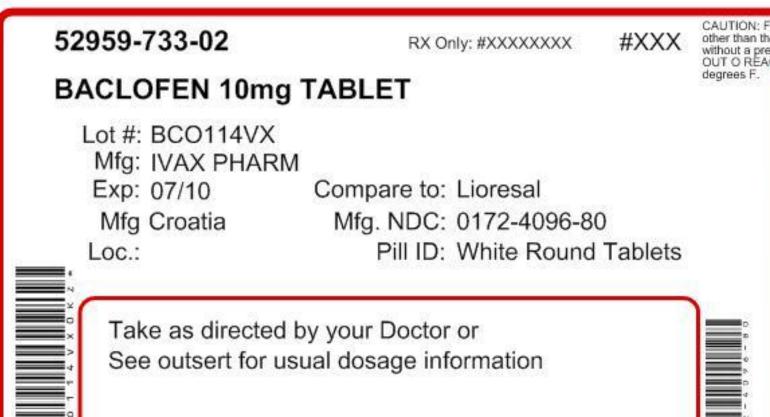
Taken: 1/day



Baclofen (Muscle relaxer)

Prescribed: ½ tablet every day

Taken: ½ tablet / day



CAUTION: Federal law PROHIBITS the transfer of this drug to anyone other than the person to whom prescribed and prohibits dispensing without a prescription unless OTC. See outsert for add1 RX info KEEP OUT O REACH OF CHILDREN. Store in a cool dry place 68 to 77 degrees F.

BACLOFEN 10mg TABLET

52959-733-02 Qty #120 07/10 Lot BCO114VX Lioresal 0172-4096-80

BACLOFEN 10mg TABLET

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52959-733-02 Qty #120 07/10 Lot BCO114VX Lioresal 0172-4096-80

Repack: HJ Harkins Co., Inc. Nipomo., CA 93444 Dispense in tight, child & light-resistant container per USP



Lantus (Insulin)

Prescribed: As directed

Taken: typically 5U in AM, 4U at midday, and 6U PM





Tylenol PM (NSAID)

Prescribed: Over the Counter (no prescription)

Taken: twice in the past 2 weeks



Other information

- store between 20-25°C (68-77°F)
- do not use if pouch is torn or damaged

Inactive ingredients

carnauba wax, crospovidone, FD&C blue no. 1 aluminum lake, hypromellose. magnesium stearate, microcrystalline cellulose, polyethylene glycol, polysorbate 80, povidone, pregelatinized starch, sodium starch glycolate, stearic acid, titanium

Questions or comments?

call 1-877-895-3665 (toll-free) or 215-273-8755 (collect)

Handy Solutions® Guarantee If dissatisfied with this product, return it with a brief explanation to 5330 Fox Street, Denver, CO 80216. We'll replace it free of charge and refund your postage. You may also call 1-800-525-5097 for customer service, 9am to 4pm MST, weekdays or email us at cs@navajoinc.com. Visit us on the web at www.navajoinc.com

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DO NOT USE IF POUCH IS TORN OR DAMAGED

Drug Facts

Active ingredients (in each caplet)

Purpose

Diphenhydramine HCl 25 mg. Nighttime sleep aid

Uses temporary relief of occasional headaches and minor aches and pains with accompanying sleeplessness

Warnings

Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take

- more than 4,000 mg of acetaminophen in 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product Allergy alert: acetaminophen may cause severe skin reactions. Symptoms may include:
- skin reddening
 blisters
 rash
- If a skin reaction occurs, stop use and seek medical help right away.

- with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.
- with any other product containing diphenhydramine, even one used on skin
- in children under 12 years of age
- if you have ever had an allergic reaction to this product or any of its ingredients



SUSTAINABLE Certified Sourcing

LIFT HERE For More Drug Facts

Drug Facts (continued)

Ask a doctor before use if you have

- liver disease
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland
- glaucoma

Ask a doctor or pharmacist before use if you are

- taking the blood thinning drug warfarin
- taking sedatives or tranquilizers

When using this product

- drowsiness will occur
- avoid alcoholic drinks
- do not drive a motor vehicle or operate machinery

Stop use and ask a doctor if

- sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of serious underlying medical illness.
- pain gets worse or lasts more than 10 days fever gets worse or lasts more than 3 days
- redness or swelling is present
 new symptoms occur
- These could be signs of a serious condition.

f pregnant or breast-feeding, ask a health professional before use

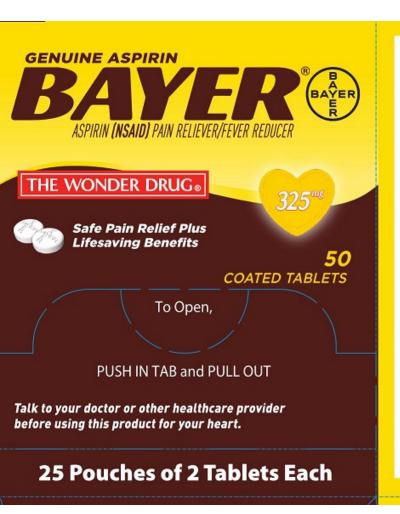
Keep out of reach of children.

Overdose warning: In case of overdose, get medical help or contact a Poison Control Center right away. (1-800-222-1222) Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

ASA (NSAID)

Prescribed: Over the counter (no prescription)

Taken: 3/week



Drug Facts

Active ingredient (in each tablet) Purpose Aspirin 325 mg (NSAID)*......Pain reliever/fever reducer

*nonsteroidal anti-inflammatory drug

Uses

- temporarily relieves minor aches and pains due to:
- headache
 muscle pain
 toothache
- · temporarily reduces fever

Warnings

Reye's syndrome: Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

Allergy alert: Aspirin may cause a severe allergic reaction which may include:

• hives • facial swelling • asthma (wheezing) • shock

Stomach bleeding warning: This product contains an NSAID, which may cause severe stomach bleeding. The chance is higher if you

- are age 60 or older
- have had stomach ulcers or bleeding problems
- . take a blood thinning (anticoagulant) or steroid drug
- take other drugs containing prescription or nonprescription NSAIDs (aspirin, ibuprofen, naproxen, or others)
- have 3 or more alcoholic drinks every day while using this product
- take more or for a longer time than directed

Drug Facts (continued)

Do not use

- if you are allergic to aspirin or any other pain reliever/fever reducer
- if you have ever had an allergic reaction to this product or any of its ingredients

Ask a doctor before use if

- stomach bleeding warning applies to you
- you have a history of stomach problems, such as heartburn
- you have high blood pressure, heart disease, liver cirrhosis, or kidney disease
- you are taking a diuretic
- · you have asthma

Ask a doctor or pharmacist before use if you are taking a prescription drug for • gout • diabetes • arthritis

Stop use and ask a doctor if

- . an allergic reaction occurs. Seek medical help right away.
- · you experience any of the following signs of stomach bleeding:
- feel faint vomit blood have bloody or black stools
- . have stomach pain that does not get better
- pain gets worse or lasts more than 10 days
- · fever gets worse or last more than 3 days
- redeces as asselling in present
- · redness or swelling is present
- · new symptoms occur
- · ringing in the ears or a loss of hearing occurs

If pregnant or breast-feeding, ask a health professional before use. It is especially important not to use aspirin during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

(continued on back panel)

Drug Facts (continued)

Directions

- · drink a full glass of water with each dose
- adults and children 12 years and over: take 1 or 2 tablets every 4 hours or 3 tablets every 6 hours, not to exceed 12 tablets in 24 hours
- children under 12 years: consult a doctor

Other information

- save carton for full directions and warnings
- · store at room temperature

Inactive ingredients

corn starch, hypromellose, powdered cellulose, triacetin

Questions? 1-800-331-4536

Item #45650



Product of Spain

*This product is repackaged by: Medique Products 17080 Alico Commerce Ct., Suite 1 Fort Myers, FL 33967 (1-800-634-7680 M-F 8:00am-4:00pm) from a product Manufactured by Bayer.

Bayer

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Vitamin C (Supplement)

Prescribed: Over the counter (no prescription)

Taken: 2/day



