



New Study Links Popular UK Medication to Dementia Risk

Description

New research indicates that medications for overactive bladders, used by hundreds of thousands of Britons, may heighten the risk of developing dementia. These drugs, known as anticholinergics, function by inhibiting the activity of certain muscles to prevent bladder contractions, reducing incontinence and frequent urination. Nevertheless, recent findings suggest that some variants of these medications could elevate dementia risk by approximately a third.

British researchers delved into the health records of over 170,000 English patients aged 55 and above with dementia. They compared these findings with 800,000 individuals without the disorder. Their analysis revealed an 18% increase in the likelihood of a dementia diagnosis among those taking anticholinergics. The risk appeared slightly higher for men at 22% compared to 16% for women. Specific drugs were particularly concerning; oxybutynin hydrochloride users faced a 31% increased risk, while those on tolterodine tartrate experienced a 27% heightened risk.

Given these results, experts underscore the importance of considering alternative treatments for older patients with overactive bladder issues. Some anticholinergics, however, were not associated with increased dementia risk, including darifenacin, fesoterodine fumarate, flavoxate hydrochloride, propiverine hydrochloride, and trospium chloride. Additionally, another medication, mirabegron, which operates through a different mechanism, showed unclear data, warranting further investigation.

This study is not the first to draw a link between anticholinergics and dementia risk. Indeed, the exact impact of these drugs on the brain remains elusive, though some suggest that drugs like oxybutynin, due to their smaller molecular size, penetrate deeper into brain tissues. The findings, published in the British Medical Journal, emphasize the need for healthcare professionals to weigh the long-term risks when prescribing these medications.

Vocabulary List:

1. **Anticholinergics** /ˌæn.tɪ.koʊ.lɪˈnɜːr.dʒɪks/ (noun): A class of medications that block the action of acetylcholine used to treat various conditions including overactive bladder.
2. **Inhibiting** /ɪnˈhɪb.ɪ.tɪŋ/ (verb): The act of hindering or preventing a process or action.
3. **Contractions** /kənˈtræk.ʃənz/ (noun): The shortening or tightening of muscles leading to a reduced size or volume.
4. **Heighten** /ˈhaɪ.tən/ (verb): To increase or make something more intense.
5. **Elusive** /ɪˈluː.sɪv/ (adjective): Difficult to find catch or achieve; mysterious.
6. **Warranting** /ˈwɔːr.ən.tɪŋ/ (verb): Justifying or necessitating a particular action or consideration.



Comprehension Questions

Multiple Choice

1. What is the main concern raised by the recent research regarding medications for overactive bladders?
Option: Increased risk of developing dementia
Option: Reduced risk of frequent urination
Option: Enhanced muscle activity
Option: Improved bladder contraction
2. According to the research, what percentage increase in dementia risk was observed among those taking anticholinergics?
Option: 8%
Option: 16%
Option: 18%
Option: 28%
3. Which specific anticholinergic drug users faced a 31% increased risk of dementia?
Option: Darifenacin
Option: Fesoterodine fumarate
Option: Flavoxate hydrochloride
Option: Oxybutynin hydrochloride
4. Which gender showed a slightly higher risk of dementia when taking anticholinergics, according to the study?
Option: Women
Option: Men
Option: No significant difference
Option: Unknown
5. Which of the following anticholinergic drugs was NOT associated with an increased risk of dementia?
Option: Darifenacin
Option: Fesoterodine fumarate
Option: Oxybutynin hydrochloride
Option: Tropicium chloride
6. What is the recommendation of the experts regarding older patients with overactive bladder issues



based on the study findings?

- Option: Continue with anticholinergics
- Option: Switch to oxybutynin hydrochloride
- Option: Consider alternative treatments
- Option: Increase anticholinergic dosage

True-False

7. Anticholinergics reduce the risk of developing dementia.
8. Some anticholinergics, like darifenacin, were found to increase dementia risk.
9. The study findings suggest that more research is needed to understand the impact of mirabegron on dementia risk.
10. Anticholinergics primarily function to enhance bladder contractions.
11. Men showed a 22% increased risk of dementia when taking anticholinergics.
12. The risk of dementia linked to anticholinergics was higher in women than in men.

Gap-Fill

13. Ratan Naval Tata was born on _____.
14. Ratan Naval Tata was the chairman of Tata Group from 1990 to _____.
15. Experts suggest considering alternative treatments for older patients with overactive bladder issues to mitigate the risk of developing _____.
16. The study published in the British Medical Journal highlights the importance of healthcare professionals evaluating the _____ risks when prescribing anticholinergics.
17. Anticholinergics function by inhibiting the activity of certain muscles to prevent _____ contractions.
18. According to the research, users of oxybutynin hydrochloride faced a _____



increased risk of dementia.

Answer

Multiple Choice: 1. Increased risk of developing dementia 2. 18% 3. Oxybutynin hydrochloride 4. Men
5. Darifenacin 6. Consider alternative treatments

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. 28 December 1937 14. 2012 15. dementia 16. long-term 17. bladder 18. 31%

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term refers to any sickness or disease?

Option: Inflammation

Option: Omega-6

Option: Moderation

Option: Ailments

2. Which term relates to the ability to conceive a child or produce offspring?

Option: Ailments

Option: Resilience

Option: Fertility

Option: Anxiety

3. What is a customary allowance of food and drink?

Option: Health

Option: Empowered

Option: Diet

Option: Anxiety

4. Which term describes something difficult to find catch or achieve?

Option: Contractions

Option: Elusive

Option: Ultraprocessed

Option: Ingredients

5. Which term relates to the mental action or process of acquiring knowledge and understanding?

Option: Circulation



- Option: Equate
- Option: Cognitive
- Option: Heighten

6. What term refers to the quality or condition of being widespread?

- Option: Prevalence
- Option: Warranting
- Option: Heighten
- Option: Fertility

7. Which term describes a lifestyle involving much sitting and little physical activity?

- Option: Resilience
- Option: Empowered
- Option: Sedentary
- Option: Health

8. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?

- Option: Ultrasound
- Option: Reassure
- Option: Anxiety
- Option: Contemplate

9. What term describes the body's response to injury or infection often resulting in pain swelling and redness?

- Option: Inhibiting
- Option: Anticholinergics
- Option: Inflammation
- Option: Omega-6

10. Which term means to give someone the authority or power to do something?

- Option: Empowered
- Option: Resilience
- Option: Anticholinergics
- Option: Cognitive

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ foods often contain high amounts of added sugars fats and salt.

12. Before making a decision it is essential to carefully _____ the options available.



13. Smoking can _____ the risk of developing lung cancer.
14. To bake a cake you need to gather all the necessary _____.
15. Individuals with strong _____ are better equipped to cope with difficult situations.
16. The severity of the situation may be _____ further investigation.
17. _____ is a condition characterized by a decline in cognitive function.
18. One should not _____ wealth with happiness.
19. Balancing your intake of Omega-3 and _____ fatty acids is important for good health.
20. Some medications work by _____ the action of acetylcholine in the nervous system.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Cells with similar structure and function group together to form specific organs like the heart or lungs.
22. This imaging technique is commonly used to monitor fetal development during pregnancy.
23. Cooking often involves combining various components such as vegetables meat and spices to create a dish.
24. Substances that help mix ingredients that would not typically blend like oil and water are known as .
25. During labor the uterus experiences rhythmic tightenings known as to help with childbirth.
26. Regular exercise and a balanced diet are crucial for maintaining overall and well-being.
27. Some diseases have no known cure and are described as .
28. Certain substances can prevent or slow down chemical reactions in the body which is known as their activity.
29. The key to a healthy lifestyle often involves enjoying all things in rather than excess.
30. Providing comfort and support to someone in distress can help them during challenging times.



Answer

Multiple Choice: 1. Ailments 2. Fertility 3. Diet 4. Elusive 5. Cognitive 6. Prevalence 7. Sedentary 8. Anxiety 9. Inflammation 10. Empowered

Gap-Fill: 11. Ultraprocessed 12. Contemplate 13. Heighten 14. Ingredients 15. Resilience 16. Warranting 17. Dementia 18. Equate 19. Omega-6 20. Anticholinergics

Matching sentence: 1. Tissues 2. Ultrasound 3. Ingredients 4. Emulsifiers 5. Contractions 6. Health 7. Incurable 8. Inhibiting 9. Moderation 10. Reassure

CATEGORY

1. Health - LEVEL4

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