Kentucky is an unhealthy state. Lack of educational attainment and low economic status contribute to poor diets and lack of physical activity. The resulting high rate of obesity contributes to a host of chronic diseases. Fortunately we’re living in an age of “wonder drugs,”— advertised directly to the public—for virtually every condition. As physicians fight patients’ symptoms, Kentuckians receive the nation’s fourth highest number of prescriptions per capita. But all this treatment comes at a price. As people take more drugs, the number of adverse drug reactions they suffer increases dramatically. Polypharmacy is defined as five or more medications taken simultaneously, or when more medications are used than are clinically warranted.

The effect of multiple medications on older persons is even more pronounced. Signs of medication related problems are not what you might expect, and up to 30% of older persons are admitted to the hospital due to medication related problems.

Demetra Antimisiaris, PharmD calls polypharmacy “a random uncontrolled experiment.” She is a Certified Geriatric Pharmacist and Fellow of the American Society of Consultant Pharmacists. “Dee” earned her Doctor of Pharmacy degree at the University of the Pacific (California), and completed a geriatric clinical pharmacy residency at UCLA.

After working as a geriatric pharmacy long term care consultant, she joined the U of L Family Medicine and Geriatric faculty to head the Polypharmacy Initiative, which is an innovative and unique program among medical schools in the nation, dedicated exclusively to fighting the problem of polypharmacy through education, research and outreach. She is a member of the Greater Louisville Medical Society’s Quality Improvement and Patient Safety Committee, and chairs a task force there for its transitions of care project.

Rotarians will learn what you and your doctor can do to protect yourself and your loved ones from multiple medication related problems.
The Habitat for Humanity roof-raising will take place August 25, 26 and 27, 2011. Six to ten Rotarians will be needed on those days. The next weekend is Labor Day so we will not work on that Saturday. Starting on September 10, Rotarians will be working each Saturday until the house is finished, probably into early November. Approximately six Rotarians will work each of these workdays. Some Rotarians only work one half day, either morning or afternoon, so we will have more actual Rotarians than the man hours might indicate.

Habitat for Humanity schedule. Please mark your calendars!

August 25 - Rotary Habitat Work Day
August 26 - Rotary Habitat work day
August 27 - Rotary Habitat work day and the ground blessing
September 10 - Rotary Habitat Work Day
September 17 - Rotary Habitat Work Day
September 24 - Rotary Habitat Work Day
October 1 - Rotary Habitat Work Day
October 8 - Rotary Habitat Work Day
October 15 - Rotary Habitat Work Day
October 22 - Rotary Habitat Work Day
October 29 - Rotary Habitat Work Day
November 5 - Rotary Habitat Work Day
November 12 - Rotary Habitat Work Day

There will be a house dedication on one of the Saturdays in November, but we do not have a date yet.
President Henry called our meeting to order in the Fountain Room. Randy Coe gave the invocation. Bob Slider led us in pledge and song. Paul Gold hosted our birthday table.

It is extraordinary that we have had 71 new members during this fiscal year, according to President Henry. They are at various stages in the membership process.

Ken Grossman introduced our speaker, Joseph David Osman, who gave us an inspiring, funny, detailed analysis about Afghanistan. He is a 30 year old senior advisor to the Department of Defense who has had multiple tours in that country. He recently authored a book about these experiences, “Surrender to Kindness”.

Although he was born in the U.S. his parents are native Afghans. This dynamic scholar attended the University of Wisconsin Law School, University of Louisville’s Business school, and was valedictorian of his Seneca High School class. His talk, coupled with powerful slides, conveyed his message that Afghanistan will never surrender to war, but will surrender to kindness. You might want to take a look at his book on Amazon.

Bos Todd
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“POLYPHARMACY: THE SILENT
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