

# 노인 환자에 대한 적절한 약물처방

## Appropriate Pharmacotherapy in Elderly Patients

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94 - 200  
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### Abstract

The Korean population is aging rapidly. In 2004 the proportion of 65 years or over is 8.7% of all population, but they consume about 20% of medical resources. The majority of them are suffering from multiple chronic disorders and necessarily polypharmacy, which can result in various adverse drug reactions in elderly patients. Polypharmacy, use of supplements, adherence issues, and the potential for adverse drug events all pose challenges to effective prescription. Understanding the interplay between aging physiology, chronic diseases, and drugs will help the physician avoid potential adverse drug events as well as drug - drug and drug - disease interactions. In daily practice, physicians should be alert to identify any adverse drug reactions and to find strategies for appropriate prescriptions for the elderly patients. These efforts will help ensure high - quality care for the elderly by preventing iatrogenic disorders, and improve overall health, and finally good quality of life for the aged.

**Keywords :** Drug; Elderly; Adverse drug reactions

: ; ;

20<sup>04</sup> 8.7%(417 )  
(1).  
가  
가  
86.7%가  
(2), (54%)  
가  
17.4%  
가  
3.3  
(3).  
가 1996  
10.8% 2002 19.8%  
(4). , 1 4.46  
가 2.15 가  
40 가  
(5).





2. Cytochrome P450(CYP 3A4)

Alprazolam	Fluconazole	Phenobarbital
Clonazepam	Itraconazole	Carbamazepine
Midazolam	Ketoconazole	Phenytoin
Triazolam		
Amlodipine	Clarithromycin	Rifampin
Felodipine	Erythromycin	
Nifedipine	Metronidazole	
Nisoldipine	Norfloxacine	Troglitazone
Diltiazem		
Verapamil		
Lovastatin	SSRI (fluoxetine)	
Pravastatin	Nefazodone	
Atorvastatin		
Quinidine	Omeprazole	
Losartan	Protease	
Disopyramide	Inhibitors	
	Cimetidine	
Cisapride		
R - warfarin		

CYP

가  
gentamicin  
, penicillin

25 85  
50%

가 가  
Cockroft - Gault

$$= \frac{(140 - ) \times (kg)}{70 \times ( )}$$

가 . cytochrome P450  
(CYP) 1 ,

CYP 3A4가 cytochrome  
P450 60%가 , 가

가 (

1 가 )가 penicillin 가

2 가 digoxin cimetidine, aminoglyco-  
side

. digoxin

0.125mg/d

(10).



4. (16)

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1 2 ( ) 가

( ) 가

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( ) 가

( ) 가

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가

80~90% (15).

1/3 1/2 4

가 (12).

1/3 2/3가 2.

(13).

(17).

가

가

(14).

가 가

가 가 가 , 75

가 , , ,

가 가

가

가

가

가

40~50 10% , 80

25% 가 . 1986

51%

가 ,

가 2.3% 27.3% (18).

5.

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Aminoglycosides

가 , (polypharmacy)

가

가

(19),

가

( 5).

( 6)

1/7 ~ 1/4

1

(20).

가

가 benzodiazepine(Valium),  
dipyridamole(Persantine), propoxyphene, amitriptyline(Elavil)

(21),

가

가

(22 ~ 24).

(  
)가

Hutchinson

가

가

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6. 가 -

---

, levodopa, 가  
, verapamil

, aminoglycosides

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가

?

가 , 5  
(25).  
7

가 .가

3.

, 가 ,  
, 가 가  
. 가

(26).

, ,  
가 .  
가 가 .



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