

Medication Information

Namenda

Namenda (memantine hydrochloride) is a medication used to treat dementia and may be helpful in other conditions involving cognitive impairment. The usual daily dosage is 20 mg, with gradual increase to this dosage over several weeks.

Precautions: Namenda must be taken on a regular basis to be of benefit and should not be discontinued suddenly. This medication can cause dizziness, so do not drive a car or operate machinery until you know how it will affect you. It is best to avoid any use of alcohol or street drugs when taking this medication. If there is a possibility you may become pregnant or breast-feed, consult with your physician. Conditions that make the urine more alkaline may cause increased blood levels of Namenda!

Common side effects include: nausea, diarrhea, constipation, fatigue, dizziness, headache, pain, confusion, and coughing. Other adverse effects not listed here may occur. Contact your physician **if you develop any unusual or disturbing symptoms.**

Alternative Treatments: Other medications used to treat dementia include Aricept, Reminyl, Exelon, and Cognex. Certain "natural" substances have been found helpful in improving memory, concentration, and focus. These are not as well studied, are often manufactured with less quality control than medications, can cause adverse reactions, and are usually less predictably effective than medication. They include phosphatidyl serine, ginkgo biloba, and vinpocetine.