

Medication Information

Exelon

Exelon' (rivastigmine) is a medication used to treat dementia and may be helpful in other conditions involving cognitive impairment. The usual daily dosage is 6-12 mg, with gradual increase to this dosage over several weeks.

Precautions: Exelon must be taken on a regular basis to be of benefit and should be taken with meals. 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.

Common side effects include: nausea, abdominal pain, loss of appetite, fatigue, dizziness, weakness, headache, depression, and anxiety. 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, Namenda, 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 phosphatidal serine, ginkgo biloba, and vincopectine.