Anticholinergics: spot side effects & review regularly

It is likely that the people you treat or care for are taking at least one anticholinergic medicine.

Anticholinergics include some medicines used to treat:
- **Allergies** (e.g. chlorphenamine)
- **Depression** (e.g. paroxetine)
- **Urinary incontinence** (e.g. oxybutynin)
- **Psychosis** (e.g. olanzapine)

Take the time to know the risks and learn how to spot the signs.

If you notice someone experiencing one of these side effects, it may be due to an anticholinergic medicine. These medicines should be reviewed by a pharmacist or doctor at least every year.

- Decreased memory & thinking skills
- Dizziness
- Blurred vision
- Dry eyes
- Decreased sweating
- Constipation
- Bladder control problems
- Dry reddened skin
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