

Complex medication regimens are common and sometimes dangerous in patients with lung disease

February 21 2019

Patients with interstitial lung disease—a group of disorders causing progressive scarring of lung tissue—are often prescribed various medications that specifically target their disease and others that treat their symptoms. A new *Respirology* study found that patients often experience significant burden associated with the treatment and management of their illness, and some are at risk of experiencing drug-disease interactions, or adverse outcomes that arise after receiving a drug that exacerbates their disease.

Among the 214 patients in the study, more than two-thirds were taking five or more medications. The potential for experiencing drug-disease interactions was especially high for patients who were prescribed systemic corticosteroids.

"It's exciting that we now have treatments with better evidence for managing patients with [interstitial lung disease](#); however, a [holistic approach](#) with careful evaluation prior to treatment initiation is important to minimize treatment complexity and complications," said lead author Dr. Yet Khor, of Austin Health, in Australia.

More information: Yet H. Khor et al, Therapeutic burden in interstitial lung disease: Lessons to learn, *Respirology* (2019). [DOI: 10.1111/resp.13480](https://doi.org/10.1111/resp.13480)

Provided by Wiley

Citation: Complex medication regimens are common and sometimes dangerous in patients with lung disease (2019, February 21) retrieved 2 May 2024 from <https://medicalxpress.com/news/2019-02-complex-medication-regimens-common-dangerous.html>

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