



GeriatRx
Senior Care Consulting

The Power of a Deprescribing Pharmacist

A Deprescribing Case Study
NC Retired Governmental Employees Association
July 17th, 2024



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What We Do

GeriatRx provides a concierge Deprescribing service focusing on reducing polypharmacy, overprescribing, and medication-related harm within the aging community.

Taking the Headache out of Healthcare

Drawing on the expertise of Dr. DeLon Canterbury, The Deprescribing Pharmacist, GeriatRx collaborates with clinicians, caregivers, geriatric care managers, and senior-friendly businesses to facilitate discussions on the safe and personalized use of medications.



Why We Do It



Drugs are involved in **80%** of treatments & impact all aspects of a patient's life



Only **13%** of primary care physicians consult with a pharmacist before prescribing new prescriptions



In the US, 750 Older Adults are hospitalized due to Medication Related Harm daily

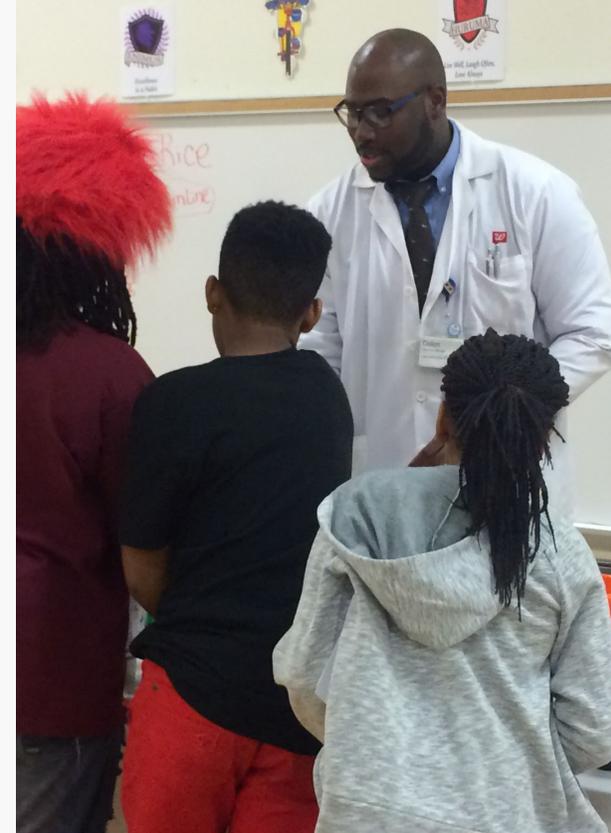


Almost **30%** of adults in the U.S. take 5 or more medications

My Story Began...

- Shy, unconfident child born in NYC to AMAZING Guyanese immigrant parents
- Loved everyone but felt lost in the world
- Grew up in a suburb of Atlanta with a need to succeed academically and financially to support my family





Where I was Before GeriatRx

- Hopeless
- Depressed
- Angry
- Frustrated

As Seen On...



FAITH Network





SENIOR
PHARM *Assist*



So What Did I do..

I Stepped Down

I have built a business
stopping harmful meds
for in Senior Care

I found JOY in myself

I serve my COMMUNITY
daily!!!



Our Story

GeriatRx's inception was inspired by the experience of Dr. DeLon's grandmother, Mildred. Inappropriately prescribed antipsychotic medication exacerbated her mild dementia, prompting Dr. DeLon's family to bring her into their home. Fortunately, a vigilant pharmacist identified the error and advocated for its deprescription.

As CEO and Founder of GeriatRx, Dr. DeLon Canterbury leads a telehealth concierge consulting service dedicated to supporting overwhelmed caregivers and clinicians in preventing overmedication in their loved ones. Leveraging genetic-drug screening, deprescribing techniques, and cost-saving strategies, GeriatRx specializes in crafting personalized Deprescribing Action Plans for older adults. Acting as a concierge health coach and advocate, we work closely with families to ensure seamless communication with prescribers and holistic care delivery.

Dr. DeLon is also the visionary behind the Deprescribing Accelerator, aimed at empowering pharmacists and senior care providers to become Deprescribing Advocates. Through training programs, the Deprescribing Accelerator equips passionate geriatric pharmacists and prescribers with the tools to integrate, leverage, and monetize deprescribing practices into their clinical workflows. This initiative not only enhances patient care but also fosters revenue growth and establishes a sustainable, value-based care model within their businesses.

Services

Because everyone deserves a Deprescribing Pharmacist...



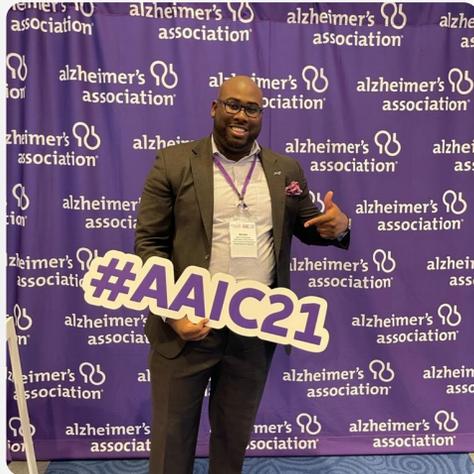
Deprescribing



Concierge Medicine



Genetic Testing



Caregiver Advocacy



Deprescribing

GeriatRx collaborates with families, geriatric care managers, and clinicians to minimize pill burden and reduce risks associated with overprescribing, polypharmacy, and medication side effects



Concierge Medicine

Care Managers and Patients will have 24/7 access to their own geriatric pharmacist who can assist with any drug inquiries while managing side effects proactively, not reactively



Genetic Testing

We use personalized medicine by assessing for gene-drug interactions with the power of pharmacogenomics. This helps us identify whether current or future medications may interact with your body without having to take a single pill



Caregiver Advocacy

We communicate medication related concerns, falls risk drugs, cognitive impairing medication, along with pressing drug interactions to providers of the health care team to promote quality aging

Testimonials



Jacque Thorton

Exceptional consultation for our family! Dr. Canterbury is compassionate, knowledgeable, and thorough. Thanks for the incredible work you you're doing on behalf of older adults to remain and improve their healthy lifestyles.



Jessica Berryman

Dr. Canterbury is truly a joy to work with and places community first. He is attentive and considerate of each patient he encounters.



Joel Roberts

GeriatRx is a much-needed source of knowledge and empowerment for so many people (including myself) struggling to navigate the financial and informational hurdles within our complex healthcare system.



Case Studies



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Breaking the Cycle: Resolving Incontinence through Medication Optimization

By optimizing medications, we alleviated urinary incontinence symptoms and reduced falls risk, enhancing quality of life for a patient previously reliant on 14 medications, including a diabetes drug acting as a diuretic.



Advocacy in Action: Empowering Families to Deprescribe

Guided by genetic testing insights, a family successfully reduced medications from 18 to 5 within six months, incorporating mood enhancement methods like pet therapy and social engagement to boost well-being.



Medication Marvel: From 36 to 8 Meds, Restoring Quality of Life

We streamlined medication regimens, deprescribing from 36 to 8, correcting an inappropriate dementia diagnosis due to polypharmacy. With just 3 medications, the patient now enjoys her best quality of life.

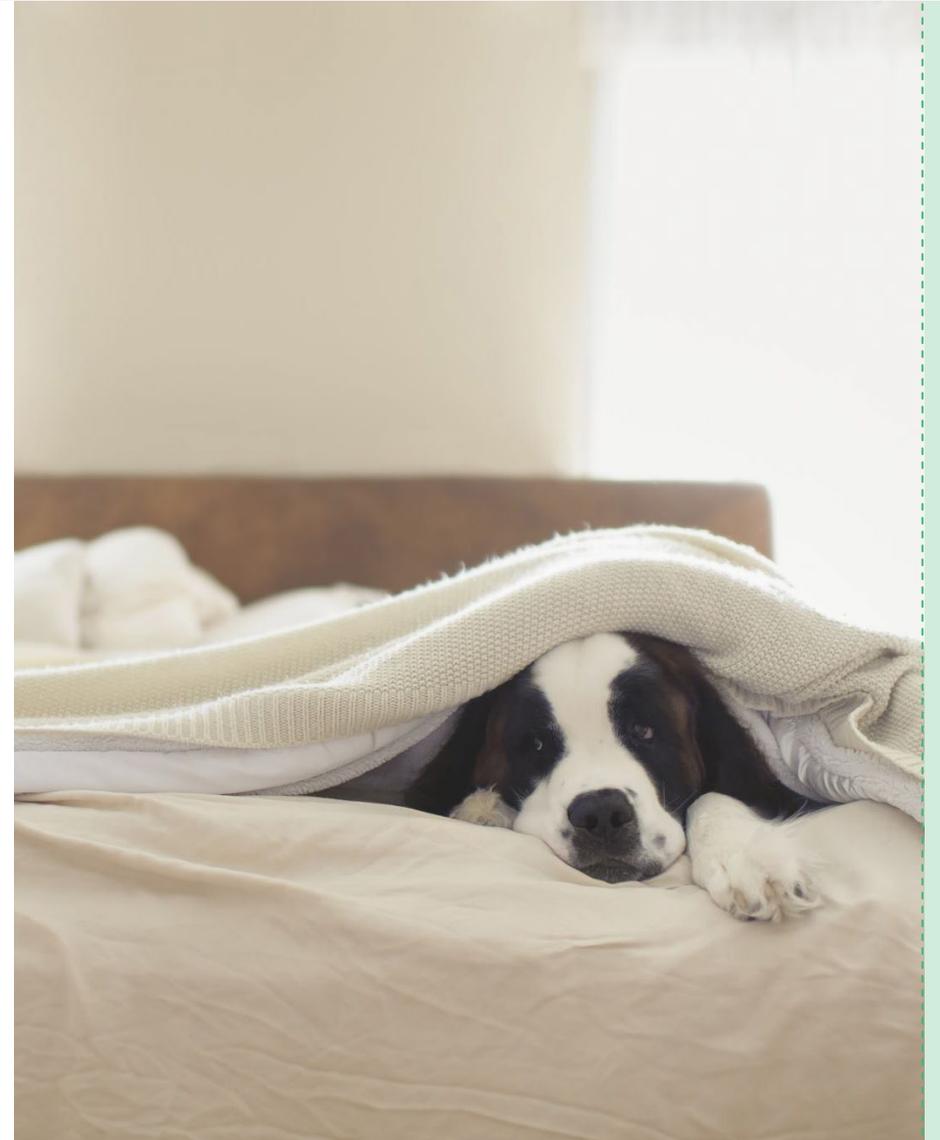




“Everyone needs a Pharmacist”

Meet Our Patient

- ♦ Mary is a 78 year old female who has recently moved to Atria Cary this past year. She finds that she sleeps for almost 10--12 hours in total without feeling refreshed. She has noticed worsening fatigue, and decreased energy since moving and is looking to start feeling like her normal self again. She has gained weight while here, and isn't eating as much organic foods as she is used to.



What's Really in Herbals?





Health Conditions

- ◆ Pulmonary Embolism
- ◆ Hypothyroidism
- ◆ Pre-Diabetes (A1C 5.8%, 6.1%)
- ◆ High Cholesterol
- ◆ Fatigue
- ◆ Weight Gain



The Prescription List

1. Praluent 75 mg/ml a twice monthly injection for cholesterol
2. Levothyroxine 150 mcg once daily for thyroid (doesn't feel it works)
3. Eliquis 5 mg twice daily for blood thinning (Pulmonary Embolism in 2019)
4. Metformin 500 mg ER for pre-diabetes (recently stopped)



The Supplements

The Supplements

1. The Wellness Formula
2. Complete Vision
3. Acuitol
4. Youthful Brain
5. Omega Krill Oil
6. Women's Probiotics
7. Cruciferous Vegetable Extract
8. Liv Pure
9. CoQ10
10. Vitamin D3
11. Vitamin K2
12. Vitamin B Complex
13. Liposomal C
14. Organic Fermented Greens
15. Ten Mushroom Formula
16. Turkey Tail Mushroom
17. Berberine
18. Resveratrol
19. Megafood Magnesium
20. Luteolin (PEA)
21. Telo x Nano
22. Blood Pressure Support
23. Gluco Proven
24. AMPK Metabolic Activator
25. CinnaChroma
26. Recovery
27. Curcumin
28. Glutathione
29. Super Beets
30. Ultra Accel 11
31. Nervalia
32. Ceylon
33. Cinnamon
34. Quercetin

Monthly OTC's Cost Analysis

Monthly Cost Range: ~\$500-839

| Medication | Monthly Cost Range |
|--|--|
| Complete Vision | \$28 |
| Total Restore | \$50 |
| Liv Pure | \$43-\$50 (Amazon Prime \$25) |
| Blood Pressure Support | \$20-\$30 |
| Glucu Proven | \$23-\$65 |
| CinnaChroma | \$55 |
| Recovery - Metabolic Rescue | \$45-\$70 |
| Curcumin - Triple Burn | \$80 |
| Ten Mushroom Formula | \$25-\$33 |
| Youthful Brain | \$30 (Walmart), \$70 (Amazon/Manufacturer) |
| Ultra Accel 11 | \$33 |
| ACUITOL Advanced Mental Acuity Support | \$75 |
| Co Q 10 | \$20-\$30 |
| Omega Krill Oil | \$10-\$30 |
| Women's Probiotic with Prebiotics | \$18-\$25 |
| Cruciferous Vegetable Extract | \$23 |
| Organic Fermented Greens | \$38 |
| Ceylon Cinnamon | \$22-\$28 |
| Quercetin Complex | \$20-\$30 |
| Super Beets | \$20-\$30 |
| L-Glutathione | \$22-\$40 |
| Berberine | \$27-\$40 |
| Resveratrol | \$20-\$80 |
| MegaFood Magnesium | \$16-\$24 |
| Turkey Tail Mushroom | \$15-\$48 |
| PEA (Luteolin) | \$22-\$45 |
| Vitamin D3 | \$10-\$20 |
| Vitamin K2 | \$10-\$20 |
| B Complex | \$9-\$28 |
| Liposomal C | \$17-\$40 |
| The Wellness Formula | \$12-\$25 |
| AMPK Metabolic Activator | \$21-\$26 |



Drug-Drug-Herbal Interactions

Metformin +
Berberine

Thyroid Meds +
Ashwaghandha

Excessive Omega 3
doses

Excessive Vitamins
A,D,E,K

One can eat most
of the vegetables in
pill form found

Too many B
vitamins

High doses of
Curcumin/Garlic
may interact with
blood thinners

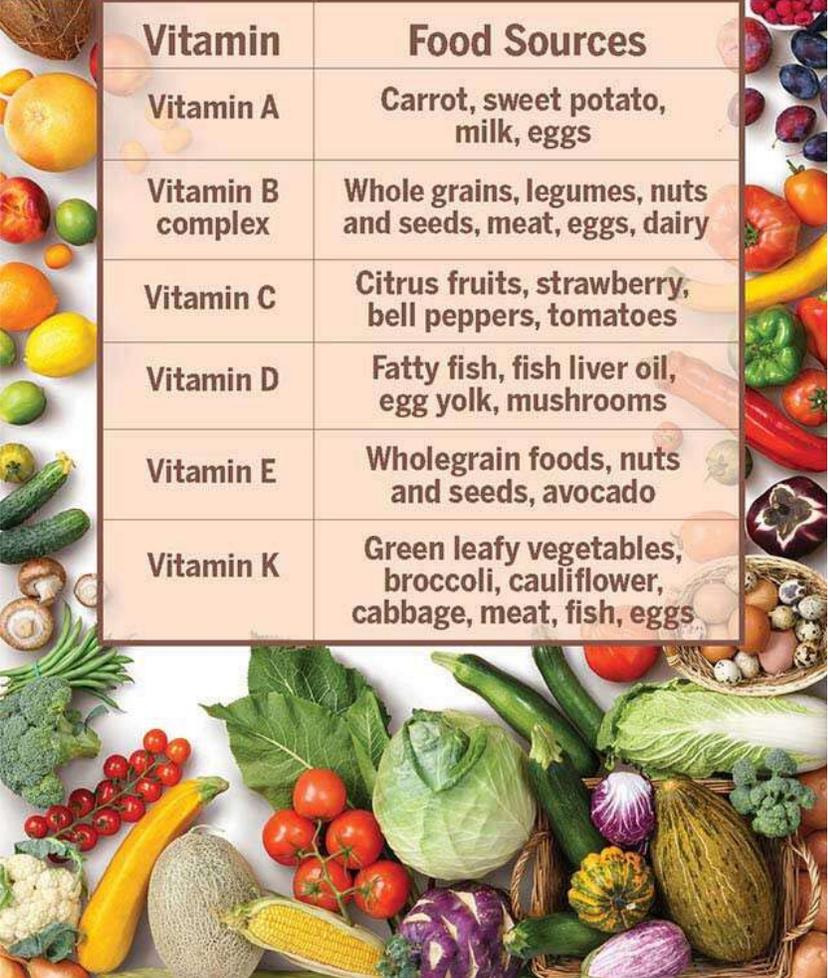
Excessive Cinnamon
can cause GI upset

Herbal Genetic
Interactions

Much more to
count...

Vitamin Overdose is Real

- Fat Soluble Vitamins
 - Vitamin A
 - Vitamin D
 - Vitamin E
 - Vitamin K
- High Doses continuously cause the most harm
- Excessive Vitamin Use
- Diet
- Multivitamins
- Unknown duplicate ingredients



| Vitamin | Food Sources |
|-------------------|--|
| Vitamin A | Carrot, sweet potato, milk, eggs |
| Vitamin B complex | Whole grains, legumes, nuts and seeds, meat, eggs, dairy |
| Vitamin C | Citrus fruits, strawberry, bell peppers, tomatoes |
| Vitamin D | Fatty fish, fish liver oil, egg yolk, mushrooms |
| Vitamin E | Wholegrain foods, nuts and seeds, avocado |
| Vitamin K | Green leafy vegetables, broccoli, cauliflower, cabbage, meat, fish, eggs |



United States Pharmacopeia (USP)

- Contains the ingredients listed on the label, in the declared potency and amounts
- Does not contain harmful levels of specified contaminants
- Will break down and release into the body within a specified amount of time
- Has been made according to FDA current Good Manufacturing Practices using sanitary and well-controlled procedures

How to Buy the Right Vitamins

- USP Seal of Good Manufacturing Practice
- ConsumerLab.com
- Not contaminated
- No Heavy Metals
- No Bacteria
- Nature Made
- Report Any Side Effect to FDA MedWatch Program



Warning Signs of Fraud and Scams



A remedy, supplement or treatment is touted as a quick, sure-fire fix for a wide range of unrelated illnesses and health issues.



Ads, emails and other communications include testimonials from “doctors” or “real people” about the amazing results they’ve seen from the product.



Pitches include terms like “ancient remedy,” “natural cure,” “new discovery” or “scientific breakthrough.” They also might hint at government or health care industry conspiracies to prevent people from getting these miracle products.



The product comes with a “no risk” money-back guarantee.



Let's Simplify Things

Consider This

- Current Spending:** The patient is spending between \$500-839 \$1309 monthly on these OTC medications.
- Value Proposition:** Redirecting these funds into our Deprescribing services can lead to better health outcomes.
- Our Services:** We offer personalized assessments to identify and eliminate unnecessary medications and suggest effective, natural alternatives.

Work With Us

- Expert Guidance:** Our team specializes in deprescribing and optimizing medication regimens.
- Holistic Approach:** We focus on homeopathic remedies and personalized health strategies.
- Partner Us:** Our goal is to enhance your health and save on unnecessary medication expenses.

What Should We Do?

- Stop all herbal supplements
- Reassess Cholesterol
- Lifestyle Habits
- Dietary Changes
- Check an Expanded Thyroid Level
- Reassess mood after stopping in 1-2 weeks
- Keep Multivitamin
- Have a conversation with PCP about the lifetime need for Praluent and Eliquis

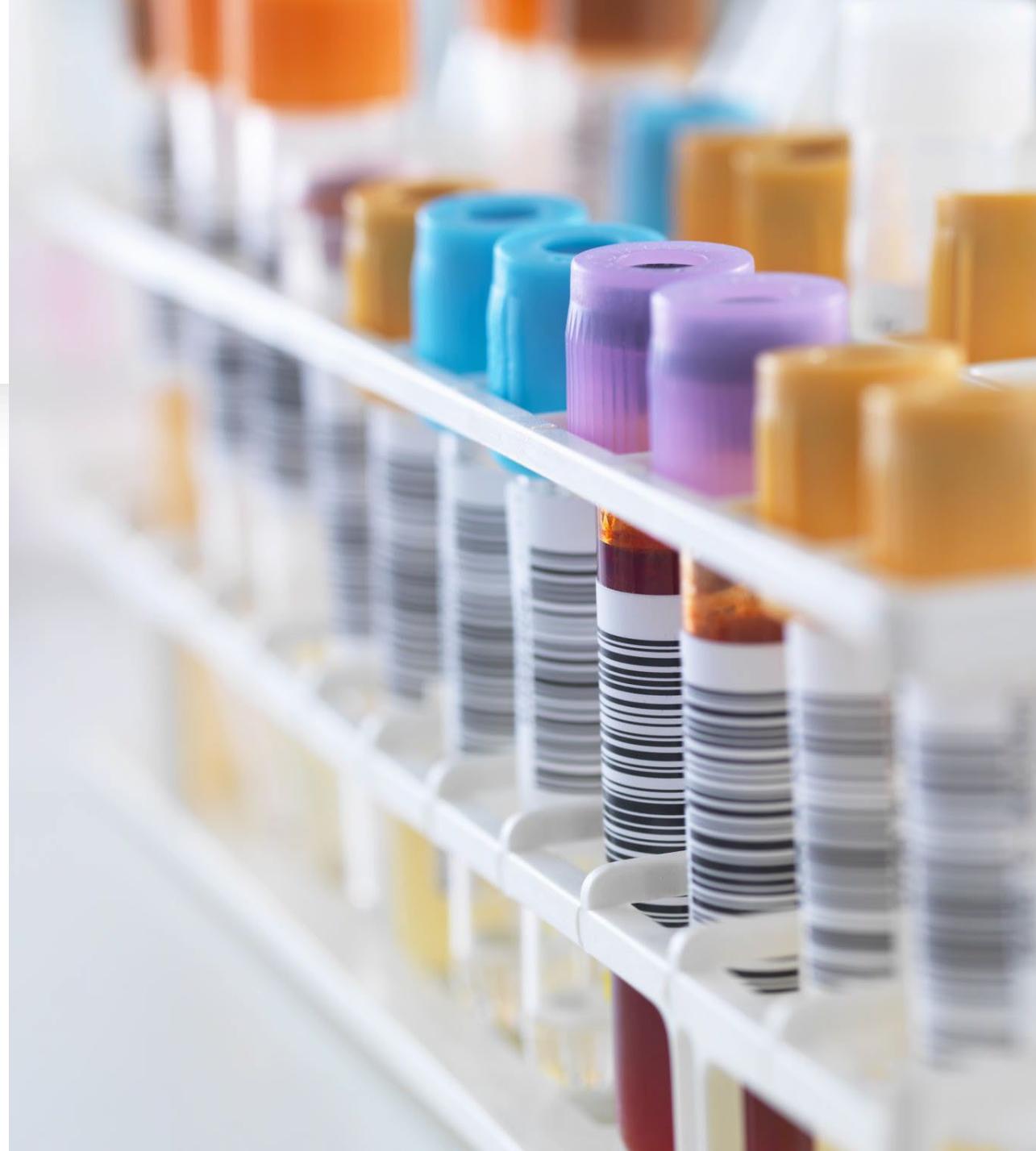


A wide-angle photograph of a coastal dune landscape. A wooden boardwalk, constructed from light-colored planks, winds from the foreground into the distance, curving to the right. The terrain is covered in dense, green and brownish grasses and low-lying vegetation. In the background, several sand dunes are visible, some with patches of bare sand. The sky is overcast with grey clouds. The overall mood is serene and natural.

Deprescribing Next Steps

Duplicate Therapies Galore!

- Ashwagandha
- Vitamin A,D,E,K
- High Doses of Vitamin B7 (Biotin) can falsely elevate Thyroid tests causing falsely high T4/T3 and falsely low levels of TSH





What to do About Eliquis?

- Risks vs. Benefits is an Ongoing Conversation
- Provoked vs. Unprovoked Risk Factors
 - What initially caused the Pulmonary Embolism?
 - If Provoked, Eliquis can be stopped after the initial 3 months of treatment
 - If Unprovoked , Eliquis is recommended indefinitely
- Depending on the cause, a healthy conversation with the PCP and cardiologist can help determine the risk of our patient possibly having a recurrent Pulmonary Embolism
- Calculate Risk Assessment for PE using clinical tools (Female, Age, use of hormones, BMI > 30, D-Dimer Levels)

Managing Cholesterol

What is her current risk of having a heart attack, stroke, or chronic chest pain?

Calculate ASCVD Lifetime Risk

Diet and Lifestyle along with fibrous foods can help to manage Cholesterol





Lifestyle and Dietary Modifications

Takeaways

- Thoughts?
- Concerns?
- Questions?

Join the GeriatRx Family Today !

Contact us at GeriatRx.org and Schedule a Consultation with us!
Email delon@geriatrx.org

Text Me – 404-484-5092

