



## Polypharmacy in geriatric rheumatology

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Gerontorheumatology is an emerging branch of clinical medicine concerned with numerous inflammatory and non-inflammatory rheumatic diseases and comorbidities in the elderly. The most common rheumatic diseases in elderly population are osteoarthritis, late-onset rheumatoid arthritis,

polymyalgia rheumatica, and crystal arthropathies. With a wide availability of pharmacological options for treating these diseases, polypharmacy is becoming a big issue in the field. Comorbidities and related drug treatments add to the complexity of the issue.



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Is there a strategy to avoid unnecessary use of multiple drugs in elderly patients with rheumatic diseases? Educating elderly patients is perhaps the most important and readily available option to tackle the issue. Rheumatologists should take an extra effort to avoid combination of drugs with similar active ingredients and mechanisms of action. Prioritizing non-pharmacological treatment modalities for pain management may be also helpful for reducing doses and avoiding undesirable drug combinations. Therefore, take an extra effort to avoid extra drug use in elderly patients with rheumatic diseases!

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### **Compliance with ethical standards**

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