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## Polypharmacy and Its Impact on Cognitive Decline in Elderly Patients: A Longitudinal Analysis

**Fatima Al-Mansouri**

Qatar University, Qatar

Polypharmacy is common among elderly patients and is associated with increased risk of adverse cognitive outcomes. This longitudinal study followed 250 patients aged 70+ over 3 years to examine the relationship between the number of medications and cognitive decline. Results indicated that patients on  $\geq 5$  medications had faster cognitive deterioration measured by the Mini-Mental State Examination, controlling for comorbidities. Deprescribing interventions were

associated with stabilization of cognitive function. Careful medication review is crucial in geriatric care to minimize polypharmacy-related cognitive risks.

### Biography

Fatima Al-Mansouri specializes in pharmacological management in the elderly, focusing on polypharmacy and drug safety. She promotes evidence-based deprescribing protocols to optimize cognitive and functional outcomes.