



Here are some of the most common -- and easily avoided -- sources of **Adverse Drug Reactions**. For the complete list, see *YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment* by [RealAge doctors](#) Michael Roizen and Mehmet Oz.

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## Adverse Drug Reactions

### Antibiotics

Drug	Interacts with	Possible effects
Erythromycin	Statin drugs, such as Lovastatin, and many other cholesterol-altering drugs	Increases risk of muscle aches and soreness

### Antidepressants

Drug	Interacts with	Possible effects
Selective serotonin reuptake inhibitors (SSRIs), such as Prozac	St. John's wort	Increases effects of SSRIs, which could result in too much serotonin being produced, causing jitters and other side effects

### Blood Pressure Medications

Drug	Interacts with	Possible effects
Some calcium-channel blockers	Grapefruit juice	Increases absorption of calcium-channel drug, and thus increases the effect, leading to rapid drop in blood pressure

<b>Blood Thinners</b>		
<b>Drug</b>	<b>Interacts with</b>	<b>Possible effects</b>
Warfarin	Miconazole (found in over-the-counter yeast-infection treatments)	Increases risk of bleeding and bruising
<b>Cold and Sinus Medications</b>		
<b>Drug</b>	<b>Interacts with</b>	<b>Possible effects</b>
Antihistamines	Kava or other antianxiety meds	Sleepiness, pronounced sedative effect
<b>Pain Relievers</b>		
<b>Drug</b>	<b>Interacts with</b>	<b>Possible effects</b>
Ibuprofen or indomethacin	Some high blood pressure medications	May reduce effects of blood pressure medications
<b>Oral Contraceptives</b>		
<b>Drug</b>	<b>Interacts with</b>	<b>Possible effects</b>
Oral contraceptives	Ginseng	May increase the potency of estrogen in oral contraceptives, causing estrogen-related side effects, such as weight gain or breast cancer (if long-term use)
<b>Other Medications</b>		
<b>Drug</b>	<b>Interacts with</b>	<b>Possible effects</b>
Viagra	Nitroglycerin	Can cause significant drop in blood pressure, which can be fatal

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