

Beta blockers, commonly used to lower blood pressure, have been associated with cognitive problems. They may “block” key chemical messengers in the brain. Examples include propranolol (Inderal), bisoprolol (Zebeta), nadolol (Corgard), and nebivolol (Bystolic). Try a different class of drugs to treat hypertension, such as an ACE inhibitor or calcium channel blocker.

Older antihistamines used to treat or prevent allergy symptoms — Dimetane or Chlor-Trimeton are examples — affect the memory and learning centers of the brain. Newer antihistamines like Zyrtec and Claritin don’t have the same risks.

Dopamine agonists are often prescribed to treat restless leg syndrome (RLS) or Parkinson’s disease. Major side effects include memory loss and confusion. Work with your healthcare practitioner or pharmacist to see if your RLS is being triggered by another medication you are taking. Dr. Teitelbaum says sometimes RLS is caused by iron deficiency and will improve or go away if ferritin blood levels are raised with diet or iron supplements.

Nonbenzodiazepine sedative hypnotics or “Z” drugs used for insomnia can not only cause short-term memory loss, but they can also cause full-blown amnesia or bizarre behavior. These medications include zolpidem (Ambien), eszopiclone (Lunesta), and zaleplon (Sonata).

Anticholinergics to treat overactive bladder block the brain messenger acetylcholine, which in turn slows activity in the brain’s memory and learning centers. First, have your doctor rule out possible bladder infections. Cut back on caffeine and alcoholic beverages and practice Kegel exercises to tighten the muscles around the bladder. Also, ask your doctor about a new device called InTone that treats incontinence and may be able to help you.

Antiseizure epilepsy medications are formulated to suppress certain brain functions, which can cause memory loss. Ask your doctor if you can try Dilantin, an antiseizure drug that has less impact on memory. And if you haven’t had a seizure in more than a year, Dr. Teitelbaum suggests that you try a lower dose.

ALERT: These 7 Things Activate Alzheimer’s In Your Brain

The complete version of this article first appeared in **Health Radar**. To read more, [CLICK HERE](#).

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