

# **Prescribing Anticholinergic Medication in Neurocognitive Disorders: Pharmacological Implications and Clinical Proofs**

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## **Abstract:**

The use of anticholinergic medicines is a widespread practice in older adults. Numerous studies have emphasized that the use of anticholinergics can be associated with a high risk of developing dementia. The aim of this analysis is to describe pharmacologically the interactions and effects of the use of anticholinergics in neurocognitive disorders and to offer practical advice for limiting or even avoiding altogether using this type of medicines when the risks are greater than the benefits.

In conclusion, there is evidence suggesting that the anticholinergic medicines can increase the risk of dementia. Considering this potential risk and the multitude of well-known adverse effects (constipation, diplopia, urinary retention and delirium) associated with the anticholinergic medicines, it is prudent to limit their use and consider possible alternatives.

## **Keywords:**

Neurocognitive Disorders, Anticholinergics