

# Prevalence and Characteristics of Polypharmacy Among Elderly Patients in Primary Health Care Centers in Bahrain- A Cross-Sectional Study

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## Main findings

**977 participants** were included. **45.34% suffer from polypharmacy**, and **6.76% suffered from excessive polypharmacy**. Patients with diabetes, hypertension, asthma, hyperlipidemia, heart diseases and hypothyroidism had a higher risk of polypharmacy (**P<0.001**)

	Odds ratio	95% CI	P value
Diabetes Mellitus	5.836	4.061-8.385	<0.001
Essential hypertension	6.231	4.235-9.168	<0.001
Hyperlipidemia	3.999	2.756-5.802	<0.001
Heart diseases	3.589	1.787-7.205	<0.001
Bronchial asthma	3.148	1.646-6.019	<0.001
Hypothyroidism	1.643	0.985-2.739	0.057