

The dangers of self-medication

ACCORDING TO THE NATIONAL SYSTEM OF TOXIC-PHARMACOLOGICAL INFORMATION, SELF-MEDICATION IS THE LEADING CAUSE OF POISONING IN BRAZIL.



The following are some of the main drugs that can cause poisoning:

- Anti-inflammatory drugs
- Antihistamines and other flu related medicine
- Antiepileptic drugs
- Anxiolytics
- Antidepressants

In addition to poisoning, the aimless and unguided use of pharmaceuticals can:

- Worsen the condition of existing diseases
- Cause allergic reactions
- Result in death



How to prevent drug-related problems:

- 1 Always seek the help of your doctor and follow his guidance.
- 2 During the medical consultation, seek to clear your doubts about medication administration: the right routes, dosages, times and duration.
- 3 Tell your doctor what medications you already use, if you are allergic to any substances or if you suffer from any chronic diseases. Pregnant women should also report the pregnancy.
- 4 If you do not understand your doctor's handwriting in the recipe, ask him to spell it out for you.
- 5 When buying your medicine, look for legal pharmacies.
- 6 Get informed about drug interactions. There are medicines that can cancel the effects of other medicines.

Risks of antibiotics:

Self-medication of antibiotics may help create antibiotic-resistant bacteria, result in chemical dependency and even cancel or heighten the effects of other medicines.

**YOUR HEALTH IS YOUR
MOST PRECIOUS ASSET.
DO NOT SELF-MEDICATE!**