

# Do you self-medicate? Be aware of its dangers!

Every year, around 20 thousand people die globally due to self-medication.

Until the year 2050, according to the United Nations (UN), another 10 million people will lose their lives due to administration of medication without prescription.

Irrational use of medicines can cause adverse drug reactions ranging from allergies to addiction, substance intoxication and increased antimicrobial resistance.

## Self-medication is an alarming concept



- 35% of medicines are sold without prescription;

- Medicines account for 27% of poisonings;



- 16% of deaths by poisoning are caused by medicines;

- Medicines are no longer effective against 40 to 60% of infectious diseases;



- Hospitals spend 15 to 20% of their hospital budget dealing with drug complications.

## Correct disposal of expired medicines



- Do not throw the medicine in the trash or flush them down the toilet. They can pollute the environment;

- Drop them off at collection sites or drop off locations (pharmacies, drugstores and clinics offer these types of services).



## Rational use of medicines

It is important to be mindful of the correct use of medicines. According to the World Health Organization (WHO), Rational use of medicines requires that patients receive medications appropriate to their clinical needs, in doses that meet their own individual requirements, for an adequate period of time, and at the lowest cost to them and their community.

## Irrational use of medicines

- Use of too many medicines per patient ("poly-pharmacy");
- Inappropriate use of antimicrobials, often in inadequate dosage, for non-bacterial infections;
- Over-use of injections when oral formulations would be more appropriate;
- Failure to prescribe in accordance with clinical guidelines;
- Inappropriate self-medication, often of medicines prescribed at some other time;
- Non-adherence to dosing regimens.

**Never use someone else's prescription medicine, even if your symptoms are like theirs. Each person has their own medical history, and only a doctor knows what is best for your. Take care!**