

8 REASONS WHY YOU SHOULD SAY **NO** TO SELF MEDICATION

Self-medication is taking pills for any treatment without a doctor's prescription

#1 DRUG INTERACTIONS

One drug can interact with another to increase its toxicity or affects its efficacy.

#2 ANTIBIOTIC RESISTANCE

Over-the-counter (OTC) Antibiotics for cold /flu will result in antibiotic resistance.

#3 MISDIAGNOSIS OF ILLNESS

Incorrect self-diagnosis can delay seeking medical advice when it is badly needed.

#4 INACCURATE DOSAGE

Taking medicines incorrectly can result in accidental overdose.

#5 HABITUATION

Dependence on a particular medicine can lead to an addiction.

#6 ALLERGIC REACTION

Some drugs can trigger allergic reactions as a side-effect.

#7 SEVERE COMPLICATIONS

Use of painkillers may lead to severe gastritis or gastro-intestinal bleeds. It also increases the risk of stroke in hypertensive

#8 HYPERVITAMINOSIS

Excessive use of vitamins can cause toxicity in the body resulting in complications.

