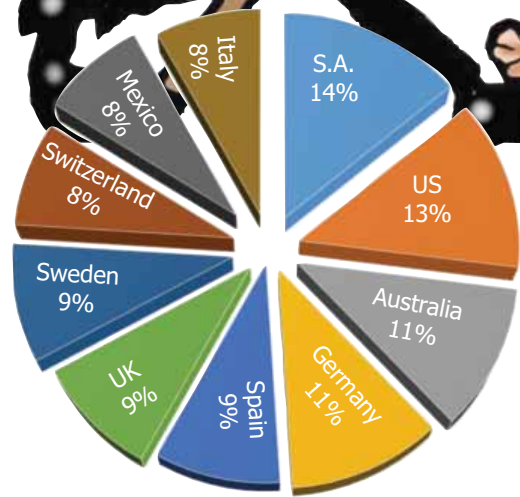




# The pill will make you ill

...If It Is Not Prescribed By The Real Doctor



### YOUTH POWER FINDINGS

- 48% people do not follow their medicine course strictly.
- 54% people do not check expiry date of medicines.
- 56% people prefer self-medication over seeing a doctor because of sheer convenience.
- 85% people throw their medicines in the dustbin- improper medicine disposal.

Sample size: 500 | Sample group: General Public | Methodology: Questionnaire

## Doctor who? Stop Being Your Own Doctor

**D**r Mahipal S Sachdev, Chairman, Centre for Sight and a pioneer of phacoemulsification technique in India shares his views on self-medication.



**Little knowledge is fatal**  
Quite often two different diseases have similar symptoms. It is only a doctor who can understand the subtle differences between similar appearing symptoms and diagnose the real problem. Unfortunately, many a times, patients only follow the symptoms that surface and resort to self-medication, ergo falling prey to wrong medicines. Practices like these only aggravate the problems and make them more sick.

detected in its early stages is easily treated, whereas when it progresses coupled with self-medication, it results in increased complications, and reduces the chances of full recovery.

**Talking it out**  
Usually when we come across patients who self-medicate or use expired medicines, we counsel them and make them aware of the hazards of indulging in these malpractices. We tell them that they can develop other complications, instead of getting cured. Talking people out of self medication is a must.

**Don't wait**  
In India, it is only when the disease reaches an advanced stage that people go to see a doctor. They self-medicate first. Though there are many socio economic factors responsible for this but it makes the treatment difficult. A disease when

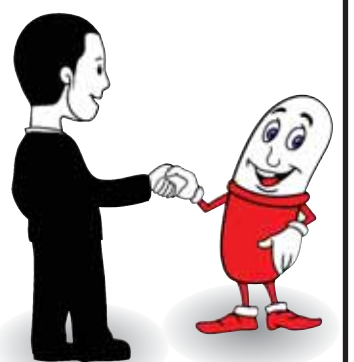
## For your information

### MoU Between Tableto And UHA

**T**ired of being blamed by humans for their medical problems, the medicines had enough. So 'Tableto', an organization seeking rights for the medicines was born and a clash with 'United Human Association' ensued. There was a raging debate over rising cases of self-medication and health hazards due to improper disposal of biomedical waste. After endless arguments, a five point MoU was signed between UHA and 'Tableto':

**3:** Humans have to be cautious about self-medication especially antibiotics. Nation will not bear bills for complications due to self medication.

**4:** Hypertension patients opting



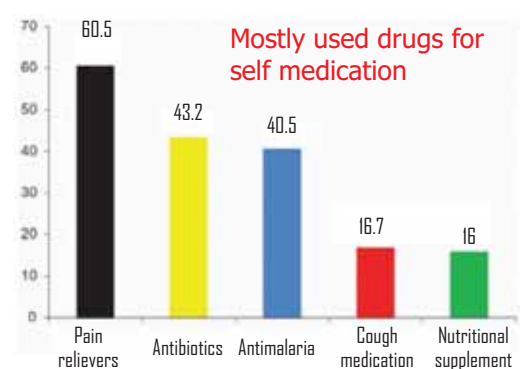
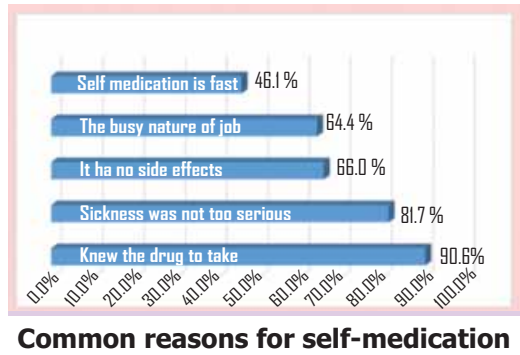
**1:** Improper disposal of medical waste causes contagious diseases. To prevent it, UHA has agreed that every country will dispose off its biomedical waste as per the guidelines.

for self-medication will be considered a health con as self-medication increases chances of stroke by four times.

**2:** Negligence of expiry date will be a crime. If statutory warnings on medicine packs is ignored, person will be fined.

**5:** Only a qualified medical doctor can advice treatment. Buying and selling medicines without prescription is a crime.

*PS: The story is fictional, but we hope it turns real soon.*



## Tale of two tablets

As years passed by, both the pills learned to provide services to humans. Fate played its evil plan as one was consumed immediately, but the other was left behind.

Getting older, its effectiveness depleted over time gradually turning toxic. Ergo, the poor old pill lived through the phase of expiration.

Their lives transformed. While one was prospering, providing health to humans, the latter was caged in a container where no human ever consumed him.

Long time ago, two medicine pills were born in a pill factory. Twins were these. Never apart, always together.

And, then when he least wanted a little girl consumed the pill. The ills of the pill consumed the girl. And now dealing with multiple ailments, she is revenged for all other humans by the ghost of that pill.