



INNOVATIVE COLLEGE OF PHARMACY

Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

NOTICE

DATE:- 23-11-2023

This is inform all the students and faculty members that the one day seminar based on “Consumer Guide to Over-the-Counter Medicines: Choosing Wisely” will be delivered by Ms. Jaya Bhati, Associate Professor, Department of Pharmacy, Innovative college of Pharmacy, Greater noida.

Venue: Seminar Hall.

Date: 28-11-2023 (Tuesday)

Time: 12.00 pm – 2.00 pm



Principal

- Copy to :-
1. Academic Director
 2. Registrar
 3. Faculty Members
 4. Notice Board
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Report on Seminar

Topic: "Consumer Guide to Over-the-Counter Medicines: Choosing Wisely"

Date: 28-11-2023

Venue: Seminar Hall

Speaker: Ms. Jaya Bhati

Introduction

In today's fast-paced world, over-the-counter (OTC) medicines provide a convenient way to manage common health issues such as pain, allergies, and digestive problems. However, the ease of access to these medications can sometimes lead to misuse or unsafe practices. This seminar aims to guide consumers on how to choose OTC medicines wisely, ensuring both efficacy and safety in their use.

Understanding Over-the-Counter Medicines

OTC medicines are those available without a prescription and are designed to treat a range of symptoms and conditions. They fall into several categories:

1. **Analgesics:** These include pain relievers like acetaminophen and ibuprofen, which are used to alleviate pain and reduce fever.
2. **Antihistamines:** Medications such as loratadine and diphenhydramine help relieve allergy symptoms.
3. **Cough and Cold Remedies:** Products like dextromethorphan and guaifenesin are used to treat coughs and other cold symptoms.





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4. **Digestive Aids:** These include antacids and laxatives that assist with gastrointestinal discomfort.
5. **Topical Products:** Creams and ointments, such as hydrocortisone and antibiotic ointments, are used for localized treatments.

Factors to Consider When Choosing OTC Medicines

1. **Identifying Symptoms and Conditions:**
2. **Reading Labels:**
3. **Special Considerations:**
 - o **Age:** Dosages for children and elderly individuals often differ from those for adults. It's vital to follow age-specific guidelines.
 - o **Health Conditions:** People with chronic conditions or those taking other medications should be cautious of potential interactions. Consulting with a healthcare provider can help mitigate risks.

Risks and Safety Precautions

The misuse of OTC medicines can lead to various risks:

- **Overuse:** Taking more than the recommended dose can lead to serious health issues, including liver damage from acetaminophen or gastrointestinal problems from NSAIDs.
- **Side Effects:** Every medication has potential side effects. For example, some antihistamines can cause drowsiness, while certain cough medicines may lead to gastrointestinal issues.
- **Interactions:** Combining OTC medicines with other drugs can lead to adverse reactions. For instance, taking multiple products containing similar active ingredients can result in an overdose.





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To minimize risks, consumers should:

- **Follow Dosage Instructions:**
- **Seek Professional Advice:** Making Informed Decisions

Conclusion

While OTC medicines offer a convenient solution for managing common health issues, it is essential to choose them wisely to ensure their safety and effectiveness. By understanding the different types of OTC medicines, reading labels carefully, and seeking professional advice when necessary, consumers can make informed decisions that contribute to their overall well-being. Making informed choices helps in avoiding potential risks and optimizing the benefits of OTC medicines.





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Photographs



Figure1: Photographs of honorable speaker presented valuable lecture on “Consumer Guide to Over-the-Counter Medicines: Choosing Wisely”

