



THINKING & MANAGING SELF



MARVELLOUS MEDICINE

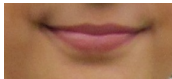
**Medicines are drugs that can get into the body in different ways.
All medicines need to be used safely.**

All medicines are drugs. What do you think the word 'medicine' means?

The *Oxford Dictionary* offers several definitions which include:

- 'The science or practice of the diagnosis, treatment, and prevention of disease.'
- 'A drug for the treatment or prevention of disease.'

There are several ways that medicines can get into the body. Once a drug enters the bloodstream it is able to travel around the body.



Orally - this means the medicine will travel through the body in the same way that food does ... through the digestive system.



Inhaled - this means the medicine will travel through the body in the same way that oxygen does ... through the respiratory system.



Absorbed or injected - this means the medicine will travel through the body in the same way that our blood does ... through the circulatory system.

What medical condition might be helped by the following medicines?

- Bronchodilators (puffers)
- Analgesics (pain relief medication)
- Insulin
- Antibiotic creams

Which body system is probably helping to get each drug into the body?



Being safe with medicine

1. Sandy's cold

Sandy has a terrible cold and is taking some medicine that has been prescribed by her doctor. The instructions say to take 1 tablet two times a day for a week. Sandy is supposed to play in basketball game tomorrow. She has an idea: "If I take two tablets four times a day I might get better faster!" Is this a good idea?

What do you think she should do? Why?
How can she avoid spreading her cold to others?

It's important that people follow the doctor's prescription carefully. Too much medicine could harm the body instead of helping it.



2. Medication

All medication that is prescribed by a doctor needs to have the following information on its label.

- Patient's name
- Drug name
- Strength of drug (amount of medicine)
- Instructions for use (how much to take and when)
- Date issued and doctor's details
- The pharmacy's information (name, address and phone number)

Does this label have all the information that is required? If anything is missing add it to the label.



3. Where should families keep medicine if there are young children in the house? Why?

Can you create an advertisement to tell people how to use medicines safely?