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Over-the-counter Products, Antibiotics, etc.

- **Acetaminophen and Children – Why dose Matters** (Mayo Clinic)
 - Acetaminophen (Tylenol) overdose can happen in the blink of an eye
<<http://www.mayoclinic.com/health/acetaminophen/HO00002>>
- **Cold medicines for kids: What's the risk?** (Mayo Clinic)
 - Cough and cold medicines can pose serious risks for young children. Know the facts and understand treatment alternatives.
<<http://www.mayoclinic.com/health/cold-medicines/CC00083>>
- **Cough & Cold Remedies for Children** (Australian Prescriber)
 - Over-the-counter cough and cold remedies for children under two years of age have recently been rescheduled to prescription-only. This will mean that doctors and pharmacists will encounter more consultations for such medicines. These drugs are no longer recommended in children because of the lack of efficacy and reports of serious adverse events.
 - After excluding or treating the more serious underlying causes of cough, parents should be offered non-pharmacological advice on symptomatic treatment of coughs and colds.
<<http://www.australianprescriber.com/magazine/32/5/122/4>>
- **UK - Medicines and Healthcare Products Regulatory Agency (MHRA)**
 - Issued new guidelines advising parents not to prescribe over-the-counter cold and cough medicines to children under the age of six
 - Under no circumstances should these drugs be given under the age of two
<<http://www.mhra.gov.uk/Safetyinformation/Safetywarningsalertsandrecalls/Safetywarningsandmess agesformedicines/CON038908>>
- **Gravol (Canada)** Common name: dimenhydrinate.
 - As an antihistamine, this medication can cause constipation, dizziness, drowsiness, dry mouth, excitement (especially in children), lack of energy...
<http://www.medbroadcast.com/drug_info_details.asp?brand_name_id=1805&next_page=y#.TxIK3t3G9DQ>
- **Key messages for primary care prescribers** (Europe Centre for Disease Control)
 - Growing antibiotic resistance threatens the effectiveness of antibiotics now and in the future
<<http://ecdc.europa.eu/en/eaad/antibiotics/Pages/messagesForPrescribers.aspx?MasterPage=1>>
- **Homeopathy – an alternative to antibiotics?**
 - Until recently, research and development (R&D) efforts have provided new drugs in time to treat bacteria that became resistant to older antibiotics. This is no longer the case. The potential crisis at hand is the result of a marked decrease in industry R&D, and the increasing prevalence of resistant bacteria. The pipeline of new antibiotics is drying up.
<<http://www.echamp.eu/newsletter/newsletter-archive/2009/augustseptember/homeopathy-an-alternative-to-antibiotics.html>>

- **Using antibiotics wisely – When Needed – As Prescribed (Antibiotic Awareness Canada)**
 - Is the easiest way to reduce antibiotic resistance. This means only taking antibiotics when you need them and taking antibiotics exactly as prescribed.
<<http://antibioticawareness.ca/>>
- **Antibiotic overuse: Stop the killing of beneficial bacteria - Martin Blaser -- Nature Journal, Online 24 August 2011**
 - Concerns about antibiotics focus on bacterial resistance — but permanent changes to our protective flora could have more serious consequences, says Martin Blaser. The average child in the United States and other developed countries has received 10–20 courses of antibiotics by the time he or she is 18 years old¹. Antibiotics kill the bacteria we do want, as well as those we don't. Early evidence from my lab and others hints that, sometimes, our friendly flora never fully recover. These long-term changes to the beneficial bacteria within people's bodies may even increase our susceptibility to infections and disease.
<<http://www.nature.com/nature/journal/v476/n7361/full/476393a.html>>
- **Ibuprofen**
 - **Children's Advil Suspension (Ibuprofen)**
 - Stop use and ask a doctor if the child feels faint, vomits blood, or has bloody or black stools. These are signs of stomach bleeding.
 - Stomach pain or upset gets worse or lasts the child does not get any relief within first day (24 hours) of treatment
 - Fever or pain gets worse or lasts more than 3 days redness or swelling is present in the painful area any new symptoms appear
 - When using this product take with food or milk if stomach upset occurs.
 - The risk of heart attack or stroke may increase if you use more than directed or for longer than directed
<<http://dailymed.nlm.nih.gov/dailymed/archives/fdaDrugInfo.cfm?archiveid=10888>>
- **Mayo Clinic**
 - **Ibuprofen (Oral Route)**

Precautions

It is very important that your doctor check your progress at regular visits. This will allow your doctor to see if the medicine is working properly and to decide if you should continue to take it. Blood and urine tests may be needed to check for unwanted effects .

This medicine may raise your risk of having a heart attack or stroke. This is more likely in people who already have heart disease. People who use this medicine for a long time might also have a higher risk .

This medicine may cause bleeding in your stomach or intestines. These problems can happen without warning signs. This is more likely if you have had a stomach ulcer in the past, if you smoke or drink alcohol regularly, if you are over 60 years old, if you are in poor health, or if you are using certain other medicines (a steroid or a blood thinner) .

Ibuprofen precautions, con't:

- Serious skin reactions can occur during treatment with this medicine. Check with your doctor right away if you have any of the following symptoms while taking this medicine: blistering, peeling, loosening of skin, chills, cough, diarrhea, fever, itching, joint or muscle pain, red skin lesions, sore throat, sores, ulcers, white spots in mouth or on lips, or unusual tiredness or weakness .

Possible warning signs of some serious side effects that can occur during treatment with this medicine may include swelling of the face, fingers, feet, and/or lower legs; severe stomach pain, black, tarry stools, and/or vomiting of blood or material that looks like coffee grounds; unusual weight gain; yellow skin or eyes; decreased urination; bleeding or bruising; and/or skin rash. Also, signs of serious heart problems could occur such as chest pain, tightness in chest, fast or irregular heartbeat, unusual flushing or warmth of skin, weakness, or slurring of speech. Stop taking this medicine and check with your doctor immediately if you notice any of these warning signs .

This medicine may also cause a serious type of allergic reaction called anaphylaxis. Although this is rare, it may occur often in patients who are allergic to aspirin or other nonsteroidal anti-inflammatory drugs. Anaphylaxis requires immediate medical attention. The most serious signs of this reaction are very fast or irregular breathing, gasping for breath, wheezing, or fainting. Other signs may include changes in skin color of the face; very fast but irregular heartbeat or pulse; hive-like swellings on the skin; and puffiness or swelling of the eyelids or around the eyes. If these effects occur, get emergency help at once .

Some people who have used this medicine had symptoms of meningitis. If you have fever, headache, nausea, vomiting, and stiff neck or back while using this medicine, check with your doctor right away .

Using this medicine while you are pregnant can harm your unborn baby. If you think you have become pregnant while using this medicine, tell your doctor right away .

Pediatric

Appropriate studies have not been performed on the relationship of age to the effects of ibuprofen in children below 6 months of age. Safety and efficacy have not been established .

More..... <<http://www.mayoclinic.com/health/drug-information/DR602345/DSECTION=precautions%2D> >