

SEARCH the risks of MEDICATION

What are the effects of medication?

Medicines have of course an effect that you know before you take them. They are intended to be of use for something that goes wrong. Some medicines are *psycho-active*. They have an effect on your mind. Sleeping pills, medication to sedate or soften pain or on the other hand to stimulate or wake you up for example. Tranquillizers make you calm and decrease anxiety or a restless feeling. They also make you feel weary, your muscles become weaker. Your body gets used to this kind of medicines very quickly, even in two weeks you often need a bigger dose to reach the same effect.

What are the risks?

The effects and side-effects are written on a thin paper included in the box with the medication. The language is, however, even if you understand Flemish, hard to understand. If you feel better after a while and you haven't finished the full package, the medicines prescribed for your specific illness stays in your house. If someone else in your family is ill, you easily use the same medicines. They may have an unknown dangerous influence on this family member. Certainly when it concerns psycho-active medication. Side-effects of long use may be strong headache, feeling tired or depressed, no clear sight. Sedative medicines can also sedate feelings like happiness, love and laughter. On longer term they cause psychological dependence: not your body, but your mind needs medication.



education

Belgium has the doubtful honour of leading the European peleton in easy prescription of psychoactive medication. If you are used to a country where medication is hard to obtain and prescribed only in exceptional cases, you must be extra careful. Ask the doctor what the prescribed medication is intended for. If you buy or receive the medicines, ask to translate and explain the included information. Never

give psychoactive medication to someone else. Never use or give them to a family member without clear consult of a doctor.

