

The risks of self-medication in young women in Brazil

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ABSTRACT

Self-medication is a significant public health problem, both in Brazil and worldwide, prevailing among women aged 18 to 35 years with a lower level of education (Arrais et al., 2016; Bertoldi et al., 2014). It is well known and worrisome that there is a need to implement a policy that is more focused on controlling the administration of access to medicines prescribed by a professional, both in the public and private networks. The present data collection aimed to discuss a population subject to public health risks due to self-medication. In the methodology applied in the research, keywords such as "self-medication", "risk to public health", and "women" were used, publications in the Open Access repository between 2008 and 2021 were reviewed, from which important data were taken, based on the objectives of the research. Of the 16 articles selected during the research phase, 10 articles that did not meet the proposed criteria were eliminated, the analysis was based on 6 publications that highlighted the greater vulnerability of young and poorly educated women to the damage caused by self-medication, including drug intoxication, cardiac arrhythmias, chemical dependence, and other serious conditions (Vieira et al., 2011; Galato et al., 2012). The research confirms the urgent need for public policies that control access to prescription drugs, both in the public and private systems (Naves et al., 2010). Formal education and access to scientific information are crucial to reduce the practice of self-medication and minimize its health risks (Paniz et al., 2008). Among the main problems associated with self-medication, changes in blood pressure, chronic kidney diseases, hepato, splenomegaly, and allergic reactions stand out. Therefore, the data suggest that it is imperative to develop and implement efficient public policies, as well as to increase investment in education and information about the risks associated with self-medication.

Keywords: Self-medication, Risk to public health, Women.

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