

Chapter 22 Reading guide

1. Explain/define spontaneous remission and placebo effect. Explain how each applies to each of the following scenarios:
 - a. Henri starts feeling the symptoms of a cold. He makes an appointment to see his doctor the next day. His doctor won't prescribe an antibiotic, but his girlfriend has some penicillin left over from an infection (she didn't use them all like she was supposed to). Henri starts to take the antibiotics the next day (third day of the cold). In about 3 more days, he starts to feel markedly better and says, "see, the antibiotics cured me!"
 - b. Darla swears by megadoses of vitamin C, zinc and Echinacea. Whenever she feels a cold coming on, she takes these remedies, and finds that most colds don't get very serious. She knows when a cold is coming on because her eyes, nose, throat and ears feel scratchy and she sneezes a lot. Darla does not realize it, but she suffers from respiratory allergies (hayfever).

*keep in mind that many drugs truly DO work in terms of reducing symptoms; for example, Benadryl really does reduce the allergic histamine response, ibuprofen really does reduce pain signals, etc.

2. Explain several reasons why it is important for you to be educated about health care, drugs, treatment options, etc.
3. What are some symptoms for which you should always consult a physician?
4. Discuss several considerations/strategies for choosing and deciding to stick with a health care practitioner.
5. What are 6 of your rights as a patient?
6. When you have been diagnosed with an illness, what are several ways to ensure that you are as informed as possible?
7. Define/describe each of the types of prescription drugs covered by the text.
8. What is one advantage of using generics? One disadvantage? Be sure to check out the familydoctor.org link, too-
9. What are the criteria for a drug to become over-the-counter (OTC)?
10. List and describe the types of OTC drugs covered by the text.
11. Explain how NSAIDS work to reduce pain and fever. Besides pain and fever reduction, what else do NSAIDS do?
12. Go to the familydoctor.org link. List the 4 most common NSAID types, and provide an example of a brand name for each.
13. What are side effects of NSAIDS?
14. Is acetaminophen an NSAID? Besides pain, what else does acetaminophen reduce? What does it NOT treat (that NSAIDS do)?
15. Name a common brand that uses acetaminophen.
16. What are side effects of acetaminophen?
17. Within the cold, cough, allergy and asthma reliever drugs, do any actually cure the underlying disease? What DO they do?
18. What do GRAS and GRAE mean?

19. Go to the familydoctor.org link. List the 3 common types of OTC antihistamines. Name an example of a brand that uses each type.
20. Go to the familydoctor.org link. List the common type of OTC decongestants. Name an example of a brand that uses it.
21. Go to the familydoctor.org link. List the common type of OTC antitussives. Name an example of a brand that uses it.
22. Go to the familydoctor.org link. List the common type of OTC expectorants. Name an example of a brand that uses it.
23. Under “Sleeping Aids and Relaxants” in the text, cross off “pyrilamine maleate” as the antihistamine used to induce sleep. This is an error. Write in “diphenhydramine.”
24. Go to the familydoctor.org link, and find the antihistamines list again. Remember the active ingredient in OTC sleep aids? (Look up at the previous question) Do you see it listed with the antihistamines? What is a common brand name of antihistamines that uses this “sleep inducer?”
25. A group of friends is discussing sleep. All admit to occasional difficulty sleeping. Donna shares that when she is sleepless, she takes a Tylenol PM and it puts her right to sleep. The active ingredients are:

Acetaminophen	500 mg
Diphenhydramine	25 mg

Which of these ingredients is putting Donna to sleep? Is there any reason she shouldn't be taking the other one if she doesn't need it? What is the other active ingredient for? Are there any products she could take that would give her ONLY the sleep aid without the unnecessary medication?

26. You are interested in purchasing an OTC allergy-symptom reliever. You see that Benadryl contains 25 mg of diphenhydramine per pill. So does the generic store brand. So does Nytol. The inactive ingredients are all comparable. How might you decide which one to choose?
27. Explain several reasons why OTC dieting aids are generally unfavorable.
28. What are the “rules” for taking OTC drugs?
29. List several side effects of common OTC drugs.
30. Using figure 22.2 and the familydoctor link, explain how to read an OTC label.
31. Briefly describe each of the types of drug interactions that can occur.
32. Go into more detail in describing synergism. Provide some examples.

*If you are ever in doubt about drug interactions (including herbals), talk to a pharmacist, even if it is not “your” pharmacist. They are extremely knowledgeable about drugs (that’s their job) and most are happy to help. If you are embarrassed (for example, if you want to drink alcohol or something), you can always call and remain anonymous! Don’t take any chances with mixing drugs.
33. What is allopatric medicine?
34. Why should pregnant, possibly pregnant and breastfeeding women be especially conscientious about OTC and prescription medications?
35. Briefly describe: group practice, solo practitioners, Integrated Health Care Organization (including non-profit hospitals, for profit hospitals, surgicenters)

36. What does JCAHO accreditation mean about a hospital?
37. What is COBRA?
38. What are some reasons health care is so expensive and getting more so?
39. Discuss several “things to think about when choosing health insurance.”

I am not going to ask any specific questions about the insurance systems, but I highly recommend you read over the information so that you can understand your options!

-From required link-

40. Discuss the “Follow these dos and don’ts,” “Understand generic vs. brand name,” and “Follow these tips for choosing meds” section.
41. Discuss several special considerations for children and medications.
42. What is the safest pain medication for pregnancy? For breastfeeding? Should any meds really be taken during the first trimester of pregnancy if not absolutely necessary?

No supplemental lectures!