

①
Answer No 2

Self Medication:

Self medication can be defined in simple terms, as "the use of medicines by a person by himself/herself for treating a perceived or real health problems without consulting a physician or pharmacist."

Advantages of Self Medication:

- Help to prevent and treat symptoms and ailments that do not required a doctor.

Reduce the pressure on medical services where health care personnel are insufficient.

Increase the awareness of health care to populations living in rural or remote areas

2

- Enable patients to control their own chronic conditions.

- High fever, headache, indigestion, mouth ~~ulcer~~ ulcers, nausea, cough, acne, allergic conjunctivitis can be treated by self medication.

- For health care systems as it facilitates better use of clinical skills, increases access to medication and may contribute to reduce prescribed drug costs associated with public funded health programs.

Disadvantages of Self Medication:

- Self medication is associated with risks such as misdiagnosis, uses of excessive drugs dosage, prolonged duration of use, drug interactions and poly pharmacy.

(3)

Paracetamol, an antipyretic and analgesic in large doses can cause liver failure.

Paracetamol toxicity is, by far, the most common cause of acute liver failure.

Valsartan is an antihypertensive drug. It is highly effective when used in recommended quantities. The main consideration is over usage of drug may cause hypotension, which may eventually lead to heart failure and also hepatic and renal failure.

The diagnosis may be wrong.

The drugs cause side effects.

Because of your own incorrect diagnosis and incorrect medication purchased, there would be financial losses and delayed recovery, which is

(4)

to be more costly.

Why do we go for self medication.

- The lack of time to go to a physician.
- Inability to afford physician's fees.
- Increased awareness of availability of medicines and use for appropriate conditions through advertisements, awareness campaigns and information over the internet.
- Also, the general tendency is to momentarily suppress the minor symptoms / condition rather than wanting to go to the root cause of it because of hidden fears, cost factors, busy schedule etc.

(5)

~ Answer - 3 ~

Screen Time Addiction Effect Our mental Health.

Just like tobacco and alcohol use, screen time can become an addiction that can damage your health and relationship if it is not kept in check.

" Screen time addiction is a group of behaviours that are negative. Some negative outcomes that can happen when we use too much technology during our day.

" Prolonged use of watching TV, video games, scrolling through social media - all part of that use act like a digital drug for our brain.

Screen use releases dopamine in the brain, which can negatively affect impulse control.

(6)

Long - term Effects:

In children, effects of screen addiction may include:

- Speech delay
- Cognitive impairment.
- Difficulty with problems-solving and creative thinking.
- Body weight issues and poor bone health due to lack of physical activity, which later in the life can add up to heart diseases and other health conditions.
- Depression and anxiety.
- Cyber bullying and exposure to predators.

We know that anxiety and depression are correlated with high levels of screen time.

(7)

The light emitted from the screens interferes with the sleep cycle in the brain and can lead to insomnia.

Behavioral problems: Elementary school children who watch TV or use a computer more than two hours per day are more likely to have emotional, social or attention problems.

Answer No 11

(8)
The Negative Effect of Too
Much Screen Time.

(1) Educational problems.

Elementary school-age children who have televisions in their bedroom do worse on academic testing.

2.) Behavior problems.

Elementary school-age children who watch TV or use a computer more than 2 hours per day are more likely to have emotional, social and attention problems.

3) Sleep problems:

Although many parents use TV to wind down before bed, screen time before bed can backfire. The light emitted from screens interferes with the sleep cycle in the brain and can lead to insomnia.

4) Violence.

(9)

Exposure to violent TV shows, movies, music, and video games can cause children to become desensitized to it. Eventually, they may use violence to solve problems.

~ Answer NO 42.

Contribution of Sociology to medical field.

The value of sociological data collection techniques and methods of analysis is widely recognized in the medical professions. Predicting which groups of people are at risk for various diseases, which are likely to engage in various health behaviours or follow health regimens and the like, have become commonplace in medical research.

For example, studies have linked the use of cancer screening techniques,

(b) mammography, age, to such demographic variables as race, income and educational level.

Medical Sociology, sometimes referred to as a health sociology, is the study of social ~~and~~ causes and consequences of health and illness.

Major areas of investigation include the social determinants of health and diseases, the social behaviour of patients and health care providers, the social functions of health organizations and institutions, the social patterns of the utilization of the health services, the relationship of health care delivery system to other social institutions and social policy toward health.

Medical sociologists now comprise one of the largest and most active group doing sociological work in North America and Europe, and the field has expanded to other regions as well. About one of every American sociologists is a medical sociologist.

CIS

Contributing to the spread of viral diseases as much as they do to the health of millions of Americans on a daily basis.

In neighbourhoods and communities of concentrated poverty, low-income residents tends to experience pronounced health disparities - higher-than-average rates of asthma, heart diseases and diabetes.

Paid leave, the ability for ill workers or their caregivers to take paid time off to heal or improve health, is critical piece of a social and economic support systems that helps individuals and families thrive.

The people most vulnerable to the outbreak itself are also more likely to be negatively affected by the economic fallout from this illness.

As Congress mulls 8.3 billion coronavirus relief package that includes support for struggling businesses, the fallout from closing factories, airports and

(15)

- Natural environment, such as green space (e.g. trees and grass) or weather (e.g. climate change).
- Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities.
- Exposure to crime, violence and social disorder (e.g. presence of trash and lack of cooperation in a community).
- Built environment, such as building side walk, bike lanes and boardwalks.
- worksites, school and recreational settings.
- Housing and community design

and schools has only just begun.

This latest viral outbreak is a reminder of health, housing, poverty, access to care and paid leave must be considered if we aim to curb the spread of disease and advance public health now and into future.

Examples of Social Determinants of Health:

- Availability of resources to meet daily needs.
- Access to educational, economic and job opportunities.
- Quality of education and job training.
- Socioeconomic conditions (e.g. ~~presence of trash and lack of~~ concentrated poverty and the stressful conditions that accompany

(4)

to be more costly.

Why do we go for self medication.

- The lack of time to go to a physician.
- Inability to afford physician's fees.
- Increased awareness of availability of medicines and use for appropriate conditions through advertisements, awareness campaigns and information over the internet.
- Also, the general tendency is to momentarily suppress the minor symptoms / condition rather than wanting to go to the root cause of it because of hidden fears, cost factors, busy schedule etc.