

THE MEDICINES

Medicines are products that studied by scientists used to fight against diseases or their symptoms. Each medicine has its own purpose and must be **prescribed by a doctor**, who knows which medicine to use for each disease.

Medicines can be divided into 3 large groups:

1) There are 3 types of essential medicines (i.e. those medicines for healthy people without pathologies treated with particular medicines):

- **Vitamina D** – vitamin D, prescribed by doctors for children up to 1 year old;
- **Tachipirina** – an antipyretic and analgesic, to be given only in the event of fever or pain;
- **Antibiotici** – antibiotics, only when prescribes by the doctor and when necessary. Most children's infections do not require antibiotics to cure.

2) There are many **medicines that are NOT necessary**:

- **Vitamins (except vitamin D)** - there are many, expensive but are not necessary for the healthy children. Is better let them eat fruits and vegetables.
- **Fermenti lattici** - Lactic ferments, they are not necessary either in case of diarrhea and vomiting or when taking antibiotics.
- **Aerosol** - it is useless, not even for children with colds. It is only use for children suffering from asthma but other alternatives that are more comfortable to use.
- **Scioppi per la tosse** - cough syrups, it is better to give **honey** in cases of dry cough. However, NEVER give honey to children less than 1 year because it can be dangerous!

3) **Medicines that HARM**:

- **Mucolitici** – mucolytics (syrups for dissolve phlegm), they are useless for most people and VERY dangerous for children under 2 years;
- **All medicines that are not prescribed by the doctor**: If a doctor has not told us to give a medicine to our child, we must never do it! They may be poisonous.
- **Adult's medicines**: The adult's medicines are certainly poisonous to children. Medicines that you have at home should not be given to children and should be kept in a place that children cannot reach. The doses are higher than those

for children, and there are medicines that are good for adults but are bad for children. Be careful!