

**BENEFITS AND SIDE EFFECTS OF MEDICATIONS****Asatullayev Rustamjon Baxtiyarovich***Trainee assistant at Samarkand state medical university***STUDENT: Sheraliyeva Malika Bunyodjon qizi**

**Abstract:** Medications play a vital role in maintaining and restoring health by preventing, treating, and managing various diseases. They help reduce pain, control chronic conditions, and improve quality of life. However, while medications provide many benefits, they can also cause side effects ranging from mild symptoms, such as dizziness or nausea, to serious complications affecting organs or body systems. The effects of medications depend on factors such as dosage, duration of use, and individual body reactions. Therefore, it is essential to use drugs responsibly, follow medical advice, and be aware of possible side effects to ensure safe and effective treatment.

For many people, taking medication is a regular part of their daily routine, and these medicines are relied upon to treat disease and improve health. Although medicines can make you feel better and help you get well, it's important to know that all medicines, both prescription and over-the-counter, have risks as well as benefits

The benefits of medicines are the helpful effects you get when you use them, such as lowering blood pressure, curing infection, or relieving pain. The risks of medicines are the chances that something unwanted or unexpected could happen to you when you use them. Risks could be less serious things, such as an upset stomach, or more serious things, such as liver damage. Here are some tips from the Food and Drug Administration and some of its public health partners to help you weigh the risks and benefits when you make decisions about the medicines you use.

**Managing Risk**

When a medicine's benefits outweigh its known risks, the FDA considers it safe enough to approve. But before using any medicine—as with many things that you do every day—you should think through the benefits and the risks in order to make the best choice for you.

There are several types of risks from medicine use:

The possibility of a harmful interaction between the medicine and a food, beverage, dietary supplement (including vitamins and herbals), or another medicine. Combinations of any of these products could increase the chance that there may be interactions.

The chance that the medicine may not work as expected.

The possibility that the medicine may cause additional problems.

A medication list is a tool to help you keep track of all the prescription medications, over-the-counter (OTC) drugs, vitamins and supplements that you take. Keeping a medication list helps health care professionals know about your current health and minimize medication errors and adverse drug interactions.

#### Key Points

The risks vs. benefits of medicines are important to consider when you start any new treatment. Risks can include minor unwanted side effects like an upset stomach or headache, or more serious, unexpected events such as bleeding or liver damage. Benefits include the helpful effects you receive, such as curing an infection, easing pain controlling blood pressure or lowering your blood sugar.

#### Minimize Medicine Risks: Lower the Risks of Side Effects

Medicines can make you feel better. Of course, they can also help maintain your health. However, it's important to recognize all medicines (prescription and over-the-counter) have potential risks as well as benefits. Side effects (sometimes called adverse events or adverse drug events) could happen.

Side effects are undesired effects of a medicine that can occur even though the medicine is taken correctly at the right dose. These might include:

Headache, dizziness, constipation or an upset stomach, which are all common side effects

Liver failure or heart problems, which can be rare but serious side effects

Any medicine can cause any side effect in the right person. If you experience trouble breathing or swallowing after taking a medicine don't take more. Go to the nearest emergency department immediately.

Allergic reactions occur when your body reacts in a bad way to a medicine. Reactions might include:

Hives, itching or a rash

Narrowing of the throat, difficulty breathing, shortness of breath

All medications have a risk of side effects. It's important to weigh the risks and benefits when you make decisions about the medications you use.

A medicine you have taken for years can all of a sudden cause a side effect or serious reaction.

Information about potential risks and side effects comes with the medicines you take. You can find this in the Warnings section of an OTC medicine's Drug Facts label on the packaging. Or, you can find it in the "package insert" or leaflet that comes with each prescription medicine. For credible online information about a specific drug's side effects, visit the FDA's Index to Drug-Specific Information. Importantly, ask your health

professional about potential risks and side effects. That way you’ll know what to look for when starting a new medication.

Tips to lower the risks of medication side effects

Side effects are not entirely avoidable, but you can help prevent them. If you are taking medicines to treat a serious or life threatening condition, you may be willing to accept a medication with more side effects. If you are treating a more minor condition, you might decide you are willing to accept less risk. Some specific ways to lower the risks of drug side effects include:

Talk to your healthcare provider about what side effects to look out for, and what to do if you experience one of them.

Read the information that comes printed on your medicine labels so that you are aware of the side effects associated with your medicines and know what to be on the lookout for.

Ask if there are ways to prevent or manage drug side effects—like taking a medicine with food, or at bedtime.

Ask whether you can drink alcohol when using the medicine, as combining alcohol with certain medicines can be dangerous.

Make sure your healthcare providers are aware of any allergies you have.

Contact your healthcare professional if you experience any side effects. Your healthcare providers will want to know about any side effects, and can work with you to either manage the side effects or can advise you if a switch to an alternative medication is needed.

Polypharmacy increases risk of adverse events and errors

As people age they are more likely to be taking several medications, including prescribed medications, over the counter or complementary medicines.

Taking multiple medications – known as ‘polypharmacy’ – increases the risk of medications being implicated in hospital admissions, particularly when an older person presents with falls, confusion or incontinence<sup>3</sup>. Polypharmacy can cause problems due to prescribing errors, problems with taking the medicines, and interactions of medicines.

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