

employed in order to help a patient the labels distinguish better. In summary, I believe that introduction of auxiliary labeling exert a great impact on helping patients understand in their medication. The auxiliary label is the useful tool for pharmaceutical care.

[OF1-3] [2004-10-22 16:30 - 16:45 / Room 205]

Selection and Patient Consultation of OTC items for Common Cold

Choi Byungchul^o

Chung Ang University, Graduate School of Food and Drug Administration

Nothing helps and nothing makes common cold itself better. Treatment is best targeted to the specific symptom(s) that bother the patient. Common cold would be treated with decongestant, antihistamine or their combinations often with an expectorant or cough suppressant adjunct. These OTC(over-the-counter) medications are designed to provide symptomatic relief of common cold in approximately seven days. Decongestants, specifically those containing psuedophedrine or phenylpropanolamine (Note: phenylpropanolamine and related compounds have been removed from the market). These are used to open up nasal passages to promote the free drainage of the nose and sinuses. One of the primary functions of this class of medications is to overdrive the sympathetic nervous system. In addition to open airway passages, it also heart rate up, irritability up, hunger down, and sex drive absent. Basically these medications mimic the fight-or-flight system in body. Being continuously on them for over a week can be quite problematic, especially with individuals sensitive to them. Antihistamines typically are used to dry up those nasty secretions. The main side affect is drowsiness, especially if used in combination with other sedatives such as alcohol. Expectorants, such as guaifenesin, which are used to assist the lungs in expelling the crud that gets trapped there when the secretions dry out from either bronchitis or taking an antihistamine. Cough suppressants, such as dextromethorphan, which are used to block the cough reflex and prevent the crud in your lungs from being coughed up. Menthol in the cough drops help open up nasal passages and the sucking action with the drops helps generate saliva which will keep the back of throat moist and help prevent irritation from the sinus drainage down the back of throat. Pharmacists have an important role in treating common cold. Pharmacists should select proper OTC medicines and do consultation completely for managing symptoms of common cold.