

BE MEDICINEWISE WEEK

We all take medicines, but too often we take them for granted. That's why it's important to be medicinewise.

Being medicinewise means getting the most out of your medicines. The more you know, the more you can maximise benefits and reduce any risks.

DID YOU KNOW



ALCOHOL INTERACTS WITH OVER 150 MEDICINES?

Alcohol can cause moderate to serious, and in some cases even fatal, interactions with more than 150 medications.



ONE IN 10 AUSTRALIANS HAVE MISUSED MEDICINES?

Reports show 10% of Australians, aged 14 and over, have misused prescription pain-relievers or opioid medicines.



SLEEPING PILLS SHOULD BE A LAST RESORT?

In the long term, sleeping tablets are unlikely to help your insomnia, and in some cases, may do more harm than good.



CODEINE-RELATED DEATHS ARE ON THE RISE?

Between 2000 and 2009, the rate of codeine-related deaths more than doubled, from 3.5 per million Australians to 8.7 per million Australians.

If you have questions about your medicines, speak with your doctor, nurse, pharmacist, or call our Medicines Line on **1300 MEDICINES (633 424)**.

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Medicinewise
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MEDICINEWISE**
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