

Why Self-Medication Is More Dangerous Than You Think

Headache? Fever? Tooth pain?

It's tempting to just grab a pill and move on. No doctor, no waiting, quick relief.

But self-medication isn't as harmless as it seems.

You might treat the symptom, not the cause

That recurring toothache you're ignoring? It could be an infection. Painkillers only mask it—while the real problem gets worse.

Wrong drug, wrong dose

Taking medicines like Ibuprofen or Paracetamol without guidance can lead to overdose, stomach issues, or even liver damage.

Antibiotic misuse = resistance

Stopping antibiotics midway or taking them unnecessarily makes bacteria stronger—and harder to treat in the future.

Drug interactions are real

Mixing medications without knowing their interactions can reduce effectiveness—or worse, cause serious side effects.

You delay proper diagnosis

Temporary relief can make you ignore symptoms until the condition becomes severe.

The truth?

Self-medication feels like control—but it often leads to bigger health risks.

Listen to your body, but don't play doctor.

When in doubt, consult a professional. Your health deserves more than guesswork.

