

Most patients accept to take some medications without consulting a doctor, because they believe that there are some health problems that can be recovered from without medical review, such as getting a cold group spread in pharmacies to treat the common colds, without realizing that this habit may put them at risk of serious complications. When taking drugs randomly, the side effects of these drugs are more likely to be infected, which are "vomiting, dizziness, headache, and bleeding in the gastrointestinal tract," for example, when taking allergy-treated antihistamines may feel a lack of balance and a strong desire for drowsiness. Also, drugs may interact with each other when taken at the same time, which threatens public health with some damage, for example, if a person takes an analgesic drug – such as ibuprofen – with an anti-inflammatory drug, it can harm the health of the kidneys or liver, because they contain the same active substances. The risks of drugs interacting with each other are not limited to harming the health of the patient, but some drugs may lose their effectiveness when taken with other drugs, for example, decongest relief drugs raise blood pressure, which contradicts drugs intended to reduce pressure. Some people suffer from allergies to the compounds found in some drugs, and therefore a doctor should be consulted to prescribe the appropriate medicine that is free of these compounds, so that the symptoms of allergies represented in the form of "skin infections, itching, high body temperature, and breathing problems do not worsen."