



Homework 2

Over the Counter Medication and Supplies/PHAR437

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Please read the attached file with 2 cases. for each case write below

1: your recommendation and why do you recommend that?

2: the most possible cause of the patients presentation

Case 1

- Linda Bailey is a young woman aged about 26 years, who asks your
- advice about painful periods. From your questioning, you find that
- Linda has lower abdominal pain and sometimes backache, which starts
- several days before her period begins. Her menstrual cycle used to be
- very regular, but now tends to vary; sometimes she has only 3 weeks
- between periods. The pain continues throughout menstruation and is
- quite severe. She has tried taking *aspirin*, which did not have much
- effect.

1- My Recommendation for the patient

First of all, I hope you are Ok, and will be fine.

From your Information I suggest you to visit a gynecologist (Doctor of women) to understand what causes of this pain and about the Irregular Period, you can take Ibuprofen until you visit Doctor.

Because the period change from Regular to Irregular, and the degree and onset of Pain.

2- The Most Possible Causes:-

It is a secondary Dysmenorrhea, may be have an infection in the pelvic or the style of life.

Case 2

- Jenny Simmonds is a young woman aged about 18 years who looks
- rather embarrassed and asks you what would be the best thing for
- period pains. Jenny tells you that she started her periods about 5 years ago and has never had any problem with period pains until recently.
- Her periods are regular – every 4 weeks. They have not become heavier,
- but she now gets pain, which starts a few hours before her period.
- The pain is usually gone by the end of the first day of menstruation
- and Jenny has never had any pain during other parts of the
- cycle. She says she has not tried any medicine yet, is not taking any
- medicines from the doctor and can normally take *aspirin* without any
- problems.

1- My Recommendation for the patient

First of all, I hope you are Ok, and will be fine.

From your Information I suggest to take NSAID, like Ibuprofen or Declofenacm. However if the pain not relief by the medicine, we can change it to another medicine.

Because the onset of pain, and she does not use any medicine in the past.

2- The Most Possible Causes:-

From the information it is certain a Primary Dysmenorrhea.