

PE1651/III

Annette Mckenzie submission of 8 January 2018

In this submission, I want to explain my concerns specifically about Propanolol, how it is used and prescribed with very little information provided about the very serious risks and the very high rates of this type of medicine being used to overdose. These rates are higher than I think people are aware, and there are serious questions about whether the use of Propanolol is the right course of action, particularly for young people like my daughter.

I was informed by the GMC that it was very uncommon to indeed take one's life with Propanol this indeed is not the case the facts out there speak for themselves therefore giving pills such as propanol to a child because I believe 16 years old is still a child is not the right thing to do. In fact to no person under the age of 18. This medication is very strong and only should be provided to people who do have medical heart problems and whom fully understand the risks this medication can cause. The side effects were noticeably there with my daughter but not being aware she was on any kind of medication I missed them all and put them down to lazy teenager something I will forever feel guilty for. My Dr provided myself with diazepam 2mg to take two 3-4 times a day currently I'm on 40, 2mg Dizapem tablets a week (that's 160 a month it can sometimes be more if I run out I get my prescription early as well as a sleeping tablet of 40 mg. I have tried a number of times to stop taking my medication even my Dr tried to cut it down but the reality is that I now need these for everyday life even to get out of bed to face another day I trusted my dr's advice but I now believe I did not need to be given pills to make me "forget" It's now to late I am addicted and I have tried to withdrawal from them and I am a angry panicky mess without them my mind thinks the worlds against me I swear I can't do anything it's like I can't function without taking them. These pills should only be used as a short term use because of how additive they are yet I have been on them since July 7th 2016 my memory is affected (as the committee did see in my face to face submissions or themselves) I can't do the simplest things like make a cup of tea or make dinner as I have burnt myself a number of times my grip my eyesight is affected they have made me unable to do everyday things in life that I should be able to but what can I do I need them now and I probably will all my life. I certainly wasn't aware of the side effects or the amount I would depend on them. These medicines were taken in good faith, trusting the doctors' professional expertise, and then consequently found to have caused unexpected serious harm to my health my life to be blunt also my partner and my other two children's life's. There is no help there to help me withdraw from these tablets there is no follow up appointment with me I simply collect my prescription from my Drs every two weeks (the same as 100's of others) That is now my life I see no future for me to work, I am now a burden to my family, my patenter he can't go out and work like he use to do, this is because the medication makes me forgetful, unbalanced and the simplest tasks are so difficult for me to do. The petition I am currently doing myself I feel even more strongly on than ever now having the sad reality of having to take medication and seeing and feeling the effects to not only me but my family, how someone under the age of 18 can cope with this imbalance alone is scary I'm a women of 36 years old and if my family didn't know I was on medication they would think I was losing my mind not to mention the dark thoughts I fight every day that I believe the medication makes it worse, how is a

child to overcome these impulses? We need help to get off these medication and measures put In place to make sure we are giving it correctly to people who do need it and not to people who do not need it, we have to remember what we are giving out is highly addictive and should only be given when all other avenues have been sought not as a first measure. I mean to try and get a anti biotic is so hard yet to get given anti-depressants or anti-anxiety medication seems so easy. Why is this? Why have we become a nation of take this pill it will make you smile again, when the dark truth is these pills will make you feel worse before anything and are you strong enough to fight the dark thoughts that come while taking this? My comment take these pills they will make you smile again came from a 14 year old child who contacted me and this was how she felt when see as given the pills. I hope the committee can find my submission of some help with the petition in question and I would be happy to provide further submissions in relation to this petition if needed in the future.