

# **When more isn't better!**

## ***The Hidden Cost of Overprescribing***



**We live in an era of abundance, where more is often perceived as better. This mindset has subtly influenced healthcare,** where common illnesses like viral infections are increasingly treated with multiple, often unnecessary, medications.

**Overprescription is driven by several factors.** Time constraints in busy clinical settings can limit meaningful conversations about the natural course of self-limiting illnesses. At the same time, perceived patient expectations and defensive medical practices may push clinicians toward prescribing “just in case,” rather than adopting a more thoughtful, evidence-based approach.

However, the consequences are significant. **World Health Organization in 2025 identified the misuse and overuse of antibiotics as a major driver of antimicrobial resistance**—a growing global health threat. In addition, overprescribing increases the risk of side effects, healthcare costs, and reinforces the misconception that every illness requires medication.

**The solution lies in balance. Patient education is key**—helping individuals understand their illness, expected recovery, and warning signs that require review. Equally important are system-level measures such as adherence to evidence-based guidelines, regular clinical audits, and collaborative efforts between healthcare providers and policymakers.

**Good medicine is not about prescribing more but prescribing wisely.** If we fail to act now, we risk a future where even simple infections become difficult to treat.

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