



CONCLUSIONS AND RECOMMENDATIONS OF SELF MEDICATION EXECUTIVE FORUM  
IN BALI INDONESIA - ORGANIZED BY GPFI-JSMI-WSMI

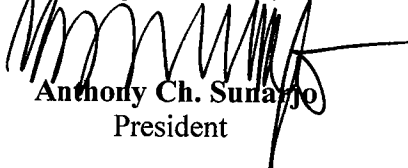
## DECLARATION ON SELF-CARE AND SELF-MEDICATION 2006

The participants of SELF MEDICATION FORUM declare that

1. The companies which are the member of GPFI-JSMI-WSMI are committed to provide non-prescription medicines, the quality, safety and efficacy of which are guaranteed through the granting of marketing authorizations or other legally recognised procedures, operating through regulatory authorities in individual countries.
2. Responsible self-medication is the treatment of common health problems with medicines especially designed and labelled for use without medical supervision and approved as safe and effective for such use. Self-medication is a widely practiced component of self-care. The challenge and opportunity for government authorities, healthcare professionals, and providers of self-medication products, is to have an appropriate framework in place for responsible self-medication.
3. The switching of medicinal products from sale on prescription only to non-prescription (over-the-counter, or OTC) sale is of great current interest in many countries. Drug regulatory and health authorities have to consider the types of medicinal products for which switching is appropriate, safe and rational in the interest of public health.
4. A country which fully encouraged self-care can expect to have a healthier population and be able to redeploy scarce resources in health in priority areas. The opportunity is to develop self-care as a fundamental core asset in health, not as a peripheral detail. Even (and perhaps especially) in the most resource-poor settings, self-care should play a major role.
5. Advertising is helpful in informing people about medicines that are available without prescription. It should always be responsible and should not discourage the individual from seeking advice from a pharmacist or physician.

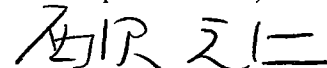
**GP Farmasi Indonesia**

Dated: September 16-17, 2006

  
Anthony Ch. Surajjo  
President

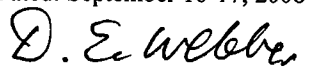
**JSMI**

Dated: September 16-17, 2006

  
Motohito Nishizawa  
Managing Director

**WSMI**

Dated: September 16-17, 2006

  
Dr David Webber  
Director General