

# Section 3: Health Care & Remedies

2007 Product Questionnaire (82-9 to 82-15)



## Cosmetic facial treatments

*types:* chemical peel, cosmetic dental surgery, dermabrasion, injectable (Botox, Collagen, Restylane<sup>1</sup>, Juvederm<sup>1</sup>), laser resurfacing, non-surgical face lift<sup>1</sup>

## Eyewear

Contact lens cleaning solutions

# times used

Eyewear

*types:* prescription eyeglasses, bi-focals, contact lenses, disposable contact lenses, prescription sunglasses, non-prescription sunglasses

\$ spent on last pair

where bought (*Appendix A*)

## Health Care Products

Adhesive bandages

# times used

*types:* clear, fabric, fast acting, foam, liquid, medicated, plastic, polysporin, silver, spray, waterproof

**brands**

Eye drops

# times used

*types:* non-prescription, prescription

**brands**

First aid creams/ointments

# times used

*types:* cream, ointment

**brands**

## Medical Conditions/Prescription Remedies

*kinds:* anti-arthritics, anti-asthmatics, anti-cholesterol, anti-depressants, anti-hypertensives, prescription painkillers

*conditions:* arthritis, asthma, chronic excessive sweating, depression, diabetes, erectile difficulties, heart attack<sup>1</sup>, high blood pressure, high cholesterol, incontinence, overactive bladder, stroke<sup>1</sup>, ulcer

**brands**

## Pain relievers

Arthritis/rheumatism

# times used

**brands**

Back Pain

# times used

**brands**

Headaches

# times used

*types:* caplets, capsules, creams, gelpcaps, liqigels, tablets

*kinds:* with codeine, without codeine

**brands**

Muscle, body pain

# times used

**brands**

(continued)

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## Vitamins, Minerals, Herbal Supplements

# taken per day

*Vitamins & Minerals:*

vitamin: A or D, B, C, E, folic acid, calcium, calcium magnesium, coenzyme Q10, glucosamine or chondroitin sulfate, iron

### Multi Vitamins

*taken:* daily, every other day, once a week, less often

#### brands

*Herbal supplements:*

chamomile, don quai, echinacea, evening primrose oil, flax seed oil, garlic, ginko biloba, ginseng, kava kava, lecithin/omega (essential), omega 3/fish oil<sup>1</sup>, plant sterols<sup>1</sup>, saw palmetto, St. John's Wort

## Personal Products

Condoms, contraceptives

*types:* condoms (*regular<sup>1</sup>, textured<sup>1</sup>, thin/sensitive<sup>1</sup>, flavours,/colours<sup>1</sup>, non-latex<sup>1</sup>*), spermicidal foams/creams/jellies, birth control pills

#### brands

Diet control/weight management

*reasons:* blood sugar level, cholesterol level, lactose intolerance, maintain weight, physical fitness, regularity, salt restriction, weight gain<sup>1</sup>, weight loss

*treatments:* diet pills, exercise, lactose intolerance medication, meal replacements, monitor diet, nutritionist, weight control centre

*method/brands*

Health care visits

*types:* acupuncturist, aromatherapy, chiropractor, cosmetic surgeon, GP/ family physician, homeopathy, massage therapy, naturopathy, osteopath, physiotherapist

Home health care products

hearing aid, prosthetic device, supports and braces, walker, wheelchair

Incontinence products

#### brands

Insect repellents

# containers

Smoking Cessation Products

personally used

Sunburn/After sun products

# times used

*types:* cream, gel, spray

Suntan, sunscreen products

# times used

*types:* SPF 1-14, 15, 16-35, 35+

kinds: suntan oil, sunscreen, self tanner

#### brands

## Remedies

Allergy and sinus remedies

# times used

*kinds:* caplets, capsules, gelcaps, instant dissolve strips<sup>1</sup>, liquid, nose strips, tablets

*used for:* allergy (skin, food, other)<sup>1</sup> sinus

#### brands

(continued)

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### Anti-nauseant/motion sickness remedies

# times used

*types:* chewable tablet, liquid, long acting caplet, natural/herbal products<sup>1</sup>, natural source ginger<sup>1</sup>, soft gels<sup>1</sup>, suppositories<sup>1</sup>, swallowable tablet

*used for:* flu nausea, general nausea, motion/travel sickness

#### **brands**

### Cold remedies

# times used

*kinds:* caplets, capsules, gelcaps, instant dissolve strips<sup>1</sup>, liquid, powders, rubs, tablets

#### **brands**

### Cough drops

# times used

*used for:* allergy, cough, sore throat, stuffy nose

#### **brands**

### Cough syrup

# times used

#### **brands**

### Diarrhea remedies

# times used

*types:* liquid, pill

### Hemorrhoid remedies

# times used

#### **brands**

### Laxatives

# times used

### Medicated throat remedies

# times used

*kinds:* lozenges, spray

### Non-prescription products for preventing heart attack/stroke

how often used

#### **brands**

### Topical pain relievers

# times used

*forms<sup>1</sup>:* rubs, microwave/freezer compress, patch, wraps/sleeve

*kinds<sup>1</sup>:* hot, cold, combination

*types<sup>1</sup>:* natural sourced remedy<sup>1</sup>, no odour,

strengths - regular - ultra/extra

#### **brands**

### Sleeping tablets

# times used

### Upset stomach remedies

# times used

*types:* chewable tablet, effervescent, liquid, pill/caplet, softgel capsules, soft chews<sup>1</sup>

*used for:* acid indigestion, acid reflux, calcium supplement, gas/bloating, heartburn, upset stomach

#### **brands**