

Section 3: Health Care & Remedies

2009 Product Questionnaire (82-9 to 82-15)



Cotton swabs

times used

Cosmetic facial treatments

types: chemical peel, cosmetic dental surgery, dermabrasion, injectable fillers, (Botox, Collagen, Restylane, Juvederm), laser resurfacing, non-surgical face lift

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, 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-migraine, anti-arthritics, anti-asthmatics, anti-cholesterol, anti-depressants, anti-hypertensives, oral contraceptives, prescription painkillers

conditions: arthritis, asthma, chronic excessive sweating, decreased female sexual desire, depression, diabetes, erectile difficulties, floromyalgia, heart attack, high blood pressure, high cholesterol, incontinence, insomnia, irritable bowel syndrome, migraine, overactive bladder, stroke, ulcer, ulcerative colitis

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)

1 = new data

(included on the PMB 2010 2-year Readership Database and PMB 2010 1-year Product Database)

new brands are included on the PMB 2010 1-year Product Database

Section 3: Health Care & Remedies

2009 Product Questionnaire (82-9 to 82-15)



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, plant sterols, saw palmetto, St. John's Wort

Personal Products

Condoms, contraceptives

types: condoms (*regular, textured, thin/sensitive, flavours, colours, non-latex*), 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, 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, dentist¹, 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, liquid, nasal strips, tablets

used for: allergy (skin, food, other) sinus

brands

(continued)

1 = new data

(included on the PMB 2010 2-year Readership Database and PMB 2010 1-year Product Database)

new brands are included on the PMB 2010 1-year Product Database

Section 3: Health Care & Remedies

2009 Product Questionnaire (82-9 to 82-15)



Anti-nauseant/motion sickness remedies

times used

types: chewable tablet, liquid, long acting caplet, natural/herbal products, natural source ginger, soft gels, suppositories, swallowable tablet, transdermal patch

used for: flu nausea, general, migraine, nausea, motion/travel sickness, sleep aid

brands

Cold remedies

times used

kinds: caplets, capsules, gels, instant dissolve strips, liquid, powders, rubs, tablets

brands

Cough drops

times used

used for: allergy, cough, preventing a cold, sore throat, stuffy nose

brands

Cough syrup

times used

brands

Diarrhea remedies

times used

types: liquid, pill

Hemorrhoid remedies

times used

Laxatives

times used

kinds: chewable tablets, liquids, natural bulk fibre, pills

brands

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: rubs, microwave/freezer compress, patch, wraps/sleeve

kinds: hot, cold, combination

types: natural sourced remedy, 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, thin strips

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

brands

1 = new data

(included on the PMB 2010 2-year Readership Database and PMB 2010 1-year Product Database)

new brands are included on the PMB 2010 1-year Product Database