

HOW CAN TAKING PRESCRIPTION MEDICATIONS BE DANGEROUS?

ABUSING PRESCRIPTION DRUGS IS DANGEROUS—SOME MAY ARGUE EVEN MORE SO THAN ILLICIT DRUGS. THEIR CONCENTRATION IS PURE AND STRONG AND THEY ALSO TEND TO BE INEXPENSIVE AND ACCESSIBLE. THESE CHARACTERISTICS MAKE THIS FORM OF SUBSTANCE ABUSE PARTICULARLY DISTURBING. THE REALITY IS THAT PRESCRIPTION DRUG ABUSE IS A CHALLENGE THAT COMMUNITIES HAVE BATTLED FOR DECADES. HOWEVER, THERE IS A SENSE THAT COMMUNITIES ARE RECEIVING ADDITIONAL WAKE-UP CALLS THAT REQUIRE ACTION.

1. THE MEDICATIONS OR DRUGS THAT WE REFER TO AS PRESCRIPTION MEDICATIONS, WERE PRESCRIBED BY A LICENSED PHYSICIAN FOR A PATIENT EXAMINED BY AND DIAGNOSED BY THAT PHYSICIAN. THEY WERE PRESCRIBED ONLY FOR THAT PERSON.
2. TAKING MEDICATION PAST ITS EXPIRATION DATE MAY NOT HAVE THE DESIRED EFFECT PRESCRIBED FOR YOUR BODY.
3. THE MEDICATION MIGHT HAVE A NEGATIVE REACTION FROM A DIFFERENT PERSON WHO THE PHYSICIAN HAS NOT EXAMINED.
4. TAKING MORE (OR LESS) OF A PRESCRIPTION THAN PRESCRIBED MAY HAVE A NEGATIVE EFFECT ON THE USER.
5. MEDICATIONS MAY HAVE DIFFERENT EFFECTS WHEN TAKING OTHER MEDICATIONS SO YOU MUST INFORM YOUR PHYSICIAN OF ANY OTHER MEDICATIONS YOU ARE CURRENTLY TAKING BEFORE A NEW MEDICATION IS PRESCRIBED FOR YOU BY YOUR PHYSICIAN.
6. TAKING MEDICATIONS WITH ALCOHOL WILL ALTER THE PRESCRIBED RESULT OF THE MEDICATION.
7. WHEN TAKING MEDICATIONS IT IS OFTEN RECOMMENDED NOT TO OPERATE A MOTOR VEHICLE OR MACHINERY SINCE THE MEDICATION MAY ALTER YOUR SENSES AND SLOW YOUR REACTIONS .

COALITION FOR A SAFE AND DRUG-FREE CLAY COUNTY

THE MISSION OF THE COALITION FOR A SAFE AND DRUG-FREE CLAY COUNTY IS TO SUPPORT AN OVERALL SAFE COMMUNITY BY PROVIDING INFORMATION AND EDUCATION TO CHILDREN AND FAMILIES FOR THE PREVENTION OF SUBSTANCE ABUSE, PROMOTION OF SAFE CHOICES, AND THE REDUCTION OF UNSAFE CONDITIONS.



Mission Statement

Hayesville First United Methodist Church is a spiritually empowered Community equipping people, sharing gifts and caring with Jesus for the Church and the world.

This brochure sponsored by:

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PRESCRIPTION
DRUG
ABUSE



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ARE MEDICATIONS (DRUGS) PRESCRIBED BY YOUR DOCTOR SAFE?

PRESCRIPTION DRUG ABUSE: A GROWING PROBLEM REPORTS CADCA

"UNFORTUNATELY, AMERICANS ARE MISUSING AND ABUSING PRESCRIPTION DRUGS," STATES COMMUNITY ANTI-DRUG COALITIONS OF AMERICA (CADCA) CHAIRMAN AND CEO GENERAL ARTHUR T. DEAN. "BECAUSE IT IS NOT AN ISSUE THAT IS WIDELY DISCUSSED, CADCA IS TAKING A PROACTIVE ROLE, HELPING COMMUNITY COALITIONS TO RAISE AWARENESS AND DEAL WITH THIS GROWING PROBLEM."



RECENT REPORTS SHOW THAT PRESCRIPTION DRUG ABUSE ACCOUNTS FOR ABOUT A THIRD OF ALL DRUG ABUSE IN THE U.S. IN 1999, AN ESTIMATED NINE MILLION PEOPLE 12 YEARS AND OVER USING PRESCRIPTION DRUGS NON-MEDICALLY.

THE MOST COMMONLY USED AND ABUSED PRESCRIPTION DRUGS:

1. OPIOIDS: OXYCODONE (OXYCONTIN), HYDROCODONE (VICODIN), AND MEPERIDINE (DEMEROL) ARE USED TO TREAT PAIN OR RELIEVE COUGHS OR DIARRHEA. OPIOIDS ATTACH TO OPIOID RECEPTORS IN THE CENTRAL NERVOUS SYSTEM (THE BRAIN AND THE SPINAL CORD), PREVENTING THE BRAIN FROM RECEIVING PAIN MESSAGES.

2. CENTRAL NERVOUS SYSTEM (CNS) DEPRESSANTS: PENTOBARBITAL SODIUM (NEMBUTAL), DIAZEPAM (VALIUM), AND ALPRAZOLAM (XANAX) ARE USED TO TREAT ANXIETY, TENSION, PANIC ATTACKS, AND SLEEP DISORDERS. CNS DEPRESSANTS SLOW DOWN BRAIN ACTIVITY BY INCREASING THE ACTIVITY OF A NEUROTRANSMITTER CALLED GABA. THE RESULT IS A DROWSY OR CALMING EFFECT.

3. STIMULANTS: METHYLPHENIDATE (RITALIN) AND AMPHETAMINE/DEXTRAMPHETAMINE (ADDERALL) CAN BE USED TO TREAT NARCOLEPSY AND ADHD. STIMULANTS INCREASE BRAIN ACTIVITY, RESULTING IN GREATER ALERTNESS, ATTENTION, AND ENERGY.

SAMHSA SURVEY SHOWS PRESCRIPTION DRUG ABUSE UP!

WHILE THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)'S 2006 NATIONAL SURVEY ON DRUG USE AND HEALTH BROUGHT GOOD NEWS SHOWING ILLICIT DRUG ABUSE AMONG 12 TO 17 YEAR OLDS CONTINUES ON A DOWNWARD TREND, THESE GAINS WERE OVERSHADOWED BY THE INCREASE IN PRESCRIPTION DRUG ABUSE AMONG YOUTH. FINDINGS WERE RELEASED IN WASHINGTON, D.C. TO KICK OFF NATIONAL ALCOHOL & DRUG ADDICTION RECOVERY MONTH. THE RATE OF ADOLESCENTS AGES 12 TO 17



ACKNOWLEDGING DRUG USE IN THE PAST MONTH DROPPED FROM 11.6 PERCENT IN 2002 TO 9.8 PERCENT IN 2006. AMONG 18 TO 25 YEAR OLDS, HOWEVER, PRESCRIPTION DRUG MISUSE JUMPED 19 PERCENT BETWEEN 2002 AND 2006, DUE LARGELY TO AN INCREASE IN THE NONMEDICAL USE OF PAIN RELIEVERS.

"THE ABUSE OF PRESCRIPTION DRUGS FOR NONMEDICAL REASONS IS OF INCREASING CONCERN," SAID FORMER SAMHSA ADMINISTRATOR TERRY CLINE PH.D. "THESE ARE POTENT DRUGS THAT CAN HAVE SERIOUS AND LIFE THREATENING CONSEQUENCES IF MISUSED. PARENTS, IN PARTICULAR, NEED TO BE AWARE OF THIS PROBLEM AND TAKE STEPS TO PREVENT THESE MEDICATIONS FROM FALLING INTO THE WRONG HANDS."



OFFICIALS SAID THE SOLUTION TO PRESCRIPTION DRUG ABUSE NEEDS TO BEGIN IN THE HOME. MOST PEOPLE WHO ABUSE PRESCRIPTION DRUGS SAY THAT THEY ARE NOT GETTING THEM FROM DRUG DEALERS; THEY'RE GETTING THEM FROM THE FAMILY MEDICINE CABINET. WE HAVE THE POWER TO STOP THIS AND IT BEGINS IN OUR HOMES.

SO WHAT SHOULD YOU DO?

- TAKE YOUR LEFT OVER PRESCRIPTION MEDICATIONS TO YOUR PHARMACY TO BE PROPERLY DISPOSED OF.
- DO YOU SOMETIMES FEEL YOU NEED TO TAKE YOUR PRESCRIPTION MEDICATIONS JUST TO "GET GOING" OR "CALM DOWN?" MAYBE YOU SHOULD CONSULT YOUR PHYSICIAN.
- DO NOT EVER GIVE YOUR PRESCRIPTION MEDICATION TO ANOTHER PERSON BECAUSE YOU THINK THEY ARE DISPLAYING THE SAME SYMPTOMS FOR WHICH YOUR DOCTOR PRESCRIBED THOSE MEDICATIONS. YOU ARE NOT THE DOCTOR. LET THE DOCTOR MAKE THAT DECISION FOR OTHERS...NOT YOU.
- KEEP ALL MEDICATIONS, PRESCRIPTIONS AND NON-PRESCRIPTIONS, OUT OF THE REACH OF CHILDREN. BETTER YET, FIND A PLACE WHERE MEDICATIONS CAN BE LOCKED UP.
- ENSURE THAT YOUR SCHOOL-AGED CHILDREN UNDERSTAND THE RULES ABOUT THE USE OF PRESCRIPTION DRUGS IN SCHOOL: "STUDENTS ARE NOT ALLOWED TO SELF-MEDICATE. THE SCHOOL NURSE MUST ADMINISTER ALL MEDICATIONS. STUDENTS CAUGHT SELF-MEDICATING WILL BE SUSPENDED. STUDENTS CAUGHT GIVING MEDICATION TO OTHERS WILL BE EXPELLED. TAKING OVER-THE-COUNTER MEDICATIONS IN SCHOOL IS RESTRICTED."
- SPREAD THE WORD THAT, "ABUSING PRESCRIPTION DRUGS CAN RUIN YOUR LIFE—PARTICULARLY WHEN YOU ARE YOUNG AND YOUR BODY IS GROWING." ANOTHER MESSAGE IDEA IS, "PRESCRIPTION DRUG ABUSE IS DRUG ABUSE!"
- DISSEMINATE INFORMATION TO OLDER ADULTS, LIKE PRESCRIPTION DIARIES THAT ALLOW INDIVIDUALS TO LIST THE MEDICATIONS THEY ARE TAKING, EASY-TO-READ, COMPREHENSIVE BOOKLETS ON HOW TO TAKE PRESCRIPTION DRUGS WISELY, AND TIPS FOR KEEPING MEDICATIONS SECURE.

