



Prescription Drug Awareness



Increasing Threat of Prescription Drug Abuse and Accidental Death Worldwide

- The United States has the most significant problem with prescription drug misuse, but the rest of the world is not far behind.
- According to the International Narcotics Control Board (INCB), prescription drugs, as a category, moved up to second on the list of the most abused and trafficked types of drugs in the world.
- Women are more likely to be vulnerable to prescription drug abuse because they are more likely than men to suffer from depression, anxiety, trauma, and victimization.
- Drug overdose is the top cause of drug-related deaths in the world
 - Opioids are the top drug type associated with those deaths, according to the United Nations Office on Drug and Crime. The World Health Organization (WHO) estimated that 16.37 million people used opioids in 2012.

Common Prescription Drugs and Their Generic and Brand Names

- Benzodiazepines: (anxiety, tranquilizers)
 - Alprazolam (Xanax)
 - Diazepam (Valium)
 - Ximovan (Zopiclon)
 - Flunitrazepam (Rohypnol)
 - Clonazepam (Klonopin)
- Opioids: (pain killers)
 - Fentanyl (Duragesic, Durogesic, Abstral)
 - Hydrocodone (Hysingla ER, Zohydro ER)
 - Hydrocodone/Acetaminophen (Lorcet, Lortab, Norco, Vicodin)
 - Oxycodone (Oxigesic, OxyContin, Roxicodone)
- Muscle Relaxants: (pain, muscle spasms)
 - Cyclobenzaprine (Flexeril)
 - Methocarbamol (Robaxin)
 - Tetrazepam (Musaril)
- Stimulants: (ADHD, narcolepsy)
 - Amphetamines (Dexedrine, Dextroamphetamine)
 - Methylphenidate (Ritalin, Concerta)
 - Mixed Salts Amphetamine (Badesalze, Adderall)



Key Factors for Prescription Medication

When drugs are prescribed, many factors are considered. They are prescribed for a particular individual with consideration for:

- Personal, medical and family history:
 - Weight
 - Age
 - Lifestyle
 - Current medical conditions
 - Family history of disease
- Drug factors:
 - Dose
 - Drug administration
 - Order in which medications are taken
- Reading the labels and drug interactions:
 - Understanding the potential side effects
 - Interactions with other drugs, food and alcohol



Prescription Drug Interactions

The label includes important information about possible drug interactions. Drug labels may change as new information becomes known.

It's important to read the label every time you use a prescription drug.

- Drug-Drug Interaction:

- Reaction between two or more drugs (prescribed and/or over-the-counter)
 - Opioid and Benzodiazepine combination is responsible for 30% of pain killer overdose deaths

- Drug-Alcohol Interaction:

- Reaction between drug and alcohol
 - Can cause medications to be ineffective
 - Can enhance risks associated with medications
 - Older populations are at higher risk because of slower metabolism

- Drug-Food Interaction:

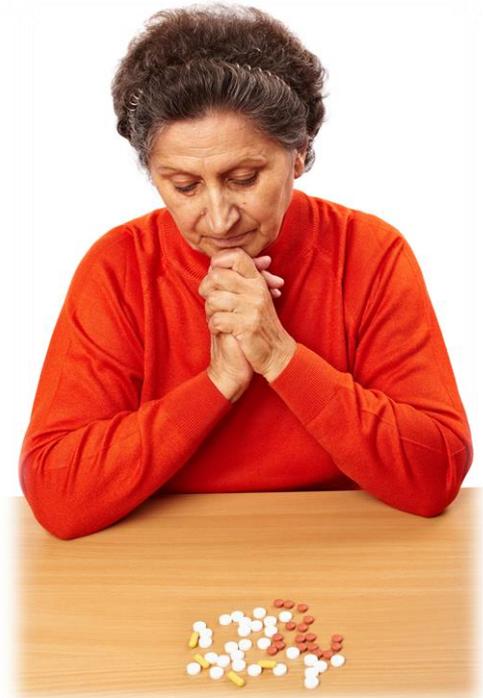
- Reaction between food and drug
 - Certain foods that are high in specific vitamins can overpower medication
 - Grape juice and statins cause the drug to stay in system longer (increase risk of liver damage)
 - Too much vitamin K can cause blood thinners to stop working (important for stroke and heart attack)



How to Spot Drug Abuse

Signs of Drug Abuse or Misuse can Include:

- Pain Killers/ Muscle Relaxants:
 - Memory loss
 - Slurred speech
 - Coordination may be off
 - Dilated pupils
 - Person may be depressed, tired, aggressive, agitated, paranoid or suicidal
- Anxiety Drugs:
 - Drowsy
 - Unnaturally relaxed
 - Slurred speech
- ADHD Drugs:
 - Withdrawal from family and friends
 - Delusions
 - Extreme anxiety
 - Fast speech



*If you see something,
say something!*

How are These Drugs Accessed?

How are people accessing painkillers for non-medical use?
According to the CDC, they are:

- Given by a friend or relative for free
- Prescribed by ≥ 1 physician
- Bought from a friend or relative
- Bought from a drug dealer or other stranger
- Stolen from a friend or relative



[Source: Centers for Disease Control](#)

Prescription Drugs and Safety

- Be mindful of on and off the job safety when using prescription drugs
- Certain prescription drugs can seriously impact your safety when driving, working and at home
- Consult with your physician on the potential hazards of the work environment
- Follow the do's and don'ts of prescription drug usage

Prescription Drug “DOs and DON'Ts”

- *5 Drug DOs...*
 - DO take each medication exactly as it has been prescribed
 - DO make sure that all your doctors know about all of your medications
 - DO let your doctors know about any over-the-counter medications, vitamins and supplements, or herbs that you use
 - DO try to use the same pharmacy to fill all your prescriptions, so that they can help you keep track of everything you're taking
 - DO keep medications out of the reach of children and pets
- *5 Drug DON'Ts...*
 - DON'T change your medication dose or schedule without talking with your doctor
 - DON'T use medication prescribed for someone else or share yours with others
 - DON'T crush or break pills unless your doctor instructs you to do so
 - DON'T store your medications in locations that are humid, too hot or too cold. For example, the bathroom cabinet may not be the best place for your medication
 - DON'T use medications to cure your psychological problems on your own

Healthy Living – It's In Your Hands

Don't be a statistic;
use your prescription/s as directed!



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