



# KNOWLEDGE IS THE KEY

get the facts on

## MEDICATION ABUSE

Over the counter and prescription medications are powerful. When used correctly, they can be helpful for some patients, but when used incorrectly, they can be deadly.

Someone is abusing medicines if they take a medication that was prescribed for someone else or in a way not prescribed by a doctor.

### Commonly abused medications:

**PRESCRIPTION PAIN RELIEVERS** such as Vicodin, Lortab, and Oxycontin.

**STIMULANT MEDICATIONS** such as Adderall and Ritalin.

**COUGH AND COLD MEDICATIONS** that contain dextromethorphan, pseudoephedrine, or codeine.

**CAFFEINE MEDICINES AND ENERGY DRINKS**

**DIET PILLS/LAXATIVES** In high doses, diet pills can give a "buzz". Some teens use these and laxatives in an effort to lose weight. Often, they can signify an underlying eating disorder.

### Steps to Prevent Medication Abuse at Home:

- Most young people obtain these medications from home medicine cabinets. Secure, monitor, and dispose of medications properly.
- Contact your local police department or pharmacy for take-back disposal options in your area.
- If a take-back location is not available and you must dispose of meds at home, crush them up and dispose of them in an undesirable substance-like coffee grounds or kitty litter and then throw them in the trash. Additionally, there are products you can purchase that can aid in safe home disposal. <http://deterrasystem.com>
- Flushing medicine is NOT advised. It contaminates the water and creates an environmental hazard.

**Resource:** DrugFacts: Prescription and Over-the-Counter Medications  
<https://goo.gl/7Km1tI>