Today more than ever, young people are buying their highs legally in the form of over the counter (OTC) drugs. But just because these drugs are legal doesn't mean that they're not dangerous. OTC medications carry just as many hazards as illegal and prescription drugs.

TYPES OF ABUSED OTC DRUGS:



P16367 12/99

PAINKILLERS

Extra Strength

of children and adolescents use OTC painkillers too frequently.



of 12th graders report having used OTC diet pills.

PAINKILLERS

These drugs activate the opioid receptors in the brain, helping toblockpain. In large quantities, these drugs can cause feelings of euphoria. And if mixed with alcohol or allergy medications, they may shut down the lungs.



72 Caplets

DIET PILLS

These types of medications may be diuretics or laxatives. They may also include stimulants, which may increase energy. Taking large doses of diet pills results in a "buzzed" feeling.



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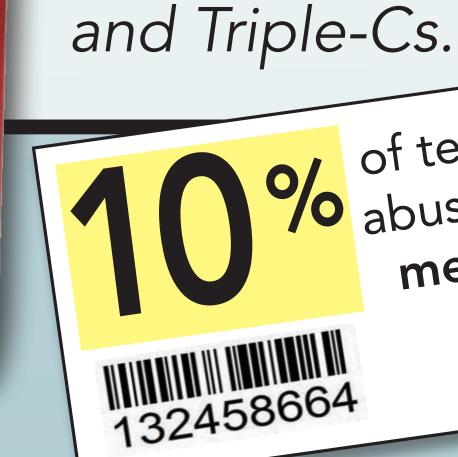
OTC

MOST FREQUENTLY ABUSED!

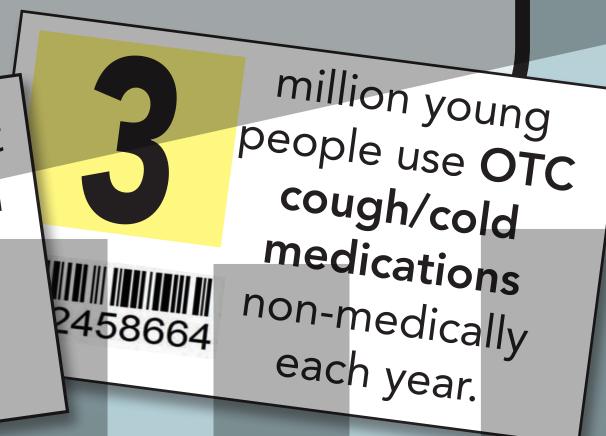
of adults take more than the recommended dose.

COUGH MEDICINE

These medicines are the most frequently abused; they include the ingredient Dextromethorphan (DXM). While DXM is effective at suppressing coughs, it is also a hallucinogenic narcotic. It's found in a number of OTC medications and can be obtained in liquid, pill, or powder form. DXM is also known as Dex, Orange Crush, Skittles, Robo-tripping, Cough Medicine



% of teens report abusing cough medicine to get high.



MOTION SICKNESS MEDICINE

These drugs contain antihistamines that, when taken in large quantities, lead to hallucinations.

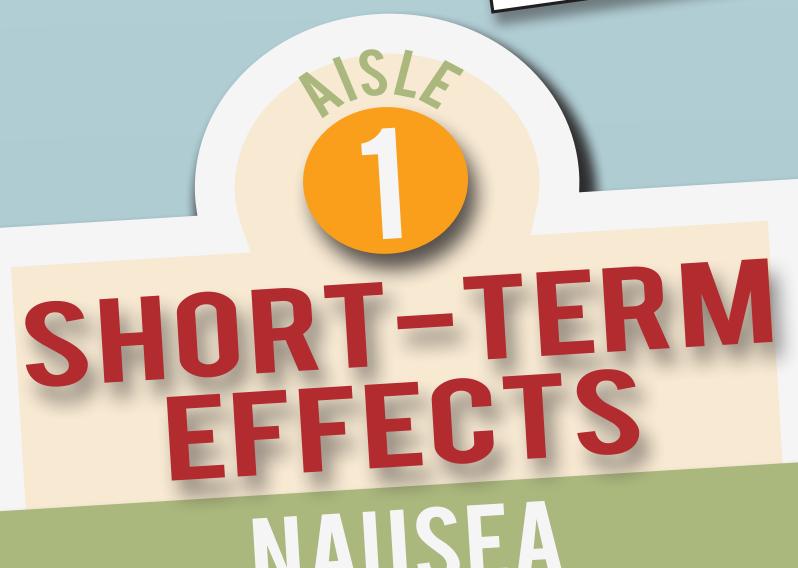
Motion Sickness MEDICINE

Fast Acting Motion Sickness Relief

For Children and Adults

OVER-THE-COUNTER

Abuse of OTC medicines is most common among teens between 132458664 132458664



NAUSEA VOMITING TEMPORARY AMNESIA MOOD CHANGES HALLUCINATIONS ANXIETY

Signs of OTC Drug Apuse

- Withdrawing From Friends and Family
- Lack of Interest in School, Job, or Hobbies
- Emply Cough Medicine Bottles or Boxes
- Changes in Physical Appearance and Altitude



BRAIN DAMAGE DEPRESSION SEIZURES DEATH

IT'S NEVER TOO LATE TO GET HELP

If you find yourself going to the medicine cabinet to feel good, or to get through the day, talk to a trusted friend or family member so they can help you.