HELP IS AVAILABLE

THERE ARE MANY RESOURCES AVAILABLE TO GET HELP

Call the national helpline:
1-800-662-HELP (4357). TTY: 1-800-487-4889

Text your zip code to
435748 (HELP4U) for help near you

RISK FACTORS FOR MISUSE

- Past or present addictions to other substances
- Family history of substance abuse problems
- Peer pressure or a social environment where there's drug use
- Easier access to prescription drugs
- Lack of knowledge about prescription drugs and their potential harm

WHAT PRESCRIPTION DRUGS ARE MOST COMMONLY ABUSED?

OPIOIDS FOR PAIN:
Oxycontin, Percocet

ANTI-ANXIETY MEDICINES AND SEDATIVES:
Xanax, Valium, & Ambien

STIMULANTS FOR ADHD AND SLEEP DISORDERS:
Ritalin, Concerta, Adderall XR, & Dexedrine

LONG-TERM EFFECTS

PRESCRIPTION DRUG MISUSE LEADS TO:

- Chronic heart conditions
- Liver problems, impaired breathing
- Ulcers in the digestive system
- Damage to the reproductive system

PHYSICAL DEPENDENCE OR ADDICTION IS POSSIBLE

An individual can develop a physical dependence or addiction to prescription drugs even if they taking the drugs for legitimate medical reasons.

Someone who is physically dependent will experience withdrawal symptoms when use is abruptly reduced. It is often accompanied by tolerance, the need to take higher doses of a medication to get the same effect. This can make it difficult to evaluate if a person is developing a drug problem, or has a medical need for higher doses.

Addiction, which can include physical dependence, is distinguished by compulsive drug seeking and use despite potentially serious negative consequences.

OVER-THE-COUNTER MEDICINES

In addition to prescription drugs, some over-the-counter medications can be misused. This involves taking higher than recommended doses or combining these medications with alcohol, or with illicit or prescription drugs. This can have dangerous results, depending on the medications involved.

WHAT IS PRESCRIPTION DRUG MISUSE?

Using a prescription medicine in a way not intended by the prescriber

This can be using someone else's prescription to ease your pain or snorting or injecting ground-up pills to get high

KNOW THE WARNING SIGNS

ANTI-ANXIETY MEDICINES AND SEDATIVES
- Drowsiness
- Confusion
- Slurred speech
- Unsteady walking

STIMULANTS
- Increased alertness
- Irregular heartbeat
- Insomnia
- Agitation
- Anxiety

OPIOIDS
- Constipation
- Nausea
- Slowed breathing rate
- Drowsiness
- Confusion

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