

NEWS FLUSH

...in the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION



NATIONAL
MEDICINE
ABUSE
AWARENESS MONTH

Cough/Cold Medicine

While millions of Americans safely rely on cough medicine, some teens intentionally take large amounts – sometimes more than 25 times the recommended dose of these medicines – to get high.

This means some teens ingest large amounts of dextromethorphan (DXM). When taken in excessive amounts DXM can cause serious side effects including rapid heartbeat, high blood pressure, memory problems, nausea and vomiting...

just ask Lil' Wayne ;)

What is prescription drug abuse?: When you take a medication that was prescribed for someone else, or taking drugs prescribed to you for a different purpose or at a different dosage than intended.

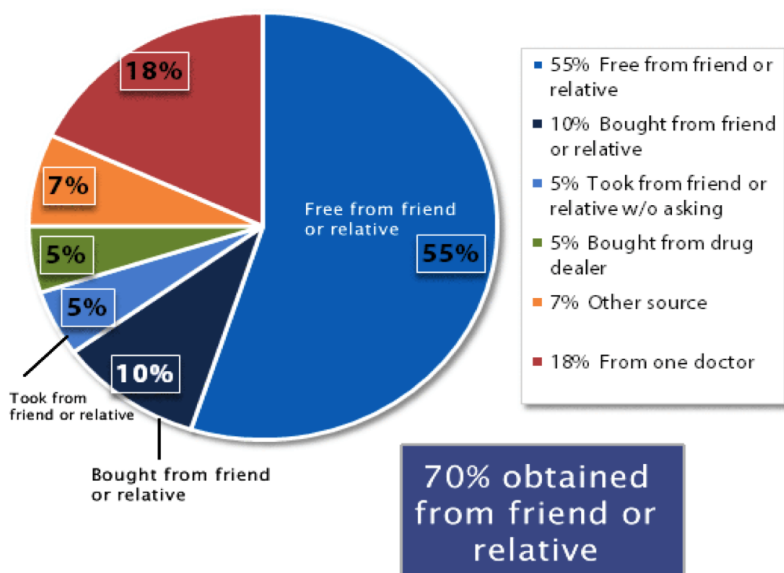
What are the most commonly abused prescription drugs?: Opioids (such as Percocet and Vicodin), depressants (such as sleeping pills or Valium), and stimulants (such as Adderall).

Aren't they safe?: Even though they are from a doctor, when taken incorrectly or by someone they are not prescribed to, they can have serious side effects because of varying dosages, forms, combinations, etc.

How dangerous are they?: Rx drugs are responsible for more overdose deaths (45%), than street drugs such as methamphetamine, cocaine, or heroin combined (39%)

How do pills lead to heroin use?: Prescription pain killers are an expensive habit to maintain. Many people switch to heroin as a cheaper alternative but is much stronger and can be extremely dangerous when mixed with other substances.

Source of Pain Relievers by Non-medical Users



Past Year Non-medical Users of Pain Relievers = 12.4 million

Source: SAMHSA, 2009 National Survey on Drug Use and Health (September 2010)

Who can I talk to?:

MA Youth Substance Abuse Helpline
(617)-661-3991

National Suicide Prevention Lifeline
1-(800)-273-TALK