

Chapter 1 : Drug Facts | NIDA for Teens

Offers the latest research findings on prescription drug misuse, including the classes of prescription drugs that are most commonly misused, possible effects on the brain and body, and treatment options for prescription drug addiction.

They are in fact safe and effective when taken as directed, but even OTC medicines—including herbals—can cause serious and potentially fatal side effects when abused. Abuse of OTC medicines is most common among teens between the ages of 13 and 19. But young adults have also abused OTC medicines, particularly in combination with other medicines, alcohol, and illegal drugs, which increases the risks. The list that follows includes the top 10 medicines currently abused by teens and adults. One teen in every 10 has reported abuse of cough medicine to get high. Other dangerous side effects including impaired judgment, vomiting, loss of muscle movement, seizures, blurred vision, drowsiness, shallow breathing, and a fast heart rate. When combined with alcohol or other drugs, a large dose can lead to death. For example, Coricidin HBP Cough and Cold includes both dextromethorphan to treat a cough and chlorpheniramine to treat a runny nose. But chlorpheniramine alone abuse by itself has led to numerous deaths and hospitalizations. Dextromethorphan is also addictive and can cause withdrawal symptoms, including depression and difficulty processing thoughts, when the abuse stops. Not much is known about long-term abuse, but cases of bone marrow and nerve cell damage, high blood pressure, heart damage, and permanent brain damage have been reported. Adults and teens have taken pain relievers like acetaminophen and ibuprofen in doses higher than recommended because they want the medicine to work faster. Caffeine medicines and energy drinks: Large doses of caffeine can cause serious dehydration, gastric reflux, panic attacks, and heart irregularities that have occasionally been linked to accidental deaths, particularly in those with an underlying heart condition. Taking too much of a pain reliever can also cause serious side effects as noted above. In large doses, diet pills can create a mild buzz. But misuse of diet pills can also signal a serious eating disorder. Abuse of diet pills often starts with trying just a few in order to lose weight. But these OTC medicines can be highly addictive. To cite an example, bitter orange is a common ingredient that acts much like ephedrine in the body. It can cause nervousness and tremor, rapid and irregular heartbeat, high blood pressure, stroke, heart failure, and death. Many other diet pill ingredients cause digestive problems, hair loss, insomnia, anxiety, irritability, extreme paranoia, blurred vision, kidney problems, and dehydration. An earlier FDA ban on ephedra pertained only to diet pills considered dietary supplements, not herbal remedies such as teas and Chinese preparations. Laxatives and herbal diuretics: Like diet pills, some teens and young adults also abuse OTC laxatives and herbal diuretics water pills, including uva-ursa, golden seal, dandelion root, rose hips, and others, to lose weight. Laxatives and herbal diuretics can cause serious dehydration and life-threatening loss of important minerals and salts that regulate the amount of water in the body, acidity of the blood, and muscle function. Motion sickness pills that contain dimenhydrinate Dramamine or diphenhydramine Benadryl taken in large doses can cause one to feel high and have hallucinations similar to street drugs. The dose needed to cause these symptoms varies widely according to body weight and tolerance. Some teens and adults may take as many as 40 pills of Dramamine, for example, to experience the desired high. Extremely high doses of Dramamine have caused dangerous irregular heartbeats, coma, heart attacks, and death. Long-term abuse can cause depression, liver and kidney damage, memory loss, eye pain, itchy skin, urine retention, and abdominal pain. OTC sexual performance medicines, often purchased via the Internet, are sometimes abused by teens and adults who are drinking to counteract the negative effects of alcohol on sexual performance. These medicines can cause heart problems, especially when combined with alcohol or when taken in large doses. This nasal decongestant and stimulant is found in many cold medicines. Its similarity to amphetamines has made it sought out to make the illegal drug methamphetamine. The medicine has also been taken as a stimulant to cause an excitable, hyperactive feeling. Abuse may be less common with pseudoephedrine than with other OTC medicines due to a federal law requiring it to be kept behind the pharmacy counter, limiting the purchase quantity, and requiring photo identification prior to purchase. Dangerous side effects include heart palpitations, irregular heartbeats, and heart attacks. When combined with other drugs, such as narcotics,

pseudoephedrine may trigger episodes of paranoid psychosis. This is a combination of inexpensive herbs that are legally sold in pill form and swallowed, snorted, or smoked to produce euphoria, increased awareness, and enhanced sexual sensations. The product can be purchased in gas stations, health food stores, drug stores, music stores, nightclubs, and online. It is easy to overdose on the product because the dose needed for desirable effects varies widely. The adverse effects can be severe, including muscle spasms, increased blood pressure, seizures, heart attacks, strokes, and death. Other herbal products are increasingly being abused for their stimulant, hallucinogenic, and euphoric effects. Besides being legal, another draw is that many herbals are not detected during routine urine drug screens. One example is salvia, which is ingested or smoked to experience a short-lived distortion of reality and profound hallucinations. Users can experience severe anxiety, loss of body control, extreme psychosis, and violent behavior. They are also at risk for accidents and injuries that may result from an altered mental state. Some states have regulated the sale of salvia. Another example is nutmeg, which is eaten as a paste to experience giddiness, euphoria, and hallucinations. Nausea and vomiting set in within an hour and hallucinations begin within 3 hours and can last for 24 hours or more. Effects such as blurred vision, dizziness, numbness, palpitations, low blood pressure, and rapid heartbeat may occur. One of the greatest difficulties with preventing OTC drug use is that few teens and adults realize the danger. Unlike the risks associated with illegal street drugs like cocaine and heroin, the risks associated with OTC drug abuse are given little thought and attention.

Chapter 2 : Over-the-Counter Medicines | National Institute on Drug Abuse (NIDA)

Over-the-Counter Medicines Over-the-counter (OTC) medicines are those that can be sold directly to people without a prescription. OTC medicines treat a variety of illnesses and their symptoms including pain, coughs and colds, diarrhea, constipation, acne, and others.

Print Diagnosis Doctors generally base a diagnosis of prescription drug abuse on medical history and answers to other questions. In some cases, certain signs and symptoms also provide clues. Blood or urine tests can detect many types of drugs. Treatment Treatment options for prescription drug abuse vary, depending on the type of drug used and your needs. But counseling, or sometimes psychotherapy, is typically a key part of treatment. Treatment may also require withdrawal detoxification , addiction medication and recovery support. Counseling A licensed alcohol and drug counselor or other addiction specialist can provide individual, group or family counseling. This can help you: Other medications “ such as clonidine Catapres , a drug mainly used for high blood pressure “ can help manage opioid withdrawal symptoms. Buprenorphine, buprenorphine with naloxone Suboxone or methadone may be used by doctors under specific, legally regulated and monitored conditions to ease symptoms of withdrawal from opioid painkillers. Drugs given by injection once a month by a health care provider may help people stay off opioids during their recovery. Examples include Vivitrol, a preparation of the drug naltrexone, or Sublocade, a preparation of the drug buprenorphine. Withdrawal from anti-anxiety medications and sedatives. Because of withdrawal symptoms, it can take that long for your body to adjust to low doses of the medication and then get used to taking none at all. You may need other types of medication to stabilize your mood, manage the final phases of tapering or help with anxiety. There are no FDA-approved drugs used for treating stimulant withdrawal. Treatment typically focuses on tapering off the medication and relieving withdrawal symptoms “ such as sleep problems, tiredness and depression. Request an Appointment at Mayo Clinic Clinical trials Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. Coping and support Overcoming prescription drug abuse can be challenging and stressful, often requiring the support of family, friends or organizations. Trusted family members or friends Your doctor, who may be able to recommend resources Self-help groups, such as a step program Your church or faith group School counselor or nurse Support groups, either in person or from a trustworthy website Your employee assistance program, which may offer counseling services for substance abuse problems You may be embarrassed to ask for help or afraid that your family members will be angry or judgmental. You may worry that your friends will distance themselves from you. But in the long run, the people who truly care about you will respect your honesty and your decision to ask for help. Helping a loved one It can be difficult to approach your loved one about prescription drug abuse. Denial and anger are common reactions, and you may be concerned about creating conflict or damaging your relationship with that person. Be understanding and patient. Let the person know that you care about his or her well-being. Encourage your loved one to be honest about drug use and to accept help if needed. A person is more likely to respond to feedback from someone he or she trusts. If the problem continues, further intervention may be necessary. People who struggle with addictive behaviors are often in denial or unwilling to seek treatment. And they may not recognize the negative effects their behavior has on themselves and others. An intervention can motivate someone to seek help for addictive behaviors. An intervention is a carefully planned process involving family and friends and others who care about a person struggling with addiction. Consulting an intervention professional interventionist , an addiction specialist, a psychologist or a mental health counselor can help you organize an effective intervention. This is an opportunity to confront the person about the consequences of addiction and ask him or her to accept treatment. Think of an intervention as giving your loved one a clear opportunity to make changes before things get really bad. Preparing for your appointment Your primary care doctor may be able to help you overcome a prescription drug abuse problem. However, if you have an addiction, your doctor may refer you to an addiction specialist or to a facility that specializes in helping people withdraw from drugs. What you can do To prepare for your appointment, make a list of: What are my treatment options? How long

does it take for treatment to work? Should I see a specialist? How can we manage my other health conditions during treatment? Do you have any brochures or other printed material I can have? What websites do you recommend? What to expect from your doctor Your doctor may ask these questions: What prescription medications do you take? How much and how often do you take them? How long have you had this problem? What, if anything, prompted it? How severe are your symptoms? Do you have a past history of drug abuse or addiction? Do you use recreational or illegal drugs? Has anyone in your family had a history of drug abuse or addiction? Be ready to answer these questions so that you can focus on points you want to spend more time on. Preparing and anticipating questions will help you make the most of your time with the doctor.

Chapter 3 : Drug Abuse: MedlinePlus

Drugs of Abuse. Learn the facts about the most commonly abused drugs. Each drug page includes a brief overview, street and clinical names, the effects of the drug on.

Chapter 4 : Abused Prescription Drugs and Illegal Substances from calendrierdelascience.com

Most drugs of abuse can alter a person's thinking and judgment, leading to health risks, including addiction, drugged driving and infectious disease. Most drugs could potentially harm an unborn baby; pregnancy-related issues are listed in the chart below for drugs where there is enough scientific evidence to connect the drug use to specific.

Chapter 5 : Prescription Drug Abuse Problem - calendrierdelascience.com

Drugs of Abuse delivers clear, scientific information about drugs in a factual, straightforward way. With the information in this guide, parents and caregivers can help their children make smart choices and avoid the consequences of drug abuse.

Chapter 6 : Drug Abuse Effects - calendrierdelascience.com

According to the National Institute on Drug Abuse, the most commonly abused type of prescription drug is narcotic, or opioid, pain relievers, including codeine and morphine. These drugs are usually prescribed for moderate to severe pain.

Chapter 7 : 10 over-the-counter medicines abused by teens - Philly

Drug abuse is a serious public health problem that affects almost every community and family in some way. Each year drug abuse causes millions of serious illnesses or injuries among Americans.

Chapter 8 : Drug Abuse Treatment – Alcohol and Substance Abuse Programs

Drug Abuse. Drug abuse isn't just about street drugs. Besides marijuana, legal medicines are the most commonly abused drugs in the U.S. Over-the-counter and prescription drugs can help and heal us.

Chapter 9 : Effects of Drugs | Easy to Read Drug Facts

Treatment. Treatment options for prescription drug abuse vary, depending on the type of drug used and your needs. But counseling, or sometimes psychotherapy, is typically a key part of treatment.