

GenerationRx

Preventing the Misuse and Abuse
of Prescription Medications

IT'S DRUG ABUSE!



*How the non-medical
use of prescription
drugs can hurt you*

go.osu.edu/generationrx

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Key Points:

- About 100 Americans die every day from unintentional drug overdoses, mostly resulting from prescription drug abuse. This equates to about one death every 15 minutes.
- The average age when prescription drug abuse starts is 21 or 22.
- A growing campus culture of self-diagnosis and self-prescribing may lead students toward the misuse or abuse of prescription drugs, with potentially dangerous consequences.
- No one is immune to the negative effects of prescription drug abuse, and there is no particular stereotype that fits a “typical” prescription drug abuser.
- Over 70% of prescription drug abusers get them from family members or friends.
- Students who use prescription drugs non-medically have a significantly higher risk for drug abuse.
- Adderall is a “controlled substance” because of its high potential for abuse/dependence, and patients taking it need to be monitored by a healthcare professional to ensure their safety.
- The best assistance you could give a friend with a prescription drug abuse problem is to encourage them to seek professional help.
- A prescription is required for certain medications because the U.S. Food and Drug Administration (FDA) has determined that they are not safe for use without medical supervision.
- Some states classify the possession of a “controlled substance” like Vicodin or Adderall as a felony, with the possibility of significant fines or jail time if convicted.
- Most college students use medications properly and know better than to take the risks associated with prescription drug abuse.

A few safe medication taking hints:

- Take your medications only as prescribed.
- Keep your prescription drugs in a safe and secure place that is unknown to others.
- Don’t share your medication with someone else for any reason.
- You are putting others at risk when you share your prescription drugs.
- Dispose of medications you no longer need. For safe drug disposal guidelines, see www.fda.gov or SMARxT Disposal (<http://www.smarxtdisposal.net>).

Hints for ways to turn down medications from other students:

- Use humor.
- Use or make-up a personal story as to why you avoid the non-medical use of prescription drugs.
- Mention alternatives you think would work better to achieve the desired effect of the drug.
- Don’t be afraid to be your own person and not follow what others may be doing.

Need help?: Contact your college or university counseling, student health or wellness center.

Talk with your family, your doctor or pharmacist, academic advisor, or resident advisor.

The U.S. Substance Abuse and Mental Health Services Administration provides a searchable directory of drug and alcohol treatment programs, see <http://findtreatment.samhsa.gov>.

For a poisoning emergency (e.g., drug overdose) in the U.S. call **1.800.222.1222**.

For more information: The Generation Rx Initiative (go.osu.edu/generationrx or cardinalhealth.com/generationrx)

Taking Action to Prevent & Address Prescription Drug Abuse – A Resource Kit for America’s Campuses, National Council on Patient Information and Education (www.talkaboutrx.org).

