

RX & OTC DRUGS

Prescription (RX) and Over the Counter (OTC) drugs can be effective in treating medical conditions when taken correctly. However, if taken incorrectly or recreationally, can result in serious health issues and possible addiction.



DON'T MIX YOUR MEDS

- Mixing medicines can slow breathing and heart rate
- Combining prescription medications with other drugs and alcohol without consulting your physician is very dangerous

HOW RX & OTC DRUGS ARE ABUSED

- Taking someone else's medication
- Taking higher quantity than prescribed
- Taking medication to get high
- Mixing medication with alcohol and other drugs

STATISTICS

- Overdose death has quadrupled over the last 10 years.
- Rx drugs such as pain relievers led to 19,354 deaths in 2016.
- 2018, 12.3% of Hawaii high school students used RX drugs without a doctor's prescription.
- About 11.5 million people reported misuse of prescription opioids (2017)

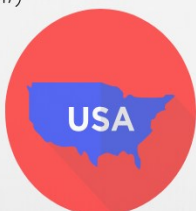
HEALTH RISKS

- Elevated heart rate
- Tremors
- High body temperature
- Vomiting
- Impaired memory
- Paranoia
- Constipation
- Addiction
- Seizure
- Coma



COMMONLY ABUSED RX DRUGS

- Stimulants: Used to treat narcolepsy, ADHD, and depression.
- Depressants or barbiturates, used to treat anxiety, tension, and sleep disorders.
- Pain Medication: used to treat chronic pain.



BOTTOM LINE:

ALWAYS FOLLOW YOUR MEDICAL PROFESSIONAL'S DIRECTIONS.



Sources: NIDA Community Drug Alert Bulletin on Club Drugs, Drug Enforcement Administration, National Survey on Drug Use and Health, www.drugabuse.gov, www.streetdrugs.org, 4rehabilitation.com, Partnership for a Drug-Free America, National Estimates of Drug-Related Emergency Department Visits, 2017 Hawaii Youth Risk Behavior Survey (YRBS)

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