



The DANGERS of Prescription Drug Abuse

Norton Sound Health Corporation

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Have you heard of...



- Ritalin®
- Xanax®
- Vicodin®
- Adderall®
- Oxy
- Valium®
- Hydrocodone
- Valium®
- Percocet®
- Methadone
- Tylenol with codeine

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Did you know?

12.07% of Alaskan teenagers report using a drug illegally in the past month

Alaska is the 21st state with the most illegal drug abuse among teenagers

Alaska ranked #1 in highest overall health in 2015!

Alaska ranked in the top 10 for illegal drug use in 2014

13.3% of Alaskan adults report using a drug illegally in the past month

Who are they?



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Prescription vs. Over-the-Counter Medications



What's the
difference?



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Prescription (Rx) Drugs



- Ordered by a doctor
- Sent from the pharmacy
- Ordered for and used by only one person





Over-the-Counter (OTC) Drugs

- Can buy without a doctor's order
- Bought off the shelf in store aisles
- May be used by more than one person for the same symptom or problem



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Rx and OTC Drugs



- Directions must be followed carefully and correctly
- Children should only use with permission from a parent or guardian
- A pharmacist can answer questions you have about medication

Depressants –

What are they used for?

- Anxiety
- Seizures
- Sleep Problems
- Sedation



Depressants –



What are the short-term effects?

- Slowed Breathing
- Slurred Speech
- Drowsiness
- Poor Concentration



- Impaired Coordination
- Dizziness
- Impaired Memory
- Impaired Judgement

Depressants –

What are the long-term effects?

- Addiction
- Impaired Sexual Function
- Chronic Sleep Problems

OVERDOSE effects:

- Low Blood Pressure
- Trouble Breathing
- Hypothermia
- Coma
- Muscle Breakdown
- Death



Stimulants –

What are they used for?

- ADD/ADHD
- Narcolepsy





Stimulants –

What are the short-term effects?

- Fast Heart Rate
- Loss of Appetite
- Increased Blood Pressure
- Hallucinations
- Alertness and Agitation
- Energy and Restlessness
- Increased Breathing





Stimulants –

What are the long-term effects?

- Addiction
- Paranoia
- Hostility/Agitation

OVERDOSE effects:

- High Blood Pressure
- Irregular Heartbeat
- Seizures
- Kidney and Liver Damage
- Multi-organ Failure
- Death

Opioids –

What are they used for?

- Treatment of SEVERE pain



Opioids –

What are the short-term effects?

- Constipation
- Slow Breathing
- Nausea
- Drowsiness
- Confusion
- Headache



Opioids –

What are the long-term effects?

- Addiction
- Chronic Constipation
- Tolerance



OVERDOSE effects:

- Trouble Breathing
- Low Blood Pressure
- Seizures
- Coma
- Hallucinations
- Death

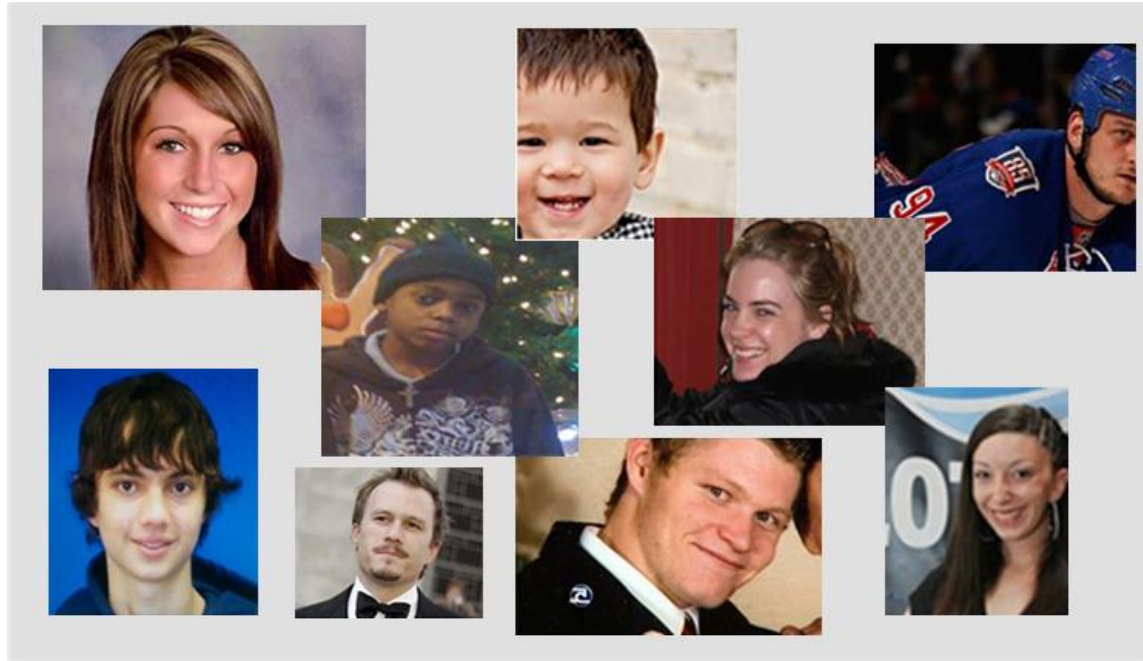
Opioids –



Abuse of prescription opioids has been linked to ...

- Increased risk of heroin abuse and possible death
- People aged 12 – 49 are 19x more likely to move from prescription opioids to heroin
- Native Americans and Native Alaskans are more likely to abuse and die from opioid abuse compared to other people

What do they have in common?



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What you should know...

- Avoid medications not prescribed to you
- Ask for help from parents, teachers, doctors or pharmacists
- Medications obtained from the internet may not always be the real thing
- Just because a doctor prescribed them, doesn't mean they are safe for anyone





Questions



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