



National Drug Awareness Program

NONMEDICAL USE OF PRESCRIPTION DRUGS



Myths vs Facts

Myth It is safer to use prescription drugs to get high rather than using illicit drugs, because they're prescribed by a doctor or dentist.

Fact Any use of prescription drugs without a doctor's recommendation, can be just as dangerous as using other illicit drugs. Improper use can have serious health effects—including addiction and overdose.

Myth Getting high with over-the-counter drugs like cough or cold medications with dextromethorphan (DMX) is not dangerous.

Fact Taking more DMX than the recommended dose may cause problems with motor function, numbness, nausea and vomiting, and increase heart rate and blood pressure. It may even cause death.

Myth Using a relative or friend's prescription is not abusing the medication.

Fact Taking another person's prescription drug is abuse. Taking prescribed medication in a way or dosage other than what was prescribed is abuse.

Did you know? Taking a prescription drug that was prescribed to a friend or relative is illegal.

Did you know? In a 2009 national survey, 3.1 percent of youth ages 12 to 17 reported nonmedical use of prescription drugs in the past month.

Did you know? Mixing prescription pills with other drugs or alcohol increases your risk of death from accidental overdose.

What are some negative health consequences of abusing prescription drugs?

- Taking a single large dose of a painkiller can cause severe respiratory depression or death.
- Using depressants such as sleeping pills to get high can slow reaction time, impair mental functioning and judgement, cause confusion, dizziness, nausea, and blurred vision.
- Taking high doses of a stimulant, such as drugs prescribed for attention deficit hyperactivity disorder, can cause irregular heartbeat, dangerously high body temperatures, and possible heart failure or seizures.

Remember:

- Unless a doctor or dentist prescribes medication for you to treat your specific medical condition, don't take it.
- Follow the instructions on the package when you take over-the-counter medications.

Sources: SAMHSA, 2009 National Survey on Drug Use and Health; www.nida.gov

For more information contact your local Elks Lodge or to order free drug education materials visit:

www.elks.org/dap

For drug prevention information visit DEA's website:

for parents: www.GetSmartAboutDrugs.com;

for teens: www.JustThinkTwice.com

The Elks Drug Awareness Program is fully funded by the Elks National Foundation, Inc., the charitable arm of the Benevolent and Protective Order of Elks of the USA. The Elks are committed to providing a healthy future for America's youth. In addition to educating young people about the dangers of drugs, the Elks provide positive alternatives such as the Hoop Shoot® and Soccer Shoot athletic programs. The Foundation also annually awards nearly \$3.6 million in college scholarships. For more information, contact your local Elks Lodge or visit the Elks website at www.elks.org.

Funded, printed,
distributed by:



Elks
National
Foundation, Inc.

In partnership with:

