

PRESCRIPTION AND OVER-THE-COUNTER DRUG GUIDE

A parent's guide to the legal drugs kids are using and abusing



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ASK THE EXPERT

A conversation with Steve Pasierb, President and CEO of The Partnership at Drugfree.org

As President and CEO of The Partnership at Drugfree.org, Steve Pasierb is a national leader on the topic of teen drug use and abuse. He is a frequent commentator for the national and local news media on drug safety issues and the current trends in teen drug use. In collaboration with Be Smart. Be Well., Steve is working to raise awareness of prescription and over-the-counter drug abuse and offers advice for keeping kids safe from drug use and abuse. See the complete video at besmartbewell.com/spotlight-newsletter.

BESMARTBEWELL: Why are young people abusing prescription drugs?

STEVE PASIERB: Kids are coming to prescription drug abuse for very specific reasons. Some aim to get high as a way of dealing with stress and depression in their lives. Some children are very tactical; they use prescription drugs in order to do better at school. So kids usually have a very sophisticated usage approach when it comes to these drugs. It is not just as simple as using them to go out and get wrecked.

BESMARTBEWELL: What over-the-counter drugs are most abused by teens and young adults?

STEVE PASIERB: What kids seek in over-the-counter drugs is an active ingredient in cough medicines, dextromethorphan, which gives them a drunk, dreamy, disassociated kind of feeling. Many kids become dependent on it, though. It has transitioned from a fringe behavior to something more mainstream. One in 10 kids in America have abused cough medicine.

BESMARTBEWELL: What is the right age to talk with your kid about drugs, and how do I go about it?

STEVE PASIERB: The average age of first-time drug use in America is about 13-and-a-half years old. We encourage parents to have an age-sensitive conversation, not a “big drug talk.” If your kids are in middle school, you can say: “What are you hearing in school? What is going on? Who are your friends?” That gets you in. As your kid ages, you should ratchet up the specificity of the conversation. Try, “What have you heard about this Ecstasy drug? Anybody in school talk about it?” This way, you’re not giving them a lecture on the harms of Ecstasy; you’re having a general conversation. The net of the conversation to your kid is that you’re worried, and that this isn’t an acceptable thing in your lives and family. That type of conversation is incredibly powerful, but it isn’t a lecture or a threat. Just a conversation.

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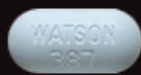
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	Codeine	Fentanyl	Morphine	Oxycodone HCL
WHAT IS IT?	Codeine is a prescription pain reliever that may be used to relieve mild to moderate pain and to reduce coughing when used in combination with other medications.	Fentanyl is a powerful pain reliever typically used to treat severe pain or pain after surgery.	Morphine is a powerful prescription pain reliever prescribed to relieve moderate to severe pain and is highly addictive.	Oxycodone HCL is a prescription pain reliever that may be prescribed to relieve moderate to severe pain. It can be combined with other medications, including acetaminophen and ibuprofen.
BRAND/COMMERCIAL NAMES	(Limited selection as there are over 50 brand names of codeine alone and in combination with other medications) Brontex®, Capital and Codeine®, Fiorinal® with Codeine (as a combination product containing Codeine Phosphate, Aspirin, Butabarbital, and Caffeine), Guiatussin® with Codeine, Mytussin® AC Cough Syrup, Robafen AC® Syrup, Robitussin A-C® Syrup, Tussi-Organidin®-S NR, Tylenol with Codeine (No. 2, No. 3, No. 4)®	Actiq®, Fentora®, Duragesic®, Sublimaze®	Roxanol®, Duramorph®	OxyContin®, Percocet®, Tylox®, Roxicodone®, Roxicet®
STREET NAMES	T3s, AC/DC, Coties	Apache, China Girl, Patches, Dance Fever	M, Miss Emma, Monkey, White stuff	Oxy, O/C, Orange Crush, Oscar, Ocean, Blues Clues-Roxi
LOOKS LIKE	Tablet, Capsule, Liquid	Dissolving tablet, Liquid for injection, Lollipop, Lozenge, Transdermal patch, White powder	Tablets, Liquid, Powder, Patch (included in part of fentanyl patch Duragesic®)	Tablets, Liquid, Powder, Patch
HOW IT IS USED	Swallowed	Injected, Smoked, Snorted	Injected, Swallowed, Smoked	Swallowed, Snorted, Injected, Rectally
DANGEROUS BECAUSE	Side effects when abused include: Difficulty breathing or swallowing, rash, itching, hives, changes in vision, seizures, and fast, pounding or irregular heartbeat	Serious side effects include: Weak or shallow breathing, severe weakness, drowsiness, confusion, cold or clammy skin, feeling light-headed, fainting, coma	Both physical and psychological addiction can develop quickly with morphine. Serious side effects of use include: Sedation, respiratory depression and arrest, unconsciousness, coma, death	Abuse of Oxycodone can result in severe respiratory depression and death.
TEEN USAGE	1 in 5 teens have abused a prescription pain reliever	1 in 5 teens have abused a prescription pain reliever	1 in 5 teens have abused a prescription pain reliever	1 in 5 teens have abused a prescription pain reliever
IMPORTANT TO KNOW	Sixty percent of teens who have abused prescription painkillers did so before age 15.	Nine million teens surveyed say they can get prescription drugs in a day.	Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin.	Twenty percent of teens report buying pain relievers from a friend or relative or taking the drug from a friend or relative without asking (Rx report from ONDCP, 2007).
SIGNS OF ABUSE	Nausea, constipation, confusion, sedation, respiratory depression and arrest, addiction, unconsciousness, coma, euphoria/feelings of joy, drowsiness/lethargy, concentration problems, change in physical activity, pinpoint pupils, appetite changes	Nausea, vomiting, stomach pain, constipation, dizziness, drowsiness, headache, swelling, unconsciousness	Nausea, constipation, confusion	Constipation, nausea, sedation, dizziness, vomiting, headache, dry mouth, sweating, weakness, mental clouding, pinpoint pupils

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	Hydrocodone bitartrate with acetaminophen	Barbiturates	Benzodiazepines	Flunitrazepam
WHAT IS IT?	Hydrocodone bitartrate is a prescription medication often combined with acetaminophen (which increases the effect of the hydrocodone) to relieve moderate to severe pain. In the United States there are over 200 products containing hydrocodone with acetaminophen (Vicodin, Lortab). Hydrocone is also combined with aspirin (Lortab ASA), ibuprofen (Vicoprofen) and antihistamines (Hycomine).	Barbiturates are central nervous system depressants that slow down the mind and body, causing drowsiness and sleepiness.	Benzodiazepines are among the most commonly prescribed depressant medications in the United States today. More than 15 different types of benzodiazepine medications exist. They are prescribed for relaxation, calmness, and relief from anxiety and tension. Some benzodiazepines are used to treat seizures or insomnia or other conditions.	Flunitrazepam may be prescribed to treat insomnia or given prior to anesthesia. It is a derivative of Benzodiazepine. It is not available in the United States but is available in 60 other countries
BRAND/COMMERCIAL NAMES	Hocodan®, Lorcet®, Lortab®, Vicodin®, Vicoprofen®, Tussionex®, Norco®	Amytal®, Nembutal®, Seconal®, Phenobarbital, Tuinal	Ativan®, Halcion®, Librium®, Valium®, Xanax®	Rohypnol
STREET NAMES	Vike, Watson-387, Hydro, Tuss	Barbs, Block Busters, Christmas Trees, Golf Balls, Pinks, Reds, Red Birds, Red Devils, Reds and Blues, Phennies, Tooies, Yellows, Yellow Jackets	Sticks, BenZ, Footballs, Bars, French Fries, Ladders	R-2, Mexican Valium, Rophies, Roofies, Circle
LOOKS LIKE	Tablets, Liquid	Multi-colored tablets and capsules	Tablets, Liquid	Tablets (small olive green, oblong tablet with the number 542)
HOW IT IS USED	Swallowed	Injected, Swallowed	Injected, Swallowed	Swallowed, Crushed, Snorted
DANGEROUS BECAUSE	Serious side effects include: Sedation, respiratory depression and arrest, unconsciousness, coma, death	Higher doses cause irritability, paranoia, suicidal thoughts, unusual excitement, fever, life-threatening withdrawal, impaired memory, judgment and coordination.	Side effects of abusing benzodiazepines include: Impaired motor coordination, drowsiness, lethargy, fatigue, impaired thinking and memory, confusion, depression, altered vision, slurred speech, stuttering, vertigo, tremors, respiratory depression, nausea, constipation, dry mouth, abdominal discomfort, loss of appetite, vomiting, diarrhea	Side effects of abusing flunitazepam include: Impaired motor coordination, drowsiness, lethargy, fatigue, impaired thinking and memory, anterior grade amnesia, nausea, constipation, dry mouth, abdominal discomfort, loss of appetite, vomiting, diarrhea
TEEN USAGE	1 in 5 teens have abused a prescription pain reliever	1 in 11 12th graders have abused sedatives and tranquilizers	1 in 11 12th graders have abused sedatives and tranquilizers in their lifetime	1 in 11 12th graders have abused sedatives and tranquilizers in their lifetime
IMPORTANT TO KNOW	Most teens get their prescription drugs from their own family's medicine cabinet. Fifty-five percent of teens agree it is easy to get prescription drugs from their parent's medicine cabinets.	Barbiturates mimic alcohol intoxication, causing mild euphoria, relief of anxiety and sleepiness. Abuse can lead to physical dependence and barbiturate withdrawal can be life-threatening.	Abusing sedatives with alcohol can slow both the heart rate and respiration and possibly lead to death. Abuse can lead to physical and psychological dependency with serious withdrawal symptoms, including sweating, tremor, vomiting, anxiety, insomnia and muscle pain.	Rohypnol has become infamous for being known as the "date rape drug" due to its ability to be easily mixed into liquids and fast acting side effects, coupled with short term memory loss. Abusing sedatives with alcohol can slow both the heart rate and respiration and possibly lead to death.
SIGNS OF ABUSE	Nausea, constipation, confusion, euphoria, mental clouding, changes in sleep (increase when using, insomnia/irritability when withdrawing), acting as if in "stupor," pinpoint pupils, problems with academics/extra-curricular activities	Slurred speech, shallow breathing, sluggishness, fatigue, disorientation, lack of coordination, dilated pupils	Long-term effects of benzodiazepines include: Slowed reflexes, mood swings, hostile and erratic behavior, euphoria, disorientation, confusion, slurred speech, muscle weakness, lack of coordination, impaired thinking, memory, and judgment	Slowed reflexes, long periods of sleep or drowsiness, memory loss, disorientation, confusion, slurred speech, muscle weakness, lack of coordination, impaired thinking, memory, and judgment

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	Amphetamine	Methylphenidate	Dextromethorphan (DXM)
WHAT IS IT?	It is a stimulant because it mimics the effect adrenaline has on the body. Amphetamines may be prescribed for the treatment of ADHD and a sleep disorder called narcolepsy.	Methylphenidate is the most commonly prescribed central nervous stimulant use to treat ADHD. It may also be used to treat a sleep disorder called narcolepsy.	Dextromethorphan (DXM) is an ingredient found in any cold medicine with the "DM" or "TUSS" in the title or name. In fact, DXM is in almost half of all of the OTC drugs sold in the United States, making it easy to get, cheap, and legal.
BRAND/COMMERCIAL NAMES	Biphphetamine, Dexedrine®, Adderall®, Concerta®	Ritalin®	Any Cold Medicine with "DM" or "TUSS" in the title such as: Dimetapp DM®, Nyquil®, Robitussin®, Theraflu®, Vick's Formula 44®
STREET NAMES	Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers, Addies, A Train	JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	Orange Crush, Triple C's, C-C-C, Red Devils, Skittles, Dex, Vitamin D, Robo, Robo-trippin, Robo-dosing
LOOKS LIKE	Tablets, Capsules, Powder	Tablets	Cough medicine sold over the counter in drug stores and general stores
HOW IT IS USED	Injected, Swallowed, Snorted	Injected, Swallowed, Snorted	Swallowed, Snorted
DANGEROUS BECAUSE	Can cause rapid or irregular heartbeat, delirium, panic, psychosis, and heart failure.	Increased blood pressure, heart rate and body temperature; feelings of hostility and paranoia; serious cardiovascular complications, including stroke, dilated pupils	Serious side effects include: Nausea, loss of coordination, headache, vomiting, loss of consciousness, numbness of fingers and toes, abdominal pain, irregular heartbeat, high blood pressure, seizures, panic attacks, psychosis, brain damage, addiction, insomnia, coma, death
TEEN USAGE	1 in 10 teens have abused Adderall or Ritalin	1 in 10 teens have abused Adderall or Ritalin	1 in 10 teens have abused cough medicine to get high
IMPORTANT TO KNOW	Teens (12 to 17 years) who abuse stimulants are more likely to engage in other delinquent behavior such as fighting or selling drugs. Teens (12 to 17 years) who abuse prescription stimulants are more likely to experience a major depressive episode.	Many teens abuse prescribed stimulant medication to help them cram for exams or suppress their appetite.	Only 48 percent of teens believe taking cough medicine to get high is risky. Kids as young as 12 years are trying or using prescription drugs to get high.
SIGNS OF ABUSE	Reduced appetite, weight loss, nervousness, insomnia, aggressiveness, impulsive behavior, dilated pupils (can't see eye color), high body temperature	Decreased sleep and appetite, increased alertness, attention span, energy	Nausea, loss of coordination, headache, vomiting, slurred speech, disassociation