



Hidden Dangers in Your Home

A PRESENTATION PROVIDED BY www.getsmartaboutdrugs.com



GetSmart*AboutDrugs*
A DEA Resource for Parents



COMMUNITIES
of PRACTICE

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What is Get Smart About Drugs?

- An educational outreach and awareness website that helps parents and caregivers identify and prevent drug abuse
- Located at www.getsmartaboutdrugs.com
- Provides a number of resources parents can use to get help if they suspect their child has a problem with drugs





Hidden Dangers in Your Home

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The Facts

- 20% of teens in grades 9-12 have abused a prescription medication at least once in their lives
- 15% of teens have abused a prescription pain reliever in the last year
- 8% of teens have reported over-the-counter cough medicine abuse

Source: Partnership for a Drug-Free America, 2009 Partnership Attitude Tracking Survey



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The Facts

- Everyday 2,500 teenagers use a prescription drug for non-medical reasons for the first time
- More than half (or 56%) of teens in grades 9-12 believe prescription drugs are easier to get than illegal drugs
- 62% of teens believe most teens get prescription drugs from their own family's medicine cabinets
- 63% of teens believe prescription drugs are easy to get from their parent's medicine cabinet, up significantly from 56% in the 2008 study

Source: Partnership for a Drug-Free America, 2009 Partnership Attitude Tracking Survey



Common Prescription Drugs of Abuse

- Narcotics
- Stimulants
- Depressants
- Hallucinogens
- Anabolic Steroids



Narcotics

Narcotics are available only with a prescription.

Commonly abused narcotics include:

- Cough syrup with codeine
- Fentanyl
- Hydrocodone
- Methadone
- Oxycodone





Narcotics

Prescribed to:

- Treat mild to severe pain
- Suppress coughs
- Treat diarrhea
- Induce anesthesia



Stimulants

Stimulant medications are only available with a doctor's prescription.

Commonly abused stimulants include:

- Amphetamines
- Methylphenidate and dexamethylphenidate
- Weight control medications, such as:
 - Phentermine (Adipex[®] and Ionamin[®])
 - Benzphetamine (Didrex[®])
 - Phendimetrazine (Prelu-2[®])



Prescription Stimulants

Prescribed to treat:

- Obesity
- Attention Deficit and Hyperactivity Disorders (ADHD/ADD)



Sources:

- Drug Enforcement Administration, *Drugs of Abuse*, 2005
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html



Prescription Depressants

Prescription depressants are available only with a doctor's prescription

Commonly abused prescription depressants include:

- Benzodiazepines, such as Valium[®] and Xanax[®]
- Barbiturates
- Sleeping pills



Prescription Depressants

Prescribed to:

- Induce sleep
- Relieve stress
- Reduce anxiety





Anabolic Steroids

- Anabolic steroids are available only with a doctor's prescription
- Synthetically produced variants of the naturally occurring male hormone
- Used to enhance performance and increase muscle mass



Commonly Abused Steroids

- Anadrol[®]
- Andro[®]
- Deca-durabolin[®]
- Depo-testosterone[®]
- Dianobo[®]
- Durabolin[®]
- Equipoise[®]
- Oxandrin[®]
- THG[®]
- Winstrol[®]

Sources:

- Drug Enforcement Administration, *Drugs of Abuse, 2005*
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html



Forms of Anabolic Steroids

- Tablets
- Sublingual tablets (under the tongue)
- Liquid drops
- Gels
- Transdermal patch (on the skin)
- Subdermal implant pellets (underneath the skin)
- Water-based injectable solutions
- Oil-based injectable solutions

Sources:

- Drug Enforcement Administration, *Drugs of Abuse*, 2005
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html



Adverse Effects of Steroid Abuse On Males and Females

- Acne
- Baldness
- Stunted growth
- High blood pressure, unhealthy cholesterol changes, heart disease, blood clots and stroke
- Liver damage, jaundice, or liver cancer
- Headaches, aching joints, and muscle cramps
- Nausea, vomiting, and diarrhea
- Sleep problems
- Increased risk of ligament and tendon injuries

Source: American Academy of Pediatrics, *Steroids: Not Fair Play*, www.healthychildren.org



Adverse Effects of Steroid Abuse On Males and Females

- “Roid rage” (severe, aggressive behavior that may result in violence, such as fighting or destroying property)
- Severe mood swings
- Hallucinations (seeing or hearing things that are not really there)
- Paranoia (extreme feelings of mistrust and fear)
- Anxiety and panic attacks
- Depression and thoughts of suicide



Adverse Effects of Steroid Abuse On Males

- Shrinking of testicles
- A low sperm count
- Impotence (inability to get an erection)
- Breast and nipple growth
- Enlarged prostate



Adverse Effects of Steroid Abuse on Females

- Breast shrinkage
- More face and body hair
- Voice deepening
- Problems with menstrual periods
- Clitoris enlargement



Effects of Nonmedical Use of Prescription Drugs

- Euphoria
- Alertness
- Drowsiness
- Disorientation
- Coma
- Death
- Addiction



Where Do Teens Get Medications?

- Medicine cabinets
- Friends
- Doctors or dentists
- Internet pharmacies
- Street dealers



The Internet, Drugs, and Teens

The Internet is full of information about how to use prescription drugs to get high:

- How much to use
- Combining drugs
- What kind of high to expect
- Social networking sites provide information from teens on their personal experiences on how to get high with prescription drugs



Source: "The Possible Dangers of Buying Medicine Over the Internet," U.S. Food and Drug Administration, www.fda.gov/ForConsumers/ConsumerUpdates/ucm048396.htm.



Internet Pharmacies

- “Rogue” pharmacies: Advertise drugs without a prescription or with the “approval” of a “doctor” working for the drug trafficking network.
- Parents should:
 - Be aware of teens’ Internet activity
 - Check credit card and bank statements

Source: “The Possible Dangers of Buying Medicine Over the Internet,” U.S. Food and Drug Administration, www.fda.gov/ForConsumers/ConsumerUpdates/ucm048396.htm



Real Stories: Ryan Haight

Francine Haight, Ryan's mother shares her son's story:

“Ryan Thomas Haight overdosed and died on February 12, 2001, on narcotics (Vicodin) that he had easily purchased on the Internet. A medical doctor that he never saw prescribed them; an Internet pharmacy mailed them to his home. He was only 17 when he purchased them; he was only 18 when he died.”



Real Stories: Ryan Haight

“It is too easy to meet and chat with strangers on Internet websites that glorify the use of drugs and who can easily talk our children into experimenting. These websites encourage our children to take drugs and share their highs, which is extremely dangerous and can lead to death.”



Over-the-Counter Medications

OTC medications are medications that do not require a prescription

- Over 100 medicines contain Dextromethorphan (DXM)
- DXM is a safe and effective ingredient found in many nonprescription drugs (cough medicines and cold remedies) when used according to medicine label direction
- When used in large amounts it produces a “high” feeling as well as dangerous side effects
- Teens can buy them in pharmacies, grocery stores, or superstores
- Many teens find them in their own home or get them from friends

Source: National Institute on Drug Abuse, www.drugabuse.gov/Infofacts/PainMed.html



Effects of Abusing OTC Medications with DXM

- Confusion
- Dizziness
- Double or blurred vision
- Slurred speech
- Loss of physical coordination
- Abdominal pain
- Nausea and vomiting



Effects of Abusing OTC Medications with DXM

- Rapid heart beat
- Drowsiness
- Numbness of fingers and toes
- Disorientation
- Mild distortions of color and sound
- Visual hallucinations
- “Out-of-body” dissociative sensations
- Loss of motor control



Inhalants

- Ordinary household products that children inhale or sniff to get high
- When a person uses an inhalant, large amounts of toxic chemicals enter the lungs and pass from the bloodstream to the brain, where they damage and kill brain cells

Sources:

- National Inhalant Prevention Coalition, www.inhalants.org/about.htm
- Partnership for a Drug-Free America www.drugfree.org/Portal/Drug_Guide/Inhalants



Inhalants

Hundreds of products can be misused as inhalants, including:

- Nail polish remover
- Household glue
- Hairspray
- Computer keyboard cleaner
- Vegetable cooking spray
- Lighter fluid
- Spray paint
- Gasoline

Sources:

- National Inhalant Prevention Coalition, www.inhalants.org/about.htm
- Partnership for a Drug-Free America www.drugfree.org/Portal/Drug_Guide/Inhalants



How Are Inhalants Used?

- Sniffed
- Snorted
- Bagged (sniffing or inhaling fumes from substances sprayed or deposited inside a plastic or paper bag)
- Huffed from an inhalant-soaked rag stuffed in the mouth
- Many abusers sniff inhalants directly from their containers

Sources:

- National Inhalant Prevention Coalition, www.inhalants.org/about.htm
- Partnership for a Drug-Free America www.drugfree.org/Portal/Drug_Guide/Inhalants



Effects of Inhalant Abuse

Short-term inhalant abuse:

- Slurred speech
- Loss of coordination
- Euphoria
- Dizziness
- Drowsiness
- Headache
- Confusion
- Delirium

Sources:

- National Inhalant Prevention Coalition, www.inhalants.org/about.htm
- Partnership for a Drug-Free America www.drugfree.org/Portal/Drug_Guide/Inhalants



Effects of Inhalant Abuse

Long-term inhalant use:

- Compulsive use
- Weight loss
- Muscle weakness
- Disorientation
- Inattentiveness
- Irritability
- Depression
- Damage to the nervous system and other organs
- Irregular and rapid heart rhythms
- Heart failure and death

Sources:

- National Inhalant Prevention Coalition, www.inhalants.org/about.htm
- Partnership for a Drug-Free America www.drugfree.org/Portal/Drug_Guide/Inhalants



Sudden Sniffing Death

- Some abusers continue to inhale repeatedly over the course of several hours
- This can lead to loss of consciousness and death
- It can happen the very first time someone abuses inhalants



Signs and Symptoms of Inhalant Abuse

- Paint or stains on body or clothing
- Spots or sores around the mouth
- Red or runny eyes or nose
- Chemical breath odor
- Drunk, dazed, or glassy-eyed look
- Nausea, loss of appetite
- Anxiety, excitability, irritability



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Learn More

Learn more about drugs, how they affect the mind and body, and their physical characteristics at www.getsmartaboutdrugs.com/identify/drugs





How to Safeguard Your Home

- Monitor
- Secure
- Dispose





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Monitor

- Take note of how many pills are in your prescription bottles, how many OTC medications you buy, and how often you're buying products like aerosol sprays or glues
- Encourage friends and relatives to monitor their own medicine cabinets and household products

Source: Partnership for a Drug-Free America, www.drugfree.org/notinmyhouse/steps.aspx



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Secure

- Store medications and household products in a secure place your child cannot access
- Ask relatives to lock their medications and household products away
- Encourage parents of your child's friends to do the same

Source: Partnership for a Drug-Free America, www.drugfree.org/notinmyhouse/steps.aspx



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Dispose

- Discard expired or unused medications and products when your kids are not home
- Mix medication with an undesirable substance like used coffee grounds or kitty litter
- Do not flush medications and products down the drain or toilet unless directions on packaging state otherwise
- Remove personal and identifiable information from prescription bottles and packages
- Contact your city or county government, and ask if there's a safe drug disposal program in your community

Source: Partnership for a Drug-Free America, www.drugfree.org/notinmyhouse/steps.aspx



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Get Educated

There is a wide variety of resources that parents and caregivers can use to identify and prevent drug abuse in your families



Resources

Get Smart About Drugs: www.getsmartaboutdrugs.com

- Visually identify drugs
- Understand the hidden dangers in your home through an interactive home
- Learn the signs of drug abuse
- Protect your family from drug abuse
- Explore ways to talk to your children about drugs
- Find resources for getting help





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Resources

Partnership for a Drug-Free America: www.drugfree.org

- The Parent Toolkit
- Time to Talk
- Time to Act





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Conclusion

Staying educated can help you
keep your home and children safe and drug free