



PRESCRIPTION FOR DISASTER:
How Teens Abuse Medicine

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





Introduction

Part I: Prescription and
Over-the-Counter
Drug Abuse

Part II: Common Drugs
of Abuse





Drug Basics

Prescription drug: Any drug available only with authorization from a physician

Over-the-Counter (OTC) medication: A drug that is sold without a prescription

Illicit drugs: Drugs that are commonly known as illegal drugs, like cocaine, heroin, methamphetamine, marijuana, etc.



Part I: How Teens Abuse Medicine

- Prescription or over-the-counter medications are often teens' first introduction to getting high
- Some prescription drugs have the same potential for abuse, dependence, and addiction and share many of the same properties as street drugs.
- Parents and teens don't know enough about the problem or dangers

Sources:

- *U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, 2008 National Survey on Drug Use and Health*
- *Partnership for a Drug Free America, 2008 Partnership Attitude Tracking Survey*



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
- More than half or 56% of teens in grades 9-12 believe prescription drugs are easier to get than illegal drugs
- 62% believe most teens get prescription drugs from their own family's medicine cabinets
- 63% believe prescription drugs are easy to get from their parent's medicine cabinet, up significantly from 56% in the 2008 study



Why Teens Use Prescription Drugs

- Escape and boredom
- Peer pressure
- School/work/life balance
- The desire to have the “ideal” physical appearance



Where Do Teens Get Medications?

- Friends
- Pharmacies
- Medicine cabinets
- Doctors
- Street dealers
- Internet



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



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 operate with the “approval” of a “doctor” working for a drug trafficking network.
- Parents should:
 - Monitor teens’ Internet activity
 - Check credit card and bank statements
 - Check packages delivered to the home

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



FACT:

Many teens believe prescription and OTC medications are safer than illicit drugs, but they are every bit as dangerous and every bit as illegal when used improperly



Interactions

- **Drug-drug interactions:** Occur when two or more drugs react with each other; may cause unexpected side effects
- **Drug-condition interactions:** Occur when an existing medical condition makes certain drugs potentially harmful



What Is Tolerance?

- Decreased sensitivity to the drug's effects after repeated use
- The user must take more of a drug and more often to achieve the desired effect
- Tolerant users can consume doses far larger than an average person can safely tolerate



What Is Physical Dependence?

- A state that develops as a result of repeated use of a drug
- Commonly known as addiction
- Chronic relapsing brain disease expressed in the form of compulsive behaviors
- Initial decision to use drugs is voluntary, but addiction compels a person to become obsessed with obtaining and abusing drugs despite the adverse health and life consequences
- Dependent person must consume a drug to prevent physical withdrawal syndrome



What Is Psychological Dependence?

- Drug cravings that focus all of the person's thoughts and desires on obtaining and using the drug
- While physical dependence goes away in days or weeks after drug use, psychological dependence can continue for years



Part II: Common Drugs of Abuse

- Narcotics
- Stimulants
- Depressants
- Hallucinogens
- Anabolic Steroids



Drug Scheduling

- There are five different drug categories, or schedules, which determine whether or not it is legal to use a drug and under what circumstances.
- Drugs are placed into five different schedules by DEA according to their medical use and potential for abuse



Schedule I

- The drug or substance has a high potential for abuse
- The drug or substance **has no** currently accepted medical use in treatment in the United States
- There is a lack of accepted safety for use of the drug under medical supervision
- Examples of Schedule I substances include heroin, lysergic acid diethylamide (LSD), marijuana, and methaqualone



Schedule II

- The drug or other substance has a high potential for abuse
- The drug or other substance **has** a currently accepted medical use in treatment in the United States or a currently accepted medical use with restrictions
- Abuse of the drug or other substance may lead to severe psychological or physical dependence
- Examples of Schedule II substances include morphine, phencyclidine (PCP), cocaine, methadone, and methamphetamine



Schedule III

- The drug or other substance has less potential for abuse than the drugs or other substances in Schedules I and II
- The drug or other substance **has** a currently accepted medical use in treatment in the United States
- Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence
- Anabolic steroids, codeine and hydrocodone with aspirin or Tylenol, and some barbiturates are examples of Schedule III drugs



Schedule IV

- The drug or substance has a low potential for abuse relative to the drugs or substances in Schedule III
- The drug or other substance **has** a currently medical use in treatment in the United States
- Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule III
- Examples of drugs included in Schedule IV are Darvon[®], Talwin[®], Valium[®], and Xanax[®]



Schedule V

- The drug or other substance has a low potential for abuse relative to the drugs or substances in Schedule IV
- The drug or other substance **has** a currently accepted medical use in treatment in the United States
- Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or substances in Schedule IV
- Cough medications with codeine are examples of Schedule V drugs



Narcotics

- Illicit narcotics
 - Heroin
- Prescription narcotics
 - Morphine
 - Methadone
 - Other opioids
- Narcotic medications are available only with a prescription

Sources:

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



Narcotic Medications

Used to:

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

Sources:

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



Forms of Narcotics

- Liquid
- Tablet
- Capsule
- Patch
- Lollipop
- Diskette
- Suppository
- Injectable

Sources:

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



Adverse Effects of Narcotics

- Euphoria
- Drowsiness
- Slowed breathing
- Skin, lung, and brain abscesses
- Endocarditis (an inflammation of the lining of the heart)
- Hepatitis
- AIDS

Sources:

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



Codeine Cough Syrups

- Robitussin A-C Syrup[®]
- Mytussin AC Cough Syrup[®]

Common slang names:

- Lean
- Purple Drank
- Syrup

Sources:

- Drug Enforcement Administration, *Drugs of Abuse*, 2005
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html
- National Institutes for Health. Medline Plus, www.nlm.nih.gov/medlineplus/druginfo/meds/a682065.html



Fentanyl

- 80 times more powerful than morphine
- Biological effects indistinguishable from those of heroin—some forms of fentanyl may be hundreds of times more potent
- Duragesic Patch[®]
- Actiq Lozenge[®]

Common slang names:

- Tango and Cash
- China White
- Dance Fever

Sources:

- Drug Enforcement Administration, *Drugs of Abuse*, 2005
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html
- National Institutes for Health. Medline Plus, www.nlm.nih.gov/medlineplus/druginfo/meds/a682065.html



Hydrocodone

- Vicodin[®]
- Lortab[®]
- Lorcet[®]
- Hydrocodone with Acetaminophen
- Most abused narcotic in the U.S.

Sources:

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



Methadone

- Dolophine[®]
- Methadose[®]
- From 1999 to 2005 (the most recent years for which data is available), the CDC reported that the rate of methadone deaths in younger individuals between the ages of 15 and 24 increased 11-fold.

Sources:

- U.S. Department of Health and Human Services; Centers for Disease Control and Prevention, *Increases in Poisoning and Methadone-Related Deaths: United States, 1999-2005, February 2008*
- Office of National Drug Control Policy. *Drug Policy Information Clearinghouse Fact Sheet: Methadone*. Washington, DC: ONDCP, 2000, www.whitehousedrugpolicy.gov/publications/factsht/methadone/index.html.
- National Institutes of Health, *Medline Plus*, www.nlm.nih.gov/medlineplus/druginfo/meds/a682134.html



Oxycodone

- OxyContin[®]
- Oxycodone with Acetaminophen
- Percodan[®]
- Percocet[®]

Common slang names:

- Oxycotton
- Percs
- OC
- OX
- Oxy
- Hillbilly Heroin
- Kicker

Sources:

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



Stimulants

- Illicit stimulants
 - Crack cocaine
 - Khat
- Prescription stimulants
 - Methamphetamine
 - Amphetamines
 - Pseudoephedrine
- Stimulant medications are only available with a doctor's prescription

Sources:

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



Forms of Stimulants

- Powder
- “Rocks”
- “Crystal”
- Pills
- Smokable and injectable forms

Sources:

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



Adverse Effects of Stimulants

- Alertness
- Excitation
- Euphoria
- Increase in blood pressure and pulse rate
- Insomnia
- Loss of appetite

Sources:

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



Amphetamines

Used to treat ADHD and ADD:

- Adderrall[®]
- Dexedrine[®]
- Desoxyn[®]

Common slang names:

- Speed
- Bennies
- Black Beauties
- Uppers

Sources:

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



Methylphenidate and Dexmethylphenidate

Used to treat ADHD and ADD:

- Concerta[®]
- Ritalin[®]
- Focalin[®]
- Focalin XR[®]

Common slang names:

- Pellets
- R-Ball
- Skippy
- Vitamin R
- Illys

Sources:

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



Weight Control Medications

- Phentermine (Adipex[®] and Ionamin[®])
- Benzphetamine (Didrex[®])
- Phendimetrazine (Prelu-2[®])

Sources:

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



Depressants

Depressant medications are available only with a doctor's prescription



Sources:

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



Depressants

Used to:

- Induce sleep
- Relieve stress
- Reduce anxiety

Forms of depressants:

- Pills
- Liquid

Sources:

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



Depressants

Common depressants

- Alcohol
- Valium[®]
- Xanax[®]
- Tranquilizers
- Sleeping pills
- Rohypnol[®]
- GHB

Sources:

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



Adverse Effects of Depressants

- Slurred speech
- Disorientation
- Drunken behavior
- Impaired memory
- Vivid and disturbing dreams
- Amnesia

Sources:

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



Benzodiazepines

- Valium[®]
- Xanax[®]
- Halcion[®]
- Ativan[®]
- Klonopin[®]

Common slang names:

- Downers
- Benzos

Sources:

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



Sleeping Pills

- Ambien[®]
- Sonata[®]

Sources:

- National Institutes of Health, Medline Plus, www.nlm.nih.gov/medlineplus/druginfo/meds/a693025.html
- National Institutes of Health, Medline Plus, www.nlm.nih.gov/medlineplus/druginfo/meds/a601251.html
- National Institute on Drug Abuse, www.drugabuse.gov/DrugPages/DrugsofAbuse.html



Other Abused Depressants

Other Abused Depressants:

- Choloral hydrate (Somnate[®])
- Barbiturates, such as amo-, seco-, and pentobarbital
- GHB (Xyrem[®])
- Carisprodol (Soma[®])
- Ketamine (Ketalar[®], Ketacet[®])

Sources:

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



Anabolic Steroids

Anabolic steroids are available only with a doctor's prescription





Anabolic Steroids

- Synthetically produced variants of the naturally occurring male hormone
- Used to enhance performance and increase muscle mass

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



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



Common Slang Names for Steroids

- Arnolds
- Gym candy
- Pumpers
- Roids
- Stackers
- Weight trainers
- Juice

Sources:

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



Hallucinogens

- Hallucinogens are a group of drugs used for their ability to alter human perception and mood
- Includes such drugs as:
 - LSD
 - Dextromethorphan or “DXM”
 - Mushrooms

For more information on hallucinogens visit:

www.getsmartaboutdrugs.com/drugs/hallucinogens.html



Over-the-Counter Medications with DXM

Over 100 medications, such as cough medicines, contain DXM either as the only active ingredient or in combination with other ingredients.



Forms of OTC Medications with DXM

- Liquid
- Gelcap
- Pill
- Powder



Effects of DXM Abuse

- Breathing problems
- Dizziness
- Blurred vision
- Slurred speech
- Loss of physical coordination
- Abdominal pain
- Nausea and vomiting
- Rapid heart beat
- Drowsiness
- Numbness of fingers and toes
- Disorientation

Sources:

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



Effects of DXM Abuse

- Mild distortions of color and sound
- Visual hallucinations
- “Out-of-body” dissociative sensations
- Loss of motor control

Sources:

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



What You Can Do

- Get information
- Understand the power and danger of these medications
- Ask teens what they are experiencing
- Ask your doctor and pharmacist
- Look in your medicine cabinet
- Read labels
- Report suspicious Internet pharmacies toll free to the DEA hotline at:
1-877-RxAbuse (1-877-792-2873)



Conclusion

Limit teens' access to drugs

Raise awareness of the dangers of prescription drug and over-the-counter abuse