

**MANY IOWA TEENS AND ADULTS
HAVE A FALSE SENSE OF SECURITY
ABOUT PRESCRIPTION AND
OVER-THE-COUNTER (OTC) DRUGS:**

**“It’s only
medicine, so it’s
safe, right?”**

Almost 1 out of 4 (24%) of Iowa middle school and high school students either do not know or do not believe using prescription drugs (not prescribed for them) puts them at risk of harm.¹

Talking about using prescription and OTC medications needs to begin at an early age. Nearly half of young people who inject heroin surveyed in three recent studies reported abusing prescription opioids before starting to use heroin.²

**Every day, 44 people
in the U.S. die from
overdose of prescription
painkillers, and many more
become addicted.³**

RESOURCES

Iowa Substance Abuse Helpline
1-866-242-4111 or www.drugfreeinfo.org

Iowa Medicine Take Back
<https://odcp.iowa.gov/rxtakebacks>

National Institute on Drug Abuse
www.nida.nih.gov

Partnership for Drug-Free Kids
www.drugfree.org



www.ac4c.org



<https://odcp.iowa.gov/>

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¹ 2014 Iowa Youth Survey, www.iowayouthsurvey.iowa.gov
² www.drugabuse.gov/publications/research-reports/heroin
³ <http://www.cdc.gov/drugoverdose/>

Medicine Abuse in Iowa

**A FAMILY GUIDE
TO PREVENTION**



Commonly Abused Medicines

Opioids

Narcotic pain killers (e.g. morphine, codeine, oxycodone, fentanyl, hydrocodone, methadone)

Stimulants

Prescribed to treat narcolepsy and attention deficit or hyperactivity disorder (e.g. Adderall, Ritalin)

Central Nervous System Depressants

Used to treat anxiety or sleep disorders (e.g. Xanax, Valium)

Dextromethorphan (DXM)

A cough suppressant

There were 14.9 prescriptions filled per capita at Iowa retail pharmacies in 2014.⁴ How many prescriptions are in your home?



Safety Tips

Take inventory and monitor the prescription and OTC drugs in your home. Store them in a locked area if you have concerns they are being abused.



Dispose of old and unused medications promptly and appropriately. Your pharmacist can provide information about how and where to dispose of OTC and prescription drugs.

Monitor your credit card statement and internet use in your home. It's easy for anyone to purchase a prescription drugs over the internet.

TALKING ABOUT MEDICINE USE

Discussion about medicine abuse presents a challenge, compared to talking about alcohol, tobacco, and illegal drug use—which are illegal for youth to use. Medicine is designed to help people. Make sure your child understands you are talking about intentionally using these drugs to get high.

Take time to learn about the abuse of these drugs. There's a wealth of information on the internet. Talk about specific drugs and how they affect the body and people's lives. Include information on side effects and symptoms of overdose. For older youth, discuss the risks of taking drugs and driving or riding with an impaired driver.

Use teachable moments, such as when a story is on the news about these drugs or when you and your child are on an extended ride. It's OK if you don't have all the answers. It's more important that you have an open dialogue, model responsible behavior around prescription and OTC use, and young people know your expectations around drug use.

⁴ <http://kff.org/other/state-indicator/retail-rx-drugs-per-capita/>

Why are Young Iowans Abusing Medicines? The Four "A's"

Availability: The number of prescription and over the counter (OTC) drugs that have potential for abuse is staggering.

Access: They are easy to get.

Off the Internet—With a credit card, youth can purchase almost any prescription drug they want.

From the Family Medicine Cabinet—Legitimate family member prescriptions can be stolen a few at a time, usually without notice.

From Friends—In a phenomenon known as Pharm Parties, youth bring whatever medicines they can find and take them together in a type of pill "trail mix" usually without knowing what they are taking.

Awareness: Teens know more about prescription drugs than ever before due to aggressive media advertising and the internet.

Attitude: Many youth believe there is low risk associated with taking prescription and OTC drugs, even though they can be just as dangerous as any illegal drug if used inappropriately.

Sharing or selling prescription medication is illegal. In some cases it is considered a felony punishable by up to 10 years in prison and a \$10,000 fine.

