

Prescription For Prevention

Rx



S t o p t h e E p i d e m i c



Prescription for Prevention: Stop the Epidemic

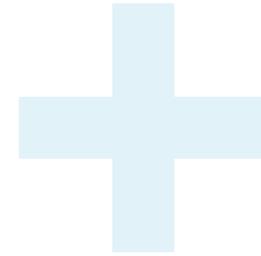
Recent statistics show an alarming trend in the state of Ohio – the rise in prescription drug abuse and overdose. Drug abuse and overdose deaths are cutting short the lives and livelihoods of far too many Ohioans in their prime.

In Ohio, since 2007, there have been more deaths from drug overdose than from motor vehicle traffic crashes, and prescription pain relievers are largely driving the increase in deaths.

On average, nearly four Ohioans die each day because of drug overdose. In fact, prescription pain relievers are associated with more drug overdoses than any illegal drug, including cocaine and heroin combined.

Another key factor in the overdose epidemic is the use of multiple medications at the same time. In nearly three out of four fatal overdoses in 2009, multiple medications were involved.

Prescription drugs are safe and effective when used as directed but are just as dangerous and deadly as illegal street drugs when used incorrectly.



It is important that parents and other adults talk with teenagers about the addictive nature of prescription medication and the dangers of sharing medication or taking another person's medication.





More than 25 percent of Ohio high school students reported using a prescription drug without a doctor's prescription at least once.

Take Medication as Directed

When taking prescription medications, it is important to speak with your doctor or pharmacist to make sure you understand how to use them safely. Make sure your doctors are aware of all medications you are taking as some medications produce unintended and dangerous results when taken together.

Equally important is talking to your loved ones about the dangers of prescription drug abuse.

Prescription drug abuse is an epidemic that is affecting our entire community. But together, we can help stop it.



From 1999 to 2009, Ohio's death rate as a result of unintentional drug overdose increased by more than 325 percent.

Males aged 45-54 have the highest death rates from unintentional drug overdose, 1.5 times greater than the rate for females.



Females represent the
fastest-growing group at risk
for fatal drug overdose.



Proper Storage and Disposal

To lessen the risk of unintentional overdose or abuse, it is important to understand how to properly store and dispose of unused or expired prescription medication. Read the specific disposal instructions that came with your medication. A few medicines should be flushed down the sink or toilet, if they cannot be disposed of through a take-back program, because they may be harmful or even fatal if used by someone else. A list of medicines recommended for disposal by flushing can be found on the FDA's website: <http://www.fda.gov>. Enter "safe disposal of medication" in the search box.

Storage Guidelines

- Prescription medications should always be stored out of the sight and reach of children, teens and anyone who might misuse them.
- Keep all prescription drugs in their original containers.
- Make sure medication is properly labeled so that you can easily identify the contents.
- Monitor the use of prescription medication by counting how many pills are left in the bottle.
- Lock medication in a safe or in a secure cabinet.

Disposal Guidelines

- Check to see if your community has a drug take-back or hazardous waste collection program that will collect unused or expired prescription medication.
- If collection options are not available:
 - Take unneeded prescription medication out of the original container and mix with garbage, coffee grounds, cat litter or sawdust.
 - Place mixture in a disposable container with a lid or a sealable plastic bag.
 - Place sealed container in the trash.
 - Remove all personal information from the empty medicine bottle and dispose of the bottle.



Following these simple steps can help protect your loved ones from the dangers of prescription drugs and help them lead longer, safer lives. For more information about medication storage and disposal, visit www.p4pohio.org.

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www.p4pohio.org