

# prescription for prevention: stop the epidemic

Prescription drug abuse is a growing epidemic in Ross County and throughout the state of Ohio.



Each day, nearly **four Ohioans** die because of drug-related overdose.<sup>1</sup>

In Ohio, since 2007, there have been more deaths from drug overdose than from motor vehicle traffic crashes.<sup>1</sup>

- At least 118 Ross County residents died of unintentional drug overdose from 2000 to 2009. That equals nearly 12 deaths each year on average in our county alone amounting to more than two times the state overdose rate.<sup>1</sup>

Prescription pain relievers have been associated with more overdose deaths in Ohio than heroin and cocaine combined from 2006 to 2009.<sup>2</sup>

- At least 107 prescription opioid doses were dispensed per person in Ross County in 2010, compared to 67 statewide.<sup>2</sup>

Help end prescription drug abuse. Talk to friends, teens and family members about the dangers of taking medication without a prescription or sharing prescription drugs, and the highly addictive nature of these drugs.

## the most commonly misused drugs

Take a look in your medicine cabinet. You may be housing some of Ross County's most commonly misused or abused prescription drugs.



If any of these drugs are in your medicine cabinet, it may be time to make sure you know how to properly store and dispose of them to prevent possible misuse.



For more information, contact the Crisis Center at (740) 773-4357, or visit [www.p4pohio.org](http://www.p4pohio.org).

<sup>1</sup> ODH, Office of Vital Statistics

<sup>2</sup> Ohio State Board of Pharmacy, Ohio Automated Rx Reporting System  
(per capita rates are based on 2010 Census Data)

# clear out your cabinet:

## getting rid of unneeded prescription drugs

A recent national study found that 60 percent of people aged 18-25 obtained prescription pain relievers from family members or friends for nonmedical use.<sup>3</sup>

Although it may seem wasteful to dispose of costly prescription medication, properly disposing of unneeded or old medication is one way to prevent prescription drug abuse among your family and friends.

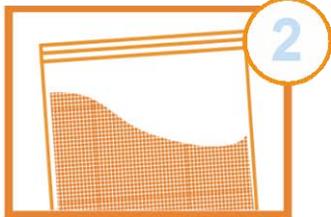
Read the specific disposal instructions that came with your medication. A few medicines should be flushed down the sink or toilet, if they cannot be disposed of through a take-back program, because they may be harmful or even fatal if used by someone else. A list of medicines recommended for disposal by flushing can be found on the FDA's website: <http://www.fda.gov>. Enter "safe disposal of medication" in the search box.

### Not sure how to clear out your cabinet?

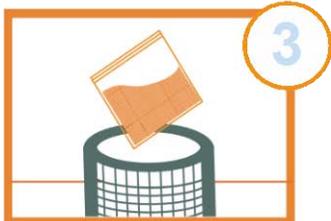
You may be able to take advantage of drug take-back events in your community that collect unused prescription drugs for proper disposal, or you can use the easy guide below.



**Take unneeded medication out of the original container and mix it with garbage, coffee grounds, cat litter or sawdust.**



**Place mixture in a disposable container, such as a sealable plastic bag.**



**Place sealed container in the trash.**



**Remove all personal information from empty medicine bottle and dispose of the bottle.**