

Lasting Impacts

Abuse of any prescription medication may cause addiction, dependence, withdrawal, overdose, and possible death. Below is a brief summary of some long-term impacts associated with the three categories of RX medications.

Opioids

- Respiratory Failure
- Chronic muscle and bone pain
- Permanent brain damage
- Coma
- Increased risk of heroin usage

CNS Depressants

- Seizures
- Brain damage that affects motor function
- Loss of cognitive functions
- Respiratory problems
- Chronic fatigue and sleep problems

Stimulants

- Permanent damage to blood vessels of the heart & brain
- Liver, kidney and lung damage
- Respiratory problems
- Psychosis
- Permanent damage to the brain



5.8% of Jackson Co. high school students say they have taken a RX drug such as Ritalin, Adderall, or Xanax without a doctors prescription within the last 30days.

7.4% of Jackson Co. high school students say they have taken a RX drug such as OxyContin, Codeine, Vicodin, or Percocet without a doctors prescription within the last 30days.

14.8% of Jackson Co. high school students say they have been offered, sold, or given an illegal drug on schools property during the past 12 months.

Jackson County



DrugFreeJackson.com



Information Gathered From:

www.DrugAbuse.gov

www.Teens.DrugAbuse.gov

www.DEA.gov

Jackson County Statistics were gathered from the
2013-2014 Michigan Profile For Healthy Youth Survey
(MiPHY)

Jackson County Substance Abuse Prevention Coalition
&
Most Teens Don't

One Jackson Square, 5th Floor
Jackson, MI. 49201

For additional information, please contact:

Emma Sigman, B.S., CPS.
Coordinator: Most Teens Don't
Phone: (517) 205-3782
Email: Emma.Sigman@allegiancehealth.org

Prescription Pills

*A Helpful Guide for High School
Athletic Trainers, Staff & Parents*



Prescription drug abuse occurs when someone takes a medication prescribed for someone else or takes their own in a way not intended by the doctor or for a different reason, like to get "high".

Current Facts & Stats

- ◇ Monitoring the Future has shown persistently high rates of nonmedical prescription drug use in our Nation's teens.
- ◇ After marijuana and alcohol, prescription drugs are the most commonly abused substances by Americans aged 14 and older.
- ◇ The United States represents 5% of the world's population, we also consume 75% of the world's supply of prescription drugs.
- ◇ 60% of teens who abuse prescription drugs get them for free from friends and relatives.
- ◇ Prescription pills are the 2nd most commonly abused category of drugs in Michigan, 2nd only to marijuana.

Prescription Pills & Athletics

A study from Michigan State University found 14- and 15-year-olds are two to three times more likely than 20- and 21-year olds to become dependent on prescription painkillers.

This is often seen in student athletes who have sustained injuries and then been prescribed pain relievers such as Vicodin, Percocet, Codeine, etc.

Over time adolescents may develop a dependence to these substances which can then lead to the use of illegal drugs such as heroin.

Prescription drug abuse can destroy the brain's reward systems. Drugs "hijack" the brain. After repeated drug use, the brain adjusts to the constant surge of drugs and stops making the chemicals that are responsible for pleasure and pain management.

Commonly Used RX Meds

Commonly abused classes of prescription drugs include:
Opioids, Central Nervous System (CNS) Depressants, & Stimulants

Opioids are used to help manage and reduce pain.

These Include: Vicodin, OxyContin, Oxycodone, Codeine, Morphine, Fentanyl, & Percocet

CNS Depressants are used to help treat anxiety and sleep disorders.

These Include: Valium, Xanax, & Nembutal

Stimulants are used to help treat ADHD and narcolepsy.

These Include: Adderall, Ritalin, Concerta, & Dexedrine.



Short-Term Effects

Opioids

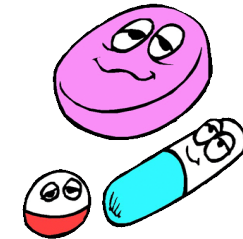
- ◇ Relaxation, indifference to emotional and/or physical pain, drowsiness, constipation, feelings of sleepiness, nausea, and slowed breathing.

CNS Depressants

- ◇ Slowed brain function, slurred speech, shallow breathing, sleepiness, disorientation, and lack of coordination. People who abuse depressants and then stop suddenly can experience seizures.

Stimulants

- ◇ Alertness, increased focus and attention, sleeplessness, loss of appetite, paranoia, increased blood pressure, increased heart rate, and a dangerous increase in body temperature.



Signs & Symptoms of Abuse

Some common signs of drug abuse include the following:

- ◇ **Changes in appearance**
Appearing malnourished or lack of personal hygiene
- ◇ **Lack of energy and motivation**
Loss of interest in activities (sports, hobbies, etc.) that the user once enjoyed
- ◇ **Problems at school**
Skipping class, declining grades, drop in attendance, etc.
- ◇ **Changes in behavior**
Unexplained and sudden changes in personality, attitude, and/or mood
- ◇ **Secrecy and Deception**
Stealing, demanding more privacy, etc.
- ◇ **Unexplained injuries or accidents**
May be because they don't know how they got hurt
- ◇ **Relationship Issues**
Issues with families or friends, users may become violent, withdrawn, etc.

