PREVENT PRESCRIPTION DRUG ABUSE

WARNING: Prescription medicines are now more frequently abused than cocaine, heroin, and meth combined.

1. Take medicines only as prescribed.
2. Do not share your medicines with anyone.
3. Store your medicines safely.
4. Properly dispose of unused medicines immediately.

ADVOCATE • EDUCATE • SECURE
Medical Association of Georgia Foundation
Prescription drug abuse is a national epidemic with well over 16,500 deaths a year from pain killer overdose.

More people now die each year from accidental drug overdose than in auto accidents.

Eighteen women die every day from prescription pain killer overdose, an increase of over 400% since 1999.
DON'T BE AN UNINTENTIONAL DRUG SUPPLIER
by allowing others access to your medicines.
Annual death toll from prescription pain killers greatly exceeds the number of deaths from all illegal drugs combined.

The United States comprises less than 5 percent of the world population but uses more than 80 percent of the global supply of pain killer medications.

The age group most likely to die from an accidental drug overdose is 45 to 54 years old.

A quarter of high school teenagers have experimented with misappropriated prescription drugs.

Genetics plays a key role in prescription drug addiction.

Friends and family “unintentional drug suppliers” are the source for 70% of misused prescription drugs.
THE FOUR STEPS to Reduce Prescription Drug Abuse

1 Take Only as Prescribed
   • See back for list of most abused medications
   • Do not mix medications except as directed by physician
   • Do not take these medicines with alcohol – it could be deadly

2 Do Not Share Medicines
   • Taking another person's prescription is both illegal and dangerous
   • Medicines that you take could have a very different effect on others

3 Store Your Prescriptions Safely
   • Do not allow others to gain access to your prescriptions
   • Addicted persons will take pills from your home
   • Children are particularly at risk for accidental overdose
   • A drug lockbox with a key or combination is the best security

4 Dispose Promptly
   • Dispose of unused medications promptly when no longer needed
   • Take to a drug drop box at the local police or sheriff's office. For prescription drug drop boxes around the state go to www.stopxabuseinga.org/prescription-drug-disposal.
   • Turn in at a DEA take-back event
   • Take pills from bottle and mix with food waste garbage
   • Do not flush in toilet – medicines may stay in the water supply
COMMONLY ABUSED MEDICATIONS

NARCOTIC PAIN KILLERS:

<table>
<thead>
<tr>
<th>Hydrocodone</th>
<th>Methadone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lortab</td>
<td>Morphine</td>
</tr>
<tr>
<td>Vicodin</td>
<td>Avinza</td>
</tr>
<tr>
<td>Norco</td>
<td>Kadian</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>Fentanyl</td>
</tr>
<tr>
<td>Percocet</td>
<td>Duragesic</td>
</tr>
<tr>
<td>Roxicodone</td>
<td>Fentora</td>
</tr>
<tr>
<td>Endocet</td>
<td></td>
</tr>
<tr>
<td>Oxycontin</td>
<td>Codeine</td>
</tr>
</tbody>
</table>

ANXIETY MEDICATIONS:

- Xanax
- Valium
- Ativan

Inappropriate use of any of these common prescription medicines (listed above) can be fatal, while ingesting any combination of pain killers and anxiety medications together can increase risk factors dramatically - and even more so when alcohol is added.