

# Misuse and Abuse of Over the Counter Drugs



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 American College Health Association



**Building Bridges by the Bay**

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## **Consumer Misperceptions and Misuse of OTC Pain Relievers**

American Academy of Family Physicians

OTC pain relievers can lead to medical problems, such as gastrointestinal bleeding, ulcers, and liver damage.

### **Factors that may be contributing misuse:**

- A perception among the public that OTC medicines are not “real” medicine
- Limited understanding of the ingredients
- A belief that “more is better”
- Unrealistic expectations about the normal range and duration of symptoms.
- ability of any medication to fully relieve symptoms

<http://www.nclnet.org/takewithcare/media/misperceptions.htm>

### Advil

- Generic- Ibuprofen
- Brand names - Motrin, Nuprin, Genpril

### Tylenol

- Generic - Acetaminophen
- Brand names - Paracetamol, Datril, Panadol

### Aleve

- Generic - Nonprescription strength Naproxen.

## **Pseudo ephedrine (Oral Route)**

**Some side effects may occur that usually do not need medical attention.**

### **More common**

Nervousness  
Restlessness  
Trouble in sleeping

### **Less common**

Difficult or painful urination  
Dizziness or lightheadedness  
Fast or pounding heartbeat  
Headache  
Increased sweating  
Nausea or vomiting  
Trembling  
Unusual paleness  
Weakness

**<http://www.mayoclinic.com/health/drug-information/DR601759>**

The image displays a collection of Sudafed products. On the left, there is a 3x3 grid of boxes for various Sudafed PE formulations. The top row includes 'Nasal Decongestant', 'Sinus Headache', and 'Non-Drying Sinus'. The middle row includes 'Day & Night Cold & Cough', 'Nighttime Nasal Decongestant', and 'Sinus & Allergy'. The bottom row includes 'Cold & Cough', 'Severe Cold', and 'Nighttime Cold'. To the right of this grid is a large vertical box for 'SUDAFED OM Sinus Congestion Moisturizing Nasal Spray', which is highlighted with a 'NEW' banner. Each box features a head profile with a red area indicating the sinus region and lists key benefits and ingredients.

**SUDAFED PE®** Relief of sinus congestion and pressure from colds or allergies—right in your cold and allergy aisle.

**SUDAFED®** Relief of sinus congestion and pressure from colds or allergies. Found behind the

**SUDAFED OM** A new line of fast-acting sprays from the SUDAFED



## **Acetaminophen Overdose: Side effects are rare**

- **Overdoses of acetaminophen- more than 56,000 ER visits / yr.**
- **Estimated 458 deaths from acute liver failure**
- **Acetaminophen-related liver failure appears to be on the rise**
- ***N*-acetylcysteine administered within 12 hours can prevent liver injury**
- **Unintentional overdosing usually only recognized after symptoms have developed.**
- **Delay in seeking medical attention, and/or to institute *N*-acetylcysteine therapy are associated with greater morbidity and mortality**

**[http://www.health.harvard.edu/press\\_releases/acetaminophen\\_overdose.htm](http://www.health.harvard.edu/press_releases/acetaminophen_overdose.htm)**

## Acetaminophen: Most common cause of acute liver failure in US

- the incidence of acetaminophen ALF has risen in the US over the years
- alarming, particularly since half the cases were accidental (unintentional)
- acetaminophen-related ALF from 28% in 1998 to 51% in 2003.



Ibuprofen / NSAIDS side effects may include:

- upset stomach, mild heartburn, diarrhea, constipation
- bloating, gas
- dizziness, headache, nervousness
- skin itching or rash
- blurred vision
- ringing in your ears

<http://www.drugs.com/ibuprofen.html>

## Aspirin Poisoning

### **Early symptoms:**

- **tinnitus and impaired hearing**
- **GI distress**
- **Bruising**

### **Later signs:**

- **rapid breathing**
- **vomiting**
- **bleeding**
- **double vision**
- **drowsiness**
- **confusion**

<http://www.webmd.com/a-to-z-guides/aspirin-poisoning>

# Reye's syndrome

Aspirin has been linked with Reye's syndrome, a rare but serious condition that can affect children and teenagers recovering from a viral infection.

Don't give aspirin to anyone age 18 or younger, unless specifically recommended by the child's doctor.

<http://www.mayoclinic.com/health/reyes-syndrome/DS00142>



**Nearly one in five teens (19 percent or 4.5 million) report abusing prescription medications to get high; and one in 10 (10 percent or 2.4 million) report abusing cough medicine to get high.**

**More than half of teens (55 percent or 13 million) don't agree strongly that using cough medicines to get high is risky.**

[http://www.drugfree.org/Portal/DrugIssue/Research/Teens\\_2005/Generation Rx Study Confirms Abuse of Prescription](http://www.drugfree.org/Portal/DrugIssue/Research/Teens_2005/Generation_Rx_Study_Confirms_Abuse_of_Prescription)



## **Street Names for DXM:**

Candy

C-C-C

Dex

DM

Drex

Red Devils

Robo

Rojo

Skittles

Tussin

Velvet

Vitamin D.

## **Street Names for DXM**

### **Abuse:**

Dexing

Robotripping

Robodosing

## **A Short List of OTC Medicines with DXM**

Alka-seltzer Plus Cold & Cough Medicine

Contac

Coricidin HBP Cough and Cold

Dayquil LiquiCaps

Delsym

Dimetapp DM

Drixoral

Pertussin

Robitussin

Sudafed

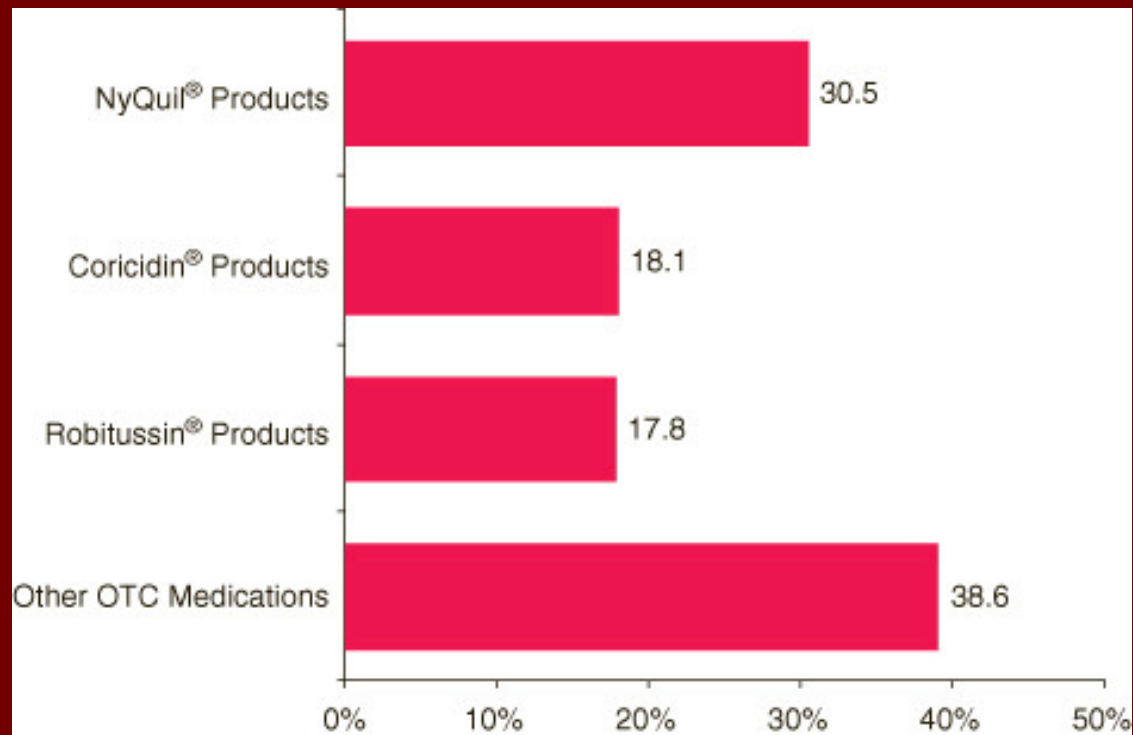
Triaminic

Tylenol Cold

Vicks 44 Cough Relief

Vicks Nyquil LiquiCaps

**Figure 2. Percentages of Use of Specific Over-the-Counter (OTC) Cough or Cold Medications in the Past Year among Past Year OTC Cough and Cold Medication Misusers Aged 12 to 25: 2006\*\***



	Amount	Caffeine (mg)
Milk chocolate	8 oz	5
Dark semi-sweet chocolate	1 oz	20
Brewed green tea	8 oz	20
Anacin	one tablet	32
Pepsi cola	12 oz can	38
Espresso	1 oz shot	40
Fiorinal/Fioricet	one tablet	40
Coca-cola	12 oz can	46
Brewed black tea	8 oz	50
Mountain Dew	12 oz can	54
Midol	1 gelcap	60
Excedrin pain reliever	1 tablet	65
Dexatrim Natural	one tablet	80
Jolt cola	12 oz can	80
Red Bull energy drink	8.3 oz can	80
Monster energy drink	16 oz can	80
Jolt caffeine energy gum	2 pieces	100
Penguin caffeinated mints	6 pieces	100
Cafergot	one tablet	100
No Doz	one tablet	100
Brewed coffee	12 oz cup	200
Vivarin	one tablet	200
Ripped Fuel Extreme Ephedra Free	2 capsules	220



**Do you suffer pain or distress because of your monthly period or your change of life?**

Discover Lydia Pinkham Herbal Compound Liquid or Tablets for nutritional support for women during all stages of life from menstruation through menopause.

### **Motherwort (*Leonurus cardiaca*)**

Motherwort's name comes from the fact that it has traditionally been viewed as specially useful in female disorders. It acts as a natural tranquilizer; it fights depression; and aids in promoting easier menstruation. It has a cheering, stimulant effect.

### **Gentian (*Gentiana lutea*)**

Revitalizes and invigorates.

### **Jamaican dogwood (*Piscidia erythrina*)**

has been recommended by generations of herbalists to reduce painful menstruation

### **Pleurisy root (*Asclepias tuberosa*)**

From early days, pleurisy root has been regarded as a valuable medicinal plant. It was an American Indian remedy. It exerts a general mild tonic effect on the system, and acts as a gentle laxative

### **Licorice (glycyrrhiza)**

is not just flavoring. It has been widely used as a herbal medicine since the Ancient Greeks and Romans. It has soothing and rejuvenating effects.

### **Black cohosh (cimicifuga racemosa)**

has a tonic, restorative effect; promotes easier menstruation; and, as a diuretic, reduces bloating

### **Dandelion (taraxicum officinale)**

has been known as a medicinal herb since the Arabs of the 10th century. It is a mild tonic and diuretic

**Lydia Pinkham is available in our health care store in both liquid form (the herbal compound) and as tablets.**

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Photo credit: [Jacob Wackerhausen](#)

## The DASIS Report: Prescription and Over-the-Counter Drug Abuse Admissions

In 1999, 87 percent of substance abuse treatment admissions for prescription and over-the-counter (OTC) drug abuse were among Whites.

Substance abuse treatment admissions for abuse of tranquilizers and sedatives were more likely to be female.

Admissions for abuse of prescription stimulants and OTC drugs were more likely to be male.

<http://www.oas.samhsa.gov/2k2/OTCtx/OTCtx.cfm>

From 1999 to 2004, there was a seven-fold increase in cases related to the abuse of DXM reported to poison control centers nationwide. Most of these cases were among 15- and 16-year-olds. (Bryner, 2006)

[http://www.mediacampaign.org/newsroom/press08/rx\\_rpt\\_2008.pdf](http://www.mediacampaign.org/newsroom/press08/rx_rpt_2008.pdf)



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# OTC Drugs and Household Items

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Harsh drug laws don't make people stop trying to alter their brain chemistry, they just turn to over-the-counter drugs and other household items.

## • A Search for Legal Inebriants by Evil Basterd

A list of OTC substances that can be used to achieve a state of intoxication. There is a moderately detailed description of each item in the list. Near the end of the document there is a compilation of "tid-bit" facts about various other drugs, these facts mostly have to do with health and safety regarding use.

## • Adderall: A Thrill Like No Other by Gurgg

Adderall is a drug perscribed for ADD and ADHD, while it has beneficial effects on those with these disorders the effects rendered on a normal person can be rather great. I experienced this and this roughly details my 'journey' with Adderall.

## • Adventures with Nutmeg by cense

This section will detail my own experiences while using nutmeg as a hallucinogen. Nutmeg, yes nutmeg, the household spice used for flavouring and aromasizing is also a powerful, depending on dose, drug.

### Hot Topics

- Percocet.. Snortable??
- A day in my court appointed drug class.
- ovaltine colored h
- Codeine Dosage
- essay on the causes and effects of drug use
- Plugging?
- tolerance~
- will this go away?

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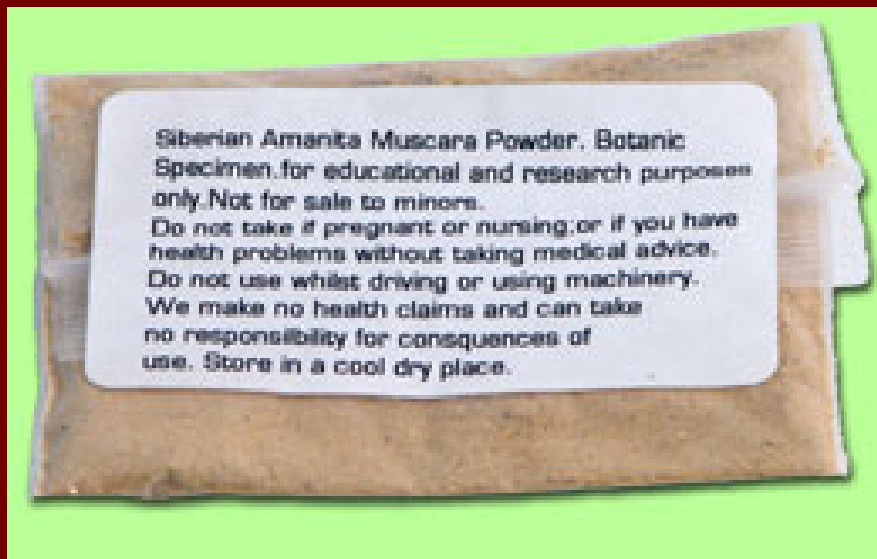
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[http://www.everyonedoesit.co.uk/online\\_headshop/Siberian Amanita Muscara Powder.cfm?iProductID=2298&iProductCategoryID=553](http://www.everyonedoesit.co.uk/online_headshop/Siberian_Amanita_Muscara_Powder.cfm?iProductID=2298&iProductCategoryID=553)

## Stages of Addiction

- **Use**-- In this stage, people use substances and enjoy behaviors responsibly with no painful consequences.
- **Misuse**-- In this stage, people begin to experience negative effects of their choices in their relationships, work and health.
- **Abuse** - When people continue using a substance or practicing a behavior in spite of negative consequences, they are in the abuse stage.
- **Dependency** - In this stage, the substance or behavior is the focal point of the person's life.
- **Addiction** - A person becomes addicted alcohol and drugs when stopping their use causes withdrawal symptoms.

<http://www.journeyofrecovery.org/stages-addiction.htm>



