

Is Your Medicine Cabinet Safe?

Prescription and Over-the-Counter Medicine Misuse

To download a useful tracking tool for your own medicine cabinet, visit the OASAS website at <http://www.oasas.ny.gov/publications/pdf/MedicineCabBrochure.pdf>.

With this tool, you can list your prescriptions, the date filled, the expiration date, and original quantity. Once a week, count the pills remaining and mark the date.



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New York State
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New York State
Department of Health
www.health.ny.gov



New York State
Office of Mental Health
www.omh.ny.gov



New York State Police
www.troopers.ny.gov



New York State
Division of Criminal
Justice Services
www.criminaljustice.ny.gov

PRESCRIPTION SAFETY



What you need to know when you take a prescription home.

Prescription Drug Misuse

Most people take prescriptions responsibly under a doctor's care. However, there has been a steady increase in the non-medical use of medications, especially by adolescents and young adults.

Prescription drug misuse occurs when a person takes a prescription medication that is not prescribed for him/her, or takes it for reasons or in dosages other than prescribed. The nonmedical use of prescription medications has increased in the past decade and has surpassed all illicit drugs except marijuana in the United States. Misuse of prescription drugs can produce serious health effects, including addiction.



Commonly misused prescription medications include those that are intended to relieve pain, anxiety and sleep disorders.

Remember

- Prescription misuse is on the rise and has resulted in unintended addiction and death.
- Ask your provider if any of the medications prescribed for your family have a potential for abuse.
- Medication is intended for the person it was prescribed for.
- Never share medications.
- Don't mix medications. Speak to your healthcare provider about all medications you are taking, including over the counter medications.
- Medications are unsafe when not taken as prescribed.
- Store all medicines in one designated location, in a dry and cool place. The kitchen and bathroom are bad places to store medicine because of the heat and moisture generated.
- Be sure the medicine location is safe and secure, away from children, adolescents and others.
- Routine tracking of all medication is a good idea especially when others live with or visit you.
- Discuss the importance of safely using medications with family and friends.

Why should you be concerned?



- 1.5 million American kids have reported they have abused prescription drugs.
- Prescription drug misuse in older adults may begin with inappropriate prescribing or lack of patient compliance with medication regimens. Continued misuse may lead to abuse and dependence.
- According to the Federal Drug Abuse Warning Network, emergency room visits due to abuse of prescription drugs are greater than the number of visits due to abuse of marijuana and heroin combined.