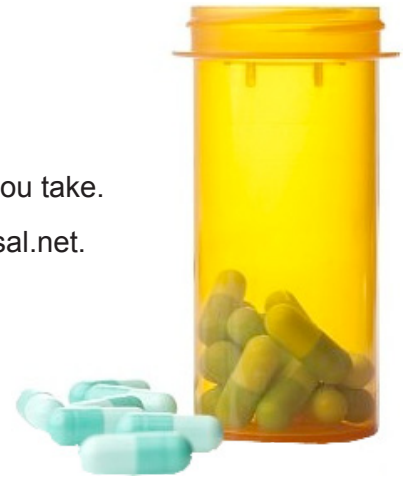


# Controlled Substances. Know the FACTS.

When taken correctly, prescription and nonprescription (over-the-counter or OTC) medicines can go a long way to help relieve symptoms, fight certain infections and even improve the functioning and quality of life of those with common chronic illnesses. But, when they are misused or taken without a prescription, the consequences can be devastating and even deadly. Prescription drugs are only safe to use at the dose they've been prescribed for you by a doctor who knows your health history.

## **MIND YOUR MEDS. Learn to Safeguard Your Medications.**

- ✔ Store your medications in a secure and dry place.
- ✔ Keep track of your medicine.
- ✔ Don't share your medications under any circumstances.
- ✔ Keep a low profile. There's no reason to tell your friends about the medicines you take.
- ✔ Properly dispose of old or unused medicines. Learn how at [www.smartrxdisposal.net](http://www.smartrxdisposal.net).



## **Misusing or abusing prescription drugs is dangerous and even deadly.**

- ▶ Regardless of why you use them, taking medications without a prescription or medical oversight of the risks can lead to addiction, overdose and even death.
- ▶ Taking prescription medicines together or mixing them with other drugs or alcohol can result in permanent organ damage, overdose and even death.

“**Between 2004 and 2008, there were more than 435,000 visits to the hospital related to prescription drug abuse, according to the Drug Abuse Warning Network.**”

## **It's illegal to share controlled medications with friends or be in possession of someone else's prescription, regardless of the reason.**

- ▶ Even if it's well-intentioned, it's illegal to sell or distribute your prescription medication.
- ▶ Don't be pressured into sharing your prescriptions with friends or family. You could put your friends' health at risk if you share your them.

## **Prescription drug abuse is not the norm, and it can jeopardize your future.**

- ▶ Although prescription drug abuse is a big concern that puts young lives at risk, it's important to remember that not everyone is doing it. Most college students know it's not worth the risk to misuse or abuse prescription medications.
- ▶ Taking stimulants to boost academic performance doesn't result in better grades, but it does put your long-term health at risk (NIDA, 2009).