



LAKE COUNTY NARCOTICS AGENCY

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P.L.U.S.²
Parent's Guide
to
Week #6

Here are the answers I promised last week:

- 1) Over-the-Counter drugs are basically safe to abuse because? **OTC drugs are no safer to abuse than any other drug.** In fact many of the OTC drugs contain ingredients that are unable to be identified.
- 2) Diet Pills usually contain a huge amount of this drug? **Caffeine.** Research has revealed that caffeine is linked to young females' use of alcohol, tobacco, and illegal drugs. Girls and young women who drink coffee are much more likely to smoke and drink alcohol than girls and young women who do not drink coffee.¹ Young women who drink coffee also begin smoking and drinking alcohol at earlier ages.²
- 3) OTC drugs can be found in the following locations? **Pharmacies, Gas Stations, Grocery stores, Convenience type stores, Magazine Ads, InterNet sites.**
- 4) Describe what one of these chemicals do: Infrinergy DiCaffeine Malate, Tonalin CLA, Forslean, 7-Keto DHEA, Bioperine Therea? **I don't have a clue ...but, they are advertised as ingredients in some OTC drugs.**
- 5) This chemical can stop your breathing, arrest your heart, cause a stroke, and is addictive? It can be found in many cough and cold medications. **Dextromethorphan.**
- 6) The number 1 most abused OTC drug is? **Cough medicine.**
- 7) Name three things that make abusing OTC drugs easy for kids? **Easy to get; Don't know what's in them; Adults don't question; Seem safer than street drugs; Sold without restrictions; Cheap.**
- 8) Whether using street drugs, OTC's or prescription medications, drug abusers often have trouble with.....? Name 3 of the top 4. **School; Home; Friends; the Law.**

¹ CASA. [The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8-22](#), [pdf] last referenced 12/3/03.

² CASA. [The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8-22](#), [pdf] last referenced 12/3/03.

- 9) Phenylpropanolamine (fen ill proe pa NOLE a meen) is a dangerous OTC which can cause hemorrhagic stroke (bleeding into the brain) mostly in women. Which type of OTC drug is this drug typically found? **Diet Pills.**
- 10) Many products containing dextromethorphan also contain a drug that resulted in 56,000 ER overdose admissions of 12-17 year olds. Name this drug? **Acetaminophen.**
- 11) Pain killers when mixed with this substance is a formula for death. Name this substance? **Alcohol.**
- 12) Buying RX medications on-line (over the internet) is only okay when? **You have a valid prescription from your personal doctor.**
- 13) Abusing this group of prescription meds is like abusing heroin. Name this group of RX meds. **Pain medications,** (examples: Hydrocodone (*Vicodin, Lortab*), Oxycodone (OxyContin®, Percodan, Percocet, Tylox), Hydromorphone (Dilaudid, Palladone), Propoxyphene (Darvon, Darvocet), and Codeine)
- 14) This group of medical professionals can be the first line of defense in recognizing prescription drug abuse? **Pharmacists.**
- 15) Name two of the top six reasons why youth say they abuse RX drugs.
 - 62% - easy to get from parents' medicine cabinets.**
 - 35% - safer to use than illegal drugs.**
 - 33% - there is less shame attached to using.**
 - 32% - fewer side effects than street drugs.**
 - 31% - nothing wrong with using prescription drugs without a doctor's prescription once in a while.**
 - 29% - prescription pain relievers are not addictive.**

So how did you do?

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