

# Generation Rx

## Preventing the Misuse and Abuse of Prescription Medications

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### Key Messages — *Keep your family safe.*

Prescription medications have many beneficial effects. When used under proper medical supervision, they can help us live longer and healthier lives, but any medication can produce adverse effects — especially when misused or abused.

- There's a reason for the prescription – when sharing isn't caring.
- America's biggest drug problem isn't on the streets... it's in our medicine cabinets.
- Prescription medication abuse is on the rise.  
Examples of frequently abused prescription medications include:
  - prescription painkillers (e.g., OxyContin®, Vicodin®),
  - sedatives/tranquilizers (e.g., Valium®, Xanax®), and
  - stimulants (e.g., Adderall®, Ritalin®).
- MYTH – abusing prescription medications is safer than “street” drugs.  
**TR<sub>x</sub>UTH** – this myth is DEAD WRONG!
- **TR<sub>x</sub>UTH** and consequences – abusing prescription medications can lead to health, legal, social, and personal development problems.

### Where can I learn more?

National Council on Patient Information and Education  
([www.talkaboutrx.org](http://www.talkaboutrx.org))

National Institute on Drug Abuse  
([www.nida.nih.gov](http://www.nida.nih.gov))

Office of National Drug Control Policy  
([www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov))

Parents.The Anti-Drug  
([www.theantidrug.com](http://www.theantidrug.com))

Partnership for a Drug-Free America  
([www.drugfree.org](http://www.drugfree.org))

Stop Medicine Abuse  
([www.stopmedicineabuse.org/](http://www.stopmedicineabuse.org/))

Substance Abuse and Mental Health Services Administration  
([www.samhsa.gov](http://www.samhsa.gov))



### What can I do?

It is important to remember that there is a reason for the prescription.

- Prescription medications should only be used under medical supervision – avoid self-diagnosing and self-prescribing.
- Model this behavior to others and help educate them about the dangers of abusing prescription drugs.
- Store prescription drugs in locked and secure locations and dispose of medications properly or participate in a medication disposal day in your community.
- Talk with your kids, friends, and neighbors and consider making a presentation to a rotary, PTA, civic association or other groups about this issue.

The Generation Rx Initiative is a trademark of The Ohio State University College of Pharmacy.

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