

FOR IMMEDIATE RELEASE:

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October is National Medicine Abuse Awareness Month

Red Rock RPC would like to inform you that October is CADCA's (Community Anti-Drug Coalitions of America) National Medicine Abuse Awareness Month. At one point or another, we've all used prescription drugs or over-the-counter (OTC) medicines to alleviate an illness – whether it's to relieve pain or curb a cough. Unfortunately, too many young people and adults are abusing these drugs for a quick high.

Nationally, prescription drugs are the second most abused category of drugs after marijuana, with one in five young adults reporting that they have abused a prescription drug.¹ In addition, the 2011 Monitoring the Future Survey found that 5 percent of teens have abused over-the-counter cough medicines containing the active ingredient dextromethorphan to get high over the past year. When abused in extreme excess—sometimes as much as 25 to 50 times the recommended dose—dextromethorphan can produce dangerous side effects, especially when combined with alcohol, illicit drugs, or certain prescription drugs. ¹www.preventrxabuse.org

There are many ways to get involved in National Medicine Abuse Awareness Month. For activities and more resources, please visit www.preventrxabuse.org.

Red Rock RPC's Mission is to encourage individual responsibility, positive behavior, and personal growth; strengthen families and communities; promote a drug-free society through education, training, prevention, research, advocacy, and environmental strategies. For more information, contact RPC Director, Lynsi Mayfield, at 580-323-9736, or visit www.redrockrpc.com.