

FOR IMMEDIATE RELEASE:

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### October is National Medicine Abuse Awareness Month

Red Rock SPF PFS Program would like to inform the community 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.<sup>1</sup> 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. <sup>1</sup>[www.preventrxabuse.org](http://www.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](http://www.preventrxabuse.org).

You can also get involved by contacting your local prevention program. Red Rock SPF PFS's Mission is to promote the appropriate use of prescription drugs by educating the community on the dangers of the non-medical use of prescription drugs and encouraging proper disposal of prescription drugs in Grady County. For more information, contact the SPF PFS Coordinator, Julia Cochran, at 405-422-8872, or visit [www.redrockrpc.com](http://www.redrockrpc.com).