

THE DAILY ARDMOREITE

Posted May 22, 2012 at 12:01 AM

Updated May 22, 2012 at 9:15 PM

Prevention of Illicit Drug Use and Prescription Drug Abuse

Oklahoma Bureau of Narcotics Take-Back Boxes	
Carter County Sheriff's Office	100 South Washington, Ardmore
Chickasaw Nation Lighthorse Police Department Take-Back Program	
Chickasaw Nation Ardmore Senior Center	949 Locust NW, Ardmore
Chickasaw Nation Ardmore Health Clinic	2510 Chickasaw Blvd., Ardmore

When taken as prescribed by a doctor or healthcare provider, prescription drugs are safe and effective. But all medicines have risks when misused or abused. It's important to follow directions on dosages and how often to take these drugs, and never take any medication that's prescribed for someone else. Drugs can impair perception, cognition, attention, balance, coordination, reaction time, and other capabilities needed for daily activities, such as driving.

Using illicit drugs and misusing prescription drugs, including depressants and stimulants, can have severe health consequences.

- Blurred vision;
 - Hallucinations;
 - Delirium;
 - Dangerous levels of dehydration and overheating;
 - Feeling of sadness, anxiety and depression;
 - Thinking and memory difficulties;
 - Slowed pulse and breathing; and
 - Respiratory depression.
- Using or abusing illicit drugs can result in more serious consequences: respiratory arrest, heart failure, coma, and death.

What communities can do

Parents—Get involved in your child's day-to-day activities and discuss the risks of using illicit and prescription drugs. By being involved early and consistently, you can help prevent problems before they occur. Parents should also securely store prescription drugs and dispose of unused supplies.

Community Organizations and Leaders—Implement effective preventive programs, like those listed on SAMHSA's National Registry of Evidence-Based Programs and Practices.

Everyone—Many signs may indicate that someone is abusing prescription drugs or using illicit drugs, and could also point to other problems. Signs to look for include:

- Missing prescription drugs (especially narcotics and mood stabilizers), or evidence of drug paraphernalia or inhalant products;
- Changes in friends, the use of secretive language, increased secrecy about possessions or activities, or negative changes in school or job performance;
- Increased use of sprays, perfumes, or mouthwash to mask smoke or chemical odors; and
- An increase in borrowing money.

Community members can also utilize Prescription Take-Back Containers to limit the availability of old, unused or expired prescriptions. This is critical as many of our youth and others obtain medications to abuse from family members' medicine cabinets.

This information is being brought to you by the Substance Abuse and Mental Health Services Administration and the

Carter County Turning Point Substance Abuse Committee as part of National Prevention Week 2012. Please visit their facebook page at www.facebook.com/CarterCountySubstanceAbusePrevention or contact Gwynn Busby, gbusby@wmpn.org.