



Over-the-Counter Drug Abuse Briefing

US Army Garrison-Ft Gordon Over-the-Counter Drug Abuse Briefing

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Presented by

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IMCOM Mission – Our mission is to provide Soldiers, Civilians and their Families with a quality of life commensurate with the quality of their service.

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Over-the-Counter Drug Abuse Briefing

Learning Objectives

- Understanding over the counter medicine abuse
- Tips on raising awareness in your community
- Signs, symptoms and effects of abuse

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Abuse of Rx and OTC Medicines



Recent studies indicate that the abuse of prescription (Rx) and over-the-counter cough medicines (OTCs) to get high is a concern—particularly among teens. There is also evidence to suggest our Soldiers are abusing OTC medicines.

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Dextromethorphan (DXM) is...

- ... a safe and effective ingredient approved by FDA in 1950s and found in well over 100 over-the-counter cough medicines.
- ... the most widely used cough suppressant in the United States
- ... also being abused by taking doses above the therapeutic dose of cough medicine to get high.



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Abuse of Rx and OTC Medicines

The cough suppressant dextrometh-orphan (DXM) is found in more than 140 cough and cold medications that are available without a prescription (i.e., “over-the-counter,” or OTC) in the United States and is generally safe when taken at the recommended doses.



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According to the NSDUH Report published on 10 January 2008:

- In 2006, about 3.1 million persons aged 12 to 25 (5.3 percent) had ever used an over-the-counter (OTC) cough and cold medication to get high (i.e., “misused” the drug), and nearly 1 million (1.7 percent) had done so in the past year
- Among youths aged 12 to 17, females were more likely than males to have misused OTC cough and cold medications in the past year, but among young adults aged 18 to 25, males were more likely than females to have misused these medications
- Among persons aged 12 to 25 who had misused an OTC cough and cold medication in the past year, 30.5 percent misused a NyQuil® product, 18.1 percent misused a Coricidin® product, and 17.8 percent misused a Robitussin® product

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Understanding Medicine Abuse

Key Factors Driving Medicine Abuse

- **Misperception** that abusing medicine is not as dangerous as (is safer than) “street drugs”
- **Ease of access** via medicine cabinets at home or friend’s house, other person’s prescriptions, Internet, stores

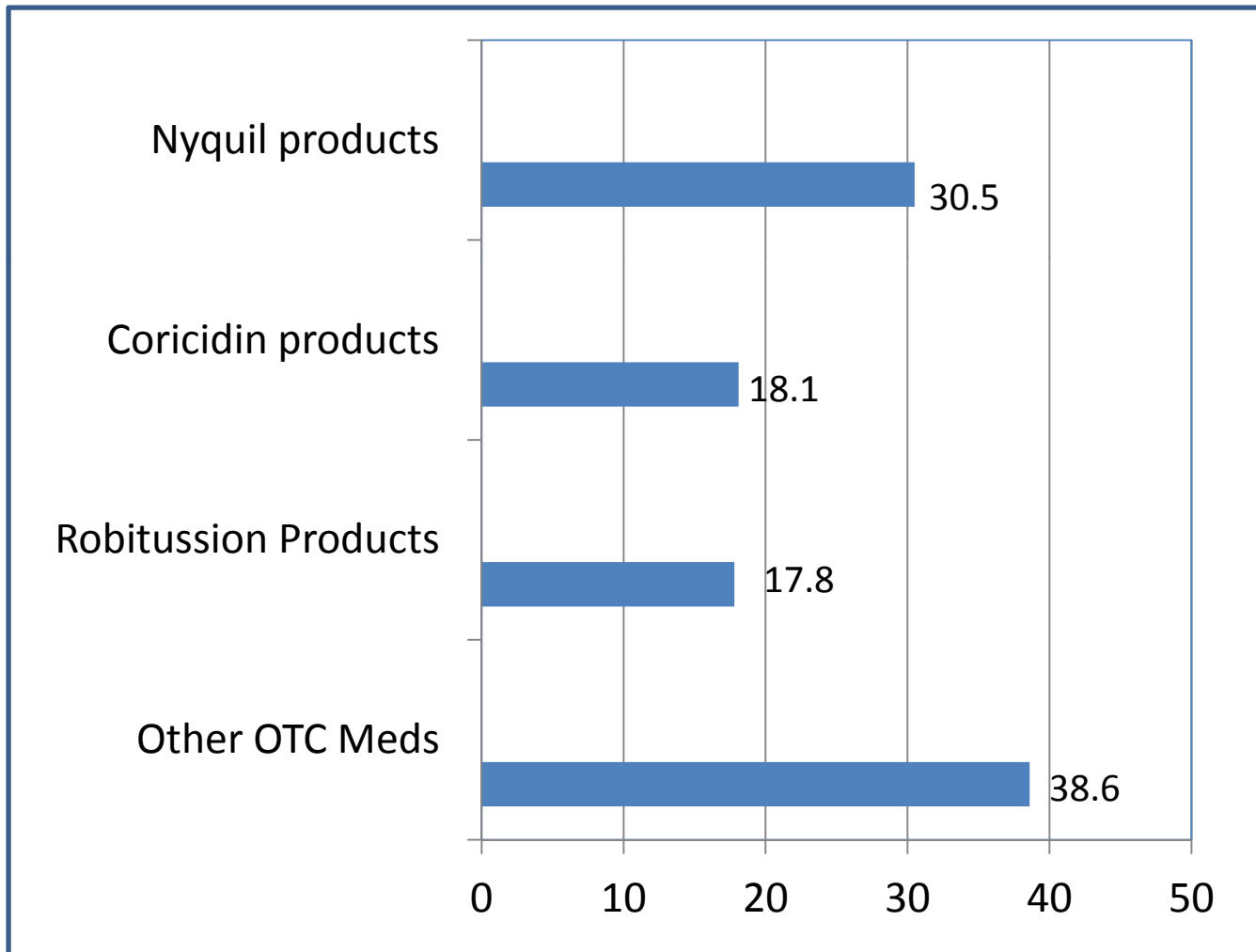


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Percentages of Use of Specific Over-the-Counter (OTC) Cough or Cold Medications in the Past Year among Past Year OTC Cough and Cold Medication Misusers Aged 12 to 25: 2006**



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Sample of Products with DXM

- Alka-Seltzer Plus Cold & Cough medicine
- Coricidin HBP Cough and Cold
- Delsym medicines*
- Dimetapp DM
- Mucinex medicines*
- PediaCare cough medicines
- Robitussin cough medicines
- Sudafed cough medicines
- TheraFlu cough medicines
- Triaminic cough syrups
- Tylenol Cough and Cold medicines
- Vicks 44 Cough Relief medicines
- Vicks NyQuil and Dayquil medicines*
- Zicam
- Generic/store brands

**certain products*



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Cough Medicine Abuse “code names”

- Dex or DXM
- Robo
- Triple Cs or CCC
- Skittles
- Syrup or Tussin
- Roboing
- Robo-tripping Robo-fizzing
- Skittling

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Postings on Social Networks



- Detailed instructions and conversations about DXM abuse;
- Blogs and videos with postings of how and when kids will take DXM-containing cough medicines
- Footage of kids while “high.”
- Our Soldiers are very tech savvy and able to obtain info via the internet

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The Internet

Many web sites and online communities advocate and promote cough medicine abuse



myspace.com
a place for friends

[Dextroneelhorffon - Profile](#)
MySpace Profile - Dextromethorphan, 19 years old, Male, Middletown, OHIO, US, <img src="http://img.photobucket.com/albums/v227/spoilet_brat14/myspace/curio_atrmeb11.gif" www.myspace.com/spoilet_brat10

[clage - Profile](#)
... Psychopharmacology, Visual Kel, Graphic design, dextromethorphan, lysergic acid diethylamide, dimethyltryptamine, 2c b ... coolcool Dextroneelhorffon, DuMuTur, Jaimu ... www.myspace.com/USv11n1m1nd

[foodphotor&clothing - Profile](#)
MySpace Profile - foodstretche clothing, ... PIL, ... www.myspace.com/USv11n1m1nd

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... www.myspace.com/petergrav05

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... www.myspace.com/iamandthekeens

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Results pages: [Next](#)

search Myspace for dextromethorphan Search



EROWID

Help support Erowid with a simple \$10 Paypal donation.

DXM

COMMON & BRAND NAMES
Robo; DM

EFFECTS CLASSIFICATION
Dissociative; Psychedelic; Cough Suppressant

CHEMICAL NAME
dextromethorphan hydrobromide

DESCRIPTION
DXM is widely available over the counter cough suppressant. When taken far above its standard medical dosage, it is a strong dissociative used primarily by teens.

CAUTION
Many DXM-containing products (such as Coughless Cough and Cold) also contain other active ingredients which can be dangerous or fatal in high doses. Please read about DXM-containing products.

GENERAL INFORMATION
DXM FAQ
Robo/DM Information
DXM and Drug Tests
Guide to DXM in Non-Prescription Drugs
DXM Dits & Pieces

HISTORY
DXM Timeline

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Stop Medicine Abuse Icon

Leading makers of OTC cough medicine are including this icon on cough medicine packaging in an effort to raise awareness among parents about the dangers of abuse.

PARENTS:

Learn about teen medicine abuse

www.StopMedicineAbuse.org

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The "High"

- Mild distortions of color and sound
- Strong visual hallucinations
- "Out-of-body" sensations
- Confusion
- Slurred speech
- Loss of motor control

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The “Lows”

- Delusions
- Panic attacks
- Memory problems
- Blurred vision
- Stomach pain, nausea, and vomiting
- High blood pressure and rapid heart beat
- Numbness of fingers and toes
- Drowsiness and dizziness
- Fever and headaches
- Rashes and itchy skin
- Loss of consciousness

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Side Effects Can Be Worsened if...

- The medicine contains additional ingredients that treat more than just cough or other symptoms
- Other active ingredients in DXM over-the-counter products can be harmful when ingested in quantities above the recommended dosage.
- Abuse happens with alcohol or illegal drugs, or
- DXM is abused in combination with prescription drugs and/or other medications.
- Abuse of combination DXM products also results in health complications from the other active ingredient(s), which include increased blood pressure from **pseudoephedrine**, potential delayed liver damage from **acetaminophen**, and central nervous system toxicity, cardiovascular toxicity and anticholinergic toxicity from **antihistamines**.
- Acetaminophen: Liver damage

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Other Effect of DXM Abuse

- Impaired motor function
- On rare occasions, hypoxic **brain damage**— caused by severe respiratory depression and a lack of oxygen to the brain has occurred due to the combination of dextromethorphan with decongestants often found in the medication.

AND POSSIBLY DEATH FROM OVERDOSE!!!!





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Army Leaders Take Action

- Educate yourself
- Be mindful of OTC drugs when performing health and welfare inspections
- Talk to your Soldiers about OTC and Rx medicine abuse
- Be on the lookout for signs that your Soldiers are abusing OTC or Rx medicines

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Healthcare Providers Take Action

- Be aware of symptoms of Rx and OTC medicine abuse.
- Educate parents, young people, Service Members and other caregivers, about taking medications as directed.
- Ask patients direct questions about any OTC medicine use or abuse.
- Provide your medical expertise as part of a local anti-drug coalition.

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Retailers Take Action

- Be a diligent observer in your store.
- Educate your employees and customers.
- Work with loss prevention experts to identify in-store problems and address them.
- Partner with a local coalition.

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Law Enforcement Take Action

- Add cough medicine abuse or overdose to your radar screen.
- Look out for “pharming” parties.
- Get involved in local community-wide prevention efforts.

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Resources for additional information:

- CADCA
- Partnership for a Drug-Free America
- D.A.R.E. America
- WebMD
- National Association of School Nurses
- StopMedicineAbuse.org
- <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>
- <http://www.samhsa.gov/>

StopMedicineAbuse

Learn About Abuse Take Action Testimonials Find Resources En Español Home to Homeroom

HOME 2 HOMEROOM

A Partnership with the National Association of School Nurses

School Nurses + Parents

A Partnership in Preventing Teen Cough Medicine Abuse

Learn More

Sign Up For Updates

E-mail Address

Zip Code

Sign Up

Take Our Quiz

Meet the Five Moms

Have you seen this educational icon?

PARENTS: Learn about teen medicine abuse www.StopMedicineAbuse.org

Take the CADCA 50 Challenge

Help StopMedicineAbuse.org and the Community Anti-Drug Coalitions of America (CADCA) raise awareness at the local level about cough medicine abuse and prescription drug abuse. Get your community together and you could win an iPad! [Learn more.](#)

Also find us at:

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Questions?

INSTALLATION MANAGEMENT COMMAND



SUSTAIN, SUPPORT, DEFEND

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