

OVER THE COUNTER DRUGS

CAUSE & EFFECT



SHORT-TERM EFFECTS

Brain

Hallucinations, dizziness, blackouts, insomnia

Psychological

Delusions, confusion, poor judgment, panic attacks

Heart

Increased blood pressure and heart rate, chest pain

Stomach

Nausea and vomiting

Physical

Lowered body temperature

LONG-TERM EFFECTS

Brain

Permanent brain damage, seizures, stroke

Psychological

Anxiety, addiction

Heart

Heart attack, irregular heartbeat

Liver

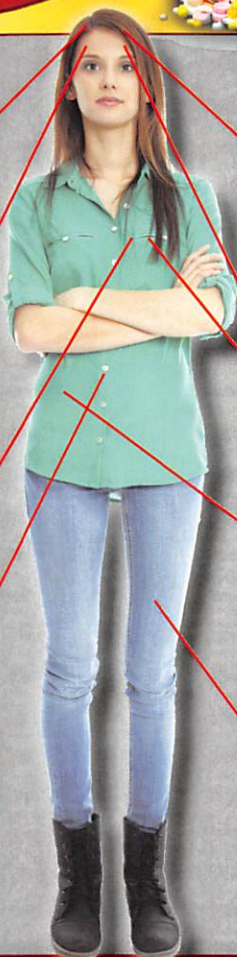
Permanent liver damage

Physical

Death

Muscles

Muscle weakness



COMMONLY ABUSED OTC DRUGS:

DEXTROMETHORPHAN: Common ingredient in cough medicine. **Street names:** Triple C, Skittles, Tussin, Vitamin D, Dex.

MECLIZINE: Found in OTC motion sickness medications. **Street names:** Antivert, Bonine, Meni-D, Dramamine.

CAFFEINE PILLS: **Street names:** No-Doz, Vivarin



FACTS ABOUT OVER THE COUNTER DRUGS:



- Dextromethorphan is found in over 120 different kinds of cough medicines and are legally purchased from a pharmacist with a valid picture ID.
- A single caffeine pill contains twice as much caffeine as two cups of coffee.
- DXM abusers often take 8 to 10 times the recommended dosage of 15 to 30 milligrams.
- The two OTC drugs that are abused most often are DXM and meclizine.
- If taken as directed, over-the-counter drugs are safe to use. If not, they can cause some serious damage to your health.
- DXM has been attributed to the deaths of several teenage abusers.

Refusal Tips

What can you do if one of your friends wants you to abuse OTCs? Try one of these ways to tell them "No!"

- "No thanks. I don't like the taste of cough syrup."
- "Nah, I'm not in the mood to feel nauseous and jittery today."
- "I hear that stuff can make you really sick."



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