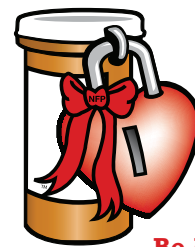


WATCH FOR THESE SIGNS AND SYMPTOMS*



**LOCK
YOUR
MEDS**

Be Aware. Don't Share.

DRUG	SHORT-TERM EFFECTS OF ABUSE	LONG TERM EFFECTS OF ABUSE
<p>Pain relievers (opioids)</p> <p><i>Opioids include hydrocodone (Vicodin®), oxycodone (OxyContin®), propoxyphene (Darvon®), hydromorphone (Dilaudid®), meperidine (Demerol®), and diphenoxylate (Lomotil®).</i></p>	<p>Physical side effects: relief from pain, lack of energy, drowsiness, constriction of the pupils, flushing of the face and neck, nausea, constipation, vomiting, slowed breathing nightmares</p> <p>Psychological side effects: anxiety, impaired judgment, inability to concentrate and learn, apathy, agitation, depression</p>	<p>Addiction, physical dependence paranoia, hallucinations, dementia</p> <p>Severe withdrawal symptoms when teen stops taking the drug, including deep depression and suicidal thoughts</p> <p>Need to take more of the drug or a combination of drugs to produce the same high, possibly leading to overdose</p>
Higher risk of graduating to heroin		
<p>Depressants</p> <p><i>Central nervous system depressants include barbiturates such as pentobarbital sodium (Nembutal®), and benzodiazepines such as diazepam (Valium®) and alprazolam (Xanax®).</i></p>	<p>Physical side effects: loss of coordination, dilated pupils, slurred speech, relaxed muscles, shallow breathing, sluggishness, fatigue, dizziness, drowsiness, fever, hyperactivity, visual hallucinations</p> <p>Psychological side effects: poor concentration, feelings of confusion, disorientation, impaired judgment and memory, lowered inhibitions, rage, hostility, depression, amnesia, paranoia</p>	<p>Addiction, dependence</p> <p>Severe withdrawal symptoms</p> <p>Need to take larger doses to achieve the same effects</p> <p>Shallow breathing, clammy skin, weak and rapid pulse, seizures, overdose, coma</p>
<p>Stimulants</p> <p><i>Stimulants include dextroamphetamine (Dexedrine®), methylphenidate (Ritalin® and Concerta®), and amphetamines (Adderall®).</i></p>	<p>Physical side effects: decreased appetite, loss of appetite, loss of coordination, collapse, increased heart and respiratory rates, elevated blood pressure, dizziness, tremors, headaches, flushed skin, chest pain, excessive sweating, vomiting, abdominal cramps</p> <p>Psychological side effects: restlessness, delusions, hostility, irritability, insomnia, anxiety, agitation, nightmares</p>	<p>Addiction, high fever, convulsions, heart failure, overdose</p> <p>Paranoia, aggressiveness, extreme anorexia, thinking problems, visual and auditory hallucinations, delusions, panic, suicidal tendencies, severe dental problems</p>
<p>OTC Over-the-Counter drugs</p> <p><i>OTCs include cold and cough medicines which contain Dextromethorphan (DXM)</i></p>	<p>Physical side effects: nausea, headache, blurred vision, dizziness, vomiting, loss of consciousness, numbness of fingers and toes, loss of coordination, abdominal pain, irregular heartbeat, aches, seizures</p> <p>Psychological side effects: impaired judgment, Restlessness, euphoria, cold flashes, dizziness, diarrhea</p>	<p>Addiction, insomnia, panic attacks, psychosis, high-blood pressure, damage to nerves, muscles and tissues in large intestine, coma</p>

If you suspect your teen has overdosed on any of these drugs, seek medical help immediately.

* *Meducation: A Dose of Knowledge by the National Family Partnership*