

Drug Abuse and Medicines

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Introduction

Prescription drug abuse is when you take medications for a reason other than why the doctor prescribed it. Experts estimate that more than 18 million people ages 12 and older have used prescription drugs for nonmedical reasons in the previous that more than 8% of U.S. population. Abusing drugs even prescription drugs can change how your brain works. Most people start by choosing to take these medications. But over time the changes in your brain affect our self control and your ability to make good decisions. The national institute on drug abuse says three class of prescription drugs are often abused. Opioids- Since the early 1990s, doctors have been prescribing many more opioid painkillers such as codeine, hydrocodone, morphine, and oxycodone. This is partly because of the rising age of the U.S. population and because more people are living with long-term pain. These medicines manage pain well and can help boost your quality of life when you follow your doctor's directions on taking them. It's possible but not common to become addicted to or dependent on opioids when you use them for a short time or under a doctor's close watch. But when you take them for a long time, they can lead to drug abuse, dependence, and addiction. Opioid overdose can also be life-threatening. Stimulants - These drugs give your body a jump-start, with a huge boost in alertness, energy, and attention. They raise your heart rate, blood sugar, and blood pressure. They also narrow your blood vessels and open your airways. Doctors started using stimulants to treat asthma and obesity. Today, they prescribe them for conditions such as ADHD, ADD, depression, and narcolepsy. Examples of stimulants are dextroamphetamine, lisdexamfetamine, methylphenidate, and a mix of amphetamine and dextroamphetamine (Adderall). Stimulant abuse -- for instance, by taking them in higher doses or by crushing pills and snorting them -- can lead to addiction. High doses can raise your body temperature. Misusing stimulants or using them along with decongestants may cause uneven heartbeat. People abuse prescription drugs because they think they will help them have more fun, lose weight, fit in, and even study more effectively. Prescription drugs can be easier to get than street drugs: Family members or friends may have them. But

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prescription drugs are also sometimes sold on the street like other illegal drugs. In 2017, 1 in 7 teens surveyed said they have taken a prescription drug without a doctor's prescription. But prescription drugs are only safe for the people who have prescriptions for them. That's because a doctor has examined these people and prescribed the right dose of medicine for their medical condition. The doctor has also told them exactly how they should take the medicine, including things to avoid while taking the drug. Finally, never use someone else's prescription. And don't allow anyone to use yours. Not only are you putting others at risk, but you could suffer too: Pharmacists may be stopped from refilling a prescription if a medicine has been used up before it should be. And if you're found giving medicine to someone else, it's considered a crime and you could find yourself in court.

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