

# prescription for prevention: stop the epidemic

Prescription drug abuse is a growing epidemic in the state of Ohio.



Each day, nearly **four Ohioans** die because of drug-related overdose<sup>1</sup>.

In Ohio, since 2007, there have been more deaths from drug overdose than from motor vehicle traffic crashes<sup>2,3</sup>.

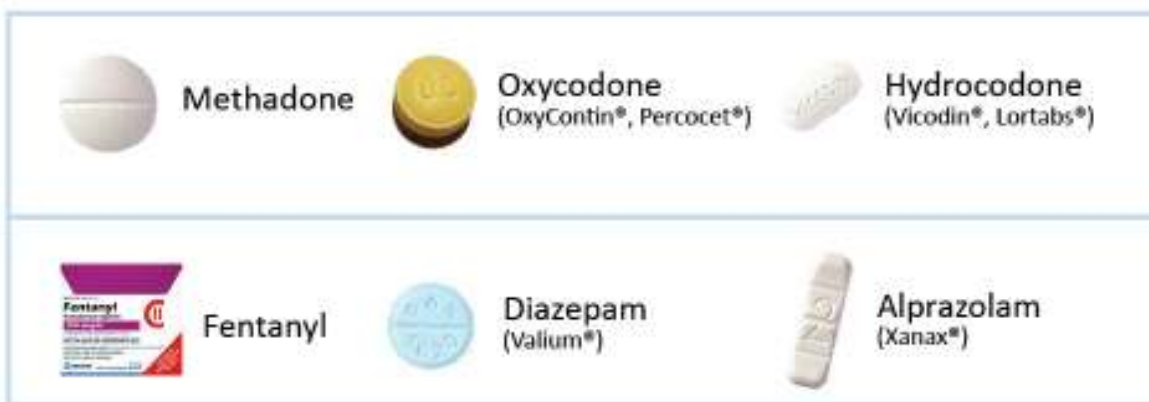
Drug overdoses accounted for 63 percent of the total accidental deaths in Trumbull County in 2007, 44 percent in 2008 and 53 percent in 2009.

Trumbull County ranks 8th in the state for unintentional drug overdoses from 2004-2008<sup>2</sup>.

Prescription pain relievers were associated with more deaths than heroin and cocaine combined in 2008<sup>2</sup>.

## the most commonly misused drugs

Take a look in your medicine cabinet. You may be housing some of Ohio's most commonly misused or abused prescription drugs.



If any of these drugs are in your medicine cabinet, it may be time to make sure you know how to properly store and dispose of them to prevent possible misuse.



For more information, visit [www.p4pohio.org](http://www.p4pohio.org) or [www.TrumbullMHRB.org](http://www.TrumbullMHRB.org)

1 Ohio Hospital Association. Hospital discharge data (2002-2007).  
2 Ohio Department of Health, Office of Vital Statistics  
3 Ohio Department of Public Safety

# clear out your cabinet:

## getting rid of unneeded prescription drugs

A recent national study found that 53 percent of people aged 18-25 obtained prescription pain relievers free from family members or friends for nonmedical use<sup>4</sup>.

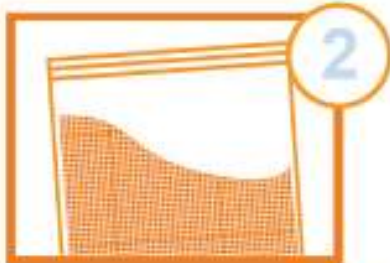
Although it may seem wasteful to dispose of costly prescription medication, properly disposing of unneeded or old medication is one way to prevent prescription drug abuse among your family and friends.

### Not sure how to clear out your cabinet?

You may be able to take advantage of drug take-back events in your community that collect unused prescription drugs for proper disposal, or you can use the easy guide below.



**Take unneeded medication out of the original container and mix it with garbage, coffee grounds, cat litter or sawdust.**



**Place mixture in a disposable container, such as a sealable plastic bag.**



**Place sealed container in the trash.**



**Remove all personal information from empty medicine bottle and recycle it.**



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