

The Facts

- The leading cause of accidental death in Ohio is drug overdose.
- Trumbull County ranks eighth out of the 88 counties in Ohio for accidental drug overdose deaths.
- Over 68 percent of Trumbull County drug court participants have an opiate addiction.
- 11 percent of Trumbull County 10th graders report abusing prescription painkillers.

If you or someone you know is struggling to stop the use of opiates, there are places to turn for help

**St. Joseph New Start
Treatment Center**

1296 Tod Place, NW
Suite 205, Warren
330-306-5010

**Community Solutions
Association**

320 High St., NE
Warren
330-394-9090

Neil Kennedy

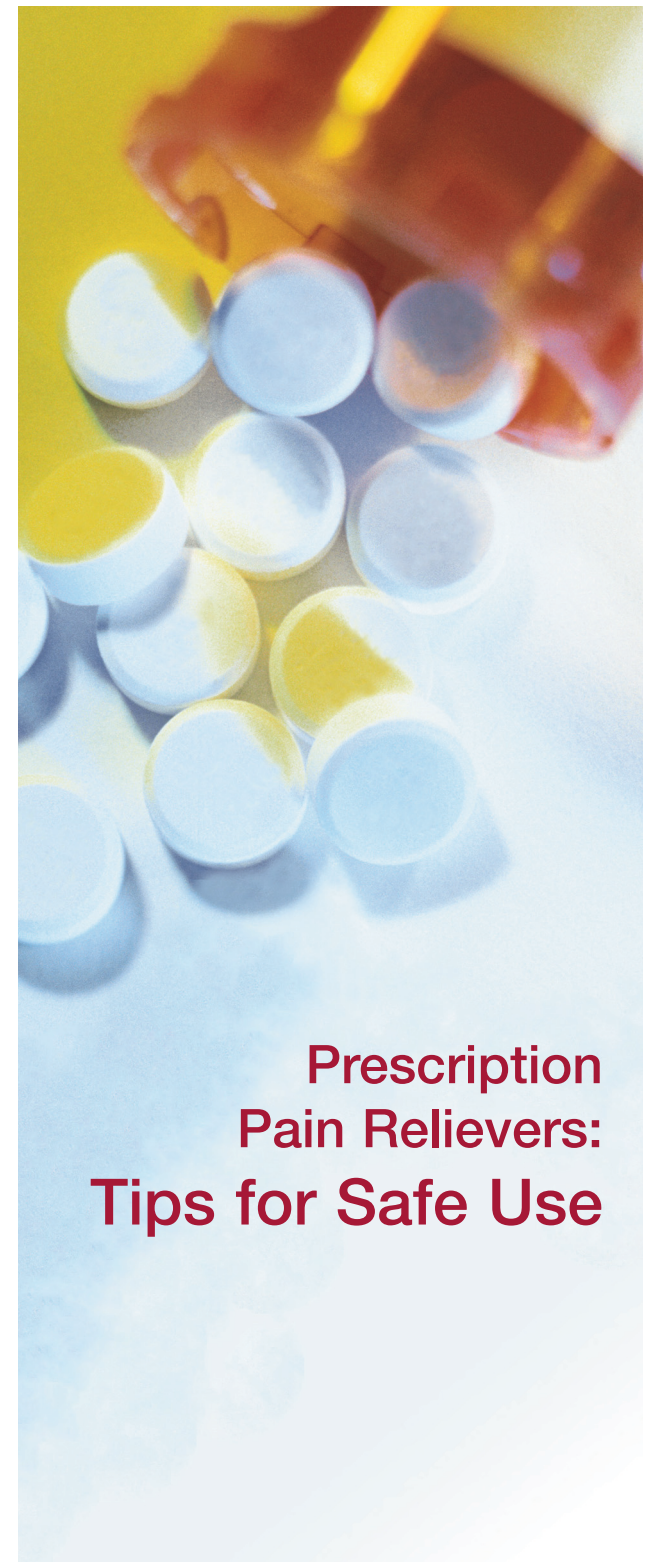
Recovery Clinic

160 Clifton Dr., NE
Warren
330-609-5441

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For more information, visit
www.p4pohio.org or
www.TrumbullMHRB.org



**Prescription
Pain Relievers:
Tips for Safe Use**



Misuse of Prescription Pain Relievers Can be Deadly

Prescription pain relievers, when used correctly and under a doctor's supervision, are safe and effective. But abuse them or mix them with other medications, illegal drugs or alcohol and they can be deadly. The most potentially dangerous prescription pain relievers are those containing drugs known as opiates, such as morphine and codeine.

Opiates are some of the most commonly abused drugs in the world. A recent national study found that 53 percent of people age 18-25 obtained prescription pain relievers from family members or friends for nonmedical use.

Highly Addictive

Prescription pain relievers/opiates are beneficial for short-term pain control. But they can become addictive and should only be taken according to a healthcare provider's instructions. The longer someone uses them, the more his/her body needs them. Try to stop and you may experience severe withdrawal symptoms.

Signs of dependence include:

- Inability to control drug use
- Obsessive and compulsive craving of the drug
- Restlessness and irritability
- Hyperactive behavior
- Poor coordination ability
- Poor concentration
- Poor judgment
- Slurred and slow speech
- Euphoria alternating with extreme depression
- Accelerated heartbeat (which could result in coma or death)

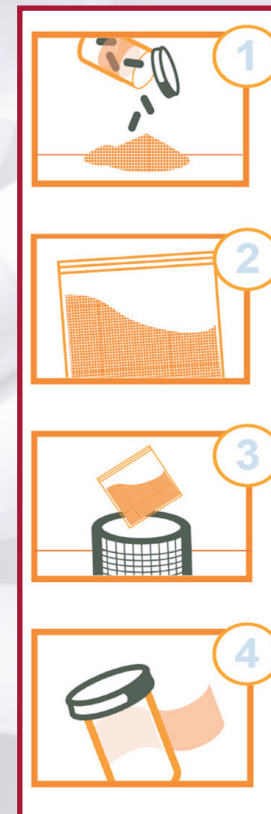
The most commonly misused drugs

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



Clean out your medicine cabinet

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. You may be able to take advantage of drug take-back events in your community that collect unused prescription drugs for proper disposal, or just follow this easy guide to get rid of unneeded medication:



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

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

3 Place sealed container in the trash.

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