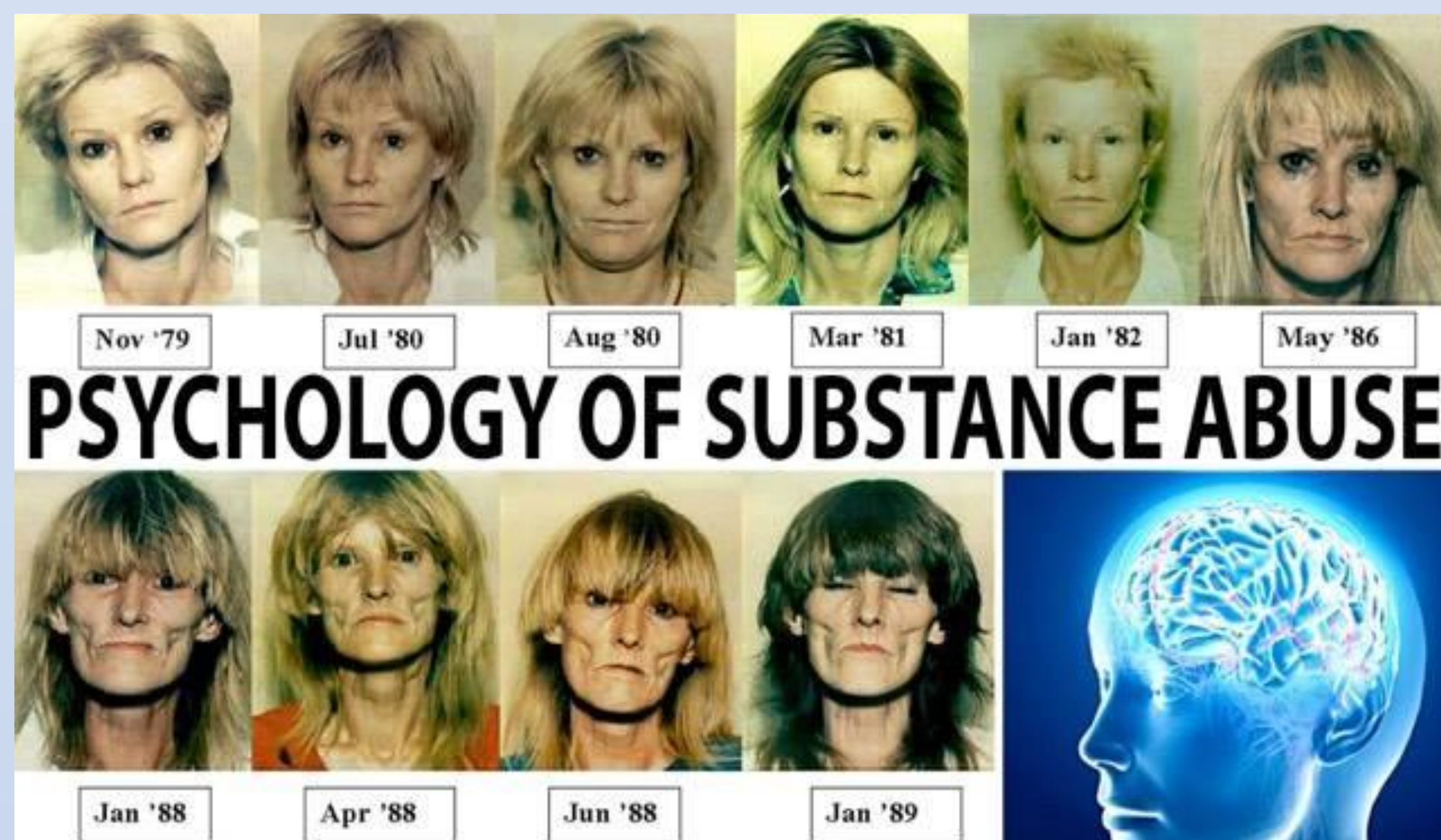


Introduction

Most of us take prescription drugs only for the reason the doctor intended. Nevertheless, an estimated 48 million people (aged 12 and older), according to the National Institute on Drug Abuse, have used prescription drugs for nonmedical reasons in their life time. Addiction is a chronic, often relapsing brain disease. It causes compulsive drug seeking and use despite harmful consequences to the addicted person as well as the people around that person. The abuse prescription drugs leads to changes in the structure and function of the brain.



Types

According to the National Institute on Drug Abuse, the three classes of prescription drugs that are often abused include:

- Opioids used to treat pain.
- Central nervous system (CNS) depressants.
- Stimulants.

Opioids

prescriptions for opioid medications -- such as codeine and morphine (Astramorph, Avinza, Kadian, MS-Contin, Ora-Morph SR) -- have greatly increased. That increase can be attributed to an aging population and a greater prevalence of chronic pain. Other drugs in this class include:

- 1.Fentanyl (Actiq, Duragesic, Fentora)
- 2.Hydrocodone with acetaminophen (Lorcet, Lortab, Norco, Vicodin)
- 3.Hydrocodone (Zohydro ER, Hysingla ER)
- 4.Hydromorphone (Dilaudid, Exalgo)
- 5.Meperidine (Demerol)
- 6.Methadone (Dolophine, Methadose)
- 7.Oxycodone (OxyContin, OxyFast, Roxicodone)
- 8.Oxycodone with acetaminophen (Roxicet, Endocet, Percocet)
- 9.Oxycodone and naloxone (Targiniq ER)

Opioids can induce a euphoric feeling that's usually mild. However, opioids such as OxyContin are sometimes inappropriately snorted or injected to increase the euphoric effects opioids quite effectively. They can improve quality of life for people with chronic pain. In fact, using opioids for the short-term or under a doctor's cautious supervision rarely leads to addiction or dependence. However, when used long-term, opioids may lead to drug abuse with physical dependence or addiction. Opioids can also be life threatening in an overdose. When they are taken with substances that depress the central nervous system -- including alcohol, barbiturates, or benzodiazepines there is a greatly increased risk of respiratory depression, even death.



Central Nervous System (CNS)

Benzodiazepines depress the central nervous system (CNS). They are used by millions to treat anxiety and sleep disorders, including insomnia. These CNS depressants affect the brain neurotransmitter GABA (gamma-aminobutyric acid). GABA works by decreasing brain activity, which results in a drowsy or calming effect.

Barbiturates, including amobarbital (Amytal), pentobarbital (Nembutal), phenobarbital (Luminal), and secobarbital (Seconal), are also CNS depressants. They are commonly used for anesthesia and are prescribed to treat seizures. At one time, they were also commonly used to treat insomnia or anxiety on a short-term basis, but because of their dangers in overdosing, they have largely been replaced for those purposes by benzodiazepines.

Taking CNS depressants for a few days to a few weeks may help you feel calm and sleepy. After a while, however, you may need larger doses to get the same calm and sleepy feeling. In addition, using CNS depressants with alcohol can slow down your heart and breathing and lead to death.



Stimulants

Stimulants give your body a fast jumpstart, causing a great increase in alertness, energy, and attention. Stimulants increase heart rate, blood sugar, and blood pressure, constrict blood vessels, and open the pathways of the respiratory system.

Initially, stimulants were used to treat asthma and obesity. Today, stimulants are prescribed to treat problems such as depression, narcolepsy, and other problems. Examples of stimulants include methylphenidate (Concerta, Daytrana, Methylin, Ritalin), dextroamphetamine (Dexedrine, Dextrostat, ProCentra), lisdexamfetamine (Vyvanse), and the combination of amphetamine and dextroamphetamine (Adderall). Taken appropriately and under a doctor's supervision, these drugs and other stimulants are safe. When they are abused -- for instance, by taking the drugs in higher doses or crushing the pills to get a high -- they have the potential for addiction and ongoing abuse. Using stimulants with decongestants may cause irregular heart rhythms and high doses of stimulants can cause high body temperatures.

Some Guidelines for Using Prescription Drugs Safely

According to the FDA, guidelines for using prescription medications safely include:

1. Always follow the prescription medication directions carefully.
2. Don't increase or decrease medication doses without talking with your doctor first.
3. Never stop taking medication on your own.
4. Don't crush or break pills (especially important if the pills are time-released).
5. Be clear about the drug's effects on driving and other daily tasks.
6. Learn about possible interactions of the prescription medicine with alcohol and other prescription and over-the-counter (OTC) drugs.
7. Talk honestly with your doctor about any history of substance abuse.
8. Never allow other people to use your prescription medications and don't take theirs

Summary

The abuse of drugs even prescription drug leads to changes in the structure and function of the brain. The three classes of prescription drugs that are often abused include: Opioids, Central nervous system (CNS), Stimulants. To avoid drugs addiction the guideline can helps for using prescription medications safely without any risks.

References

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