

What exactly is addiction?

There are different levels of addiction. At one end of the spectrum is someone who can not function as a result of their addiction. This person has to use drugs everyday. There is a good chance that they may have lost their job, important relationships, and/or financial stability.

A more common picture of prescription drug abuse is a functioning addict. This person can probably still work and their relationships are relatively intact, but their life is suffering because of their addiction. Addiction is not always easily detected.

The consequences of addiction get worse over time. Addiction is a progressive disease. It is never easy to quit, but if you have already suffered negative consequences due to prescription drug abuse and don't want to suffer more, there's never a better time to quit than now.



If you or someone you love are addicted to prescription drugs, there are many ways to get help. To hear about treatment options, recovery meetings, and other information on addiction, call the **West Virginia Prescription Drug Abuse Quitline** at **1-866-987-8488** 24 hours a day, 7 days a week.

Phone educators are waiting to help you.

West Virginia University
Dept. of Community Medicine
P.O. Box 9190
Morgantown, WV 26506

Phone: 1-866-WV-QUITT
Website: www.wvrxabuse.org



Young Adults and Prescription Drug Abuse

**WEST VIRGINIA PRESCRIPTION
DRUG ABUSE QUITLINE**

Toll-free: 1-866-WV-QUITT
24 hours a day, 7 days a week

What's so bad about prescription drugs?

Prescription medicines can help people lead more comfortable and productive lives when used as directed. However, taking medication in a way that hasn't been recommended by your doctor is against the law and is just as dangerous as using illegal substances.

Research shows prescription drug abuse is one of the most common addictive substances used by 18-25 year olds. Many young adults abuse prescription drugs to fit in, lose weight, or have fun, but few know how dangerous these drugs can be.

How dangerous are they?

Health Risks

- Pain
- Poor nutrition
- Increased blood pressure
- Respiratory problems
- Seizure
- Stroke
- Heart failure
- Death

Emotional Consequences

- Losing friends and alienating family
- Depression
- Anxiety
- Paranoia
- Impulsive behavior
- Aggression
- Violence

So what's the big deal?

If you're still wondering why you should be concerned about prescription drug abuse, consider this: **If you abuse prescription drugs...**

...you are more likely to be the victim of a crime.

...you are more likely to have trouble in school.

...you have a greater risk of suicide.

...you can become addicted.

Am I the only one?

You are not alone. Many people struggle with addiction in their lives.

In fact, in 2006 alone more than 2.1 million teens said they abused prescription drugs.

Addiction to prescription drugs does not discriminate.

Anyone can become addicted. This also means that anyone can recover from addiction.

Don't be afraid to seek help. There are many different treatment options and there are people who want to see you recover.

You too can get back your friends, your health, and your life.

1-866-WV-QUIT

