



3. Dispose of and store Rx properly

To prevent Rx misuse, it's essential take an inventory, secure in a safe location and dispose of properly.

Take an inventory of all medication

Search the home for any unused, unwanted or expired medication – this includes samples or pet meds

Dispose of unwanted or unused medications in Rx drop boxes – find a location near you at DumpTheDrugsAZ.org

Properly store remaining medication – lockable medicine cabinets and fireboxes are available

4. Take action to end Rx misuse

This pamphlet is a good starting point, but real change requires action.

Dispose of your medicine.

Talk to your family and friends.
Be brave enough to get help if you need it.

Together, we can end this epidemic.



Rethink Rx Abuse

Helping end the
prescription drug
epidemic in
Arizona.

For more information visit
RethinkRxAbuse.org



There is a prescription drug epidemic in Arizona.

Since 2014, we've been losing someone every day to prescription painkillers.

Right now, parents, doctors and community leaders are taking action and joining initiatives to end the epidemic.

To make a real change, we need to Rethink Rx Misuse and Abuse.

You can make a difference, too.

The first steps are to:

1. **Know** the problem
2. **Talk** with loved ones
3. **Dispose** of and store Rx properly
4. **Take** action to end it

1. Know the problem

Arizona is being over prescribed

In 2013 enough pain relievers were dispensed in Arizona to fully medicate every adult around-the-clock for two weeks straight

Over prescription is leading to easy access

3 out of 4 kids get meds from friends, family and home

Easy access is leading to widespread misuse

Every 8 minutes a child is treated for Rx poisoning

Misuse is leading to addiction

3 out of 4 heroin users started with prescription painkillers

Rx addiction is affecting everyone.
It transcends age, creed and socioeconomic class

2. Talk with teens, family and friends

Many people are simply unaware that Rx misuse is a problem in Arizona. This includes both teens and adults.

Myth: "Pain relievers are safer than street drugs."

Fact: While heroin deaths are increasing, Arizona has twice as many Rx opioid deaths.

Myth: "It's prescribed by a doctor, so it must be okay."

Fact: Prescription medications are drugs potential for devastating side effects. Arizona has put policies in place to better manage prescriptions.

Myth: "I can control my Rx use."

Fact: According to the Center for Disease Control, people who are addicted to Rx opioid pain relievers are forty times more likely to be addicted.

Talking Tips:

The 2 critical times teens experiment with Rx drugs are social situations and after an injury or surgery.

Talk with your teen before they face the temptation

Communicate your family values – listen, empathize, then emphasize the dangers

Set a good example with your own Rx use

Ask your doctor about alternate pain management solutions before using prescribed pain medications