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## Over the Counter Drug Abuse

If you check out the label on any over the counter medication you will see a long list of side effects. For most people this long list of the horrific sounding possible consequences of overdose may be cause for caution. Ironically, what is a sobering concern for those using the medication legitimately is just the ticket for those seeking to get high cheaply and efficiently.

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Every year the gargantuan drug companies come out with new and improved ways to relieve our symptoms and lessen the suffering associated with ill health. They are the modern day knights in shining armor that provide the panacea for that tickle in the throat that wont let one sleep or the dripping nose that interferes with your important morning presentation.

This is a culture that stands vehemently against suffering of all kinds. The drug companies have more than enough economic resources to research and investigate any or all forms of the magic bullet that will make the pain go away.

Medication used in moderation can be a blessing but many consider the western world's aversion to anything that interrupts "normal life" to be bordering on unnatural.

Seeking the cure for pain and suffering taken to extremes can become a denial of that same pain and suffering. Eventually the graceful undulations of life can become numbed and flattened by the bottles and bottles of symptom relievers in our bathroom cabinets.

Where some other cultures more graciously understand and embrace the vacillation between well and not well, the ups and downs, Americans are encouraged to run for the pharmacy shelves after experiencing the slightest hint of discomfort.

It is in this climate that children grow into the teenagers that will reach for the easily accessible over the counter drug to dull the pain of life and give them a good feeling that they are unable to find in an un-bottled form.

It is hard to escape the painful irony that the very medications that were developed to solve problems are providing another more serious one, that of over the counter drug addiction. And the players on this particular stage are the teenagers who are particularly susceptible to a drug option that can be easily purchased without prescription and no pusher necessary.

Alarming mythologies surround this particular corner of the drug abuse world. There is the belief that because these medications grace the shelves in the family home and are FDA approved they are less dangerous than their street drug cousins. Taking a slug out of a cough syrup doesn't feel the same as shooting up.

Over the counter drugs come nicely packaged with pictures of smiling children and proud parents on the boxes. It is easy enough for anyone to walk into their local grocery store and purchase any or all of the liquid, tablet or gel forms. For some children there is the ready supply at home.

Unconscious parents may unknowingly keep replenishing supplies of this substance that is both a safe and effective cough suppressant when used correctly and a dangerous dissociative anesthetic when it is not.

The ingredient that causes the high in these particularly popular over the counter drugs is called Dextromethorphan or just DXM. It can be found in 70 to 100 different forms of colds and flu medications and that is without counting the generic forms.

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When taken in large doses this dissociative drug will cause distorted perceptions of both sight and sound and pleasant feelings of detachment or separation from the self and the environment.

You will find DXM in common medications like Robitussin, Nyquil, Vicks Formula 44 and Coricidin. Teenagers call DXM Robo, Triple C's, Dex, Vitamin D and Tussin and they refer to using it as Robo-ing, robo-tripping and skittling.





Coricidin HBP Cough and Cold tablets contain much more potent doses of DXM than other medications; just a few tablets can be swallowed to create the same effects as large quantities of sticky cough syrups.






The youth have learnt to mix this ingredient with drugs and alcohol to create dangerous cocktails that can be lethal enough to cause overdoses or even death. Hospitals report dozens of admissions for drug overdose where DXM is the primary ingredient. The ages of the patients are young: 13 to 16 years.

Although DXM is the most popular over the counter drug choice amongst teens it is not the only one. Many young girls use and abuse diet pills that contain potentially dangerous ingredients. The idea is that the more of these you take the faster you will lose the weight. Dramamine motion sickness pills are also used by teens who want to get high. Taken in large doses they can cause hallucinations.







The truth is that we will not easily rid our world of substances that can be abused by those who wish to do so. As parents it is important to keep our eyes wide open and not believe ourselves to be immune. Burying heads in the sand never worked for ostriches; it doesn't work for parents either. We need to know our children well enough to be able to discern important changes in their behavior and demeanor. These clues may be vitally important for their survival. All children may be susceptible to self destructive habits at some or other time of their lives. We have to be there for them.








**Sentences:** 42 **Words:** 906






User Comments	
 <b>Maggie</b> Name posted: 2005-12-06 11:25:40	<p>death from DXM</p> <p>i have been researching OTC drugs for a project. i have read a lot about how people abuse DXM to get high. i think it's important to watch out for cough meds with DXM in them because it is possible to die if abused continually. i have already read about 14 cases of teens and young adults dieing from DXM abuse.</p>
 <b>Maggie</b> Name posted: 2005-12-06 11:27:19	<p>death from DXM</p> <p>i have been researching OTC drugs for a project. i have read a lot about how people abuse DXM to get high. i think it's important to watch out for cough meds with DXM in them because it is possible to die if abused continually. i have already read about 14 cases of teens and young adults dieing from DXM abuse.</p>
 <b>Pat</b> Name posted: 2005-12-11 22:25:20	<p>OTC Drug Abuse</p> <p>I, too, am studying Over-The-Counter Drug Abuse. What I don't understand is how kids under 18 are not allowed to buy glue, but can still easily access dangerous drugs such as OTC cough medicines, motion sickness pills, and mild pain killers, such as Tylenol. I also want to bring to attention that 'nutritional supplements', no matter how healthy they may sound, can sometimes have unlabeled drugs in them that can be harmful. So many of these things are accesible so easily, it's no wonder they are abused.</p>
 <b>meee</b> Name posted: 2005-12-16 11:09:56	<p>umm yahh</p> <p>drugs are bad.. mmm kay</p>

 <b>420 toker</b> Name posted: 2005-12-30 00:57:21	<p style="text-align: center;">dmx</p> <p>go drugs! try to look at the fun side!</p>
 <b>Charlie</b> Name posted: 2005-12-30 11:31:43	<p style="text-align: center;">Drugs</p> <p>Many of the large retail chains are beginning to ID people to buy cough medicine. I walked into walmart to get some sudafed and i had to get a slip and bring up to the pharmacy to buy it. So in a sense it wasnt really over the counter. The sad truth is that no matter what someone will abuse anything and so all you can do is help educate your children and friends about the dangers and let them make their own mistakes. Its more of the thinning of ther herd belief, the nature of the beast will destroy itself. Now on the other hand i am a full supporter of marijuana because its natural you cant die from smoking it and there really are no physical addicting properties to it at all. It is a pain reliever, it helps appetite, sleep inducer, and many other things. Yes there is a state of euphoria that is pleasant but i think that if it were to be legalized in the US that it could be a great benefit to economy and cut in the crime rate. If the government were to tax the sale of pot and sell the rights to grow and mass produce to two of the biggest cigarette manufacturers or a pharmacuetical company and control it just like alcohol or over the counter medication than it would be a vast improvement to the state of the US. Maybe an oversight but i think it could help alot of people. Ask around and post back.</p>
 <b>Henriette</b> Name posted: 2006-01-09 03:29:52	<p style="text-align: center;">how stupid</p> <p>I live in norway and here we got to go to a person to ask for the drugs and they are not possible to steal like some kids do since they are usally looked in or behind the till. I hope they will put a prescripton law for everyone under 18 so the adults will buy the drugs instead peace out everyone</p>
 <b>teressa beaube</b> Name posted: 2006-01-09 12:38:24	<p style="text-align: center;">you can do this!</p> <p>This Rehab is not just put here to sit on the side of the road and look important this rehabilitation is required to help people and get their lives back on the right road. You just hitt a bump an swerved off the road it\'s all gonna be o.k. life will get better you will see the changes but rememmbber you have to do this no-one can do this for you. Will power is all you need and God. But you are still the person God has planned you to be. Don\'t ever look down on your self look down on the things that put you in this situation.You are a good person and you do know right from wrong an you can do this.</p>
 <b>poppin</b>	<p style="text-align: center;">poppin is tight</p>


<p><b>for life</b> Name posted: 2006-01-09 18:56:16</p>	<p>ive been poppin for a while and im seein sounds and hearin colors when i trip its awesome but dangerous i passed out a few times 10-15 triple c works good</p>
<p> <b>do it do it</b> Name posted: 2006-01-15 15:19:50</p>	<p>poppin is worth it</p> <p>i just started poopin and i love it all my problems seem to go away</p>
<p> <b>ttttaylor</b> Name posted: 2006-01-20 19:56:50</p>	<p>mhmm</p> <p>thanks alot this site helped me out with a drug report im doing on OTC. alot of helpful and interesting facts thankss</p>
<p> <b>john</b> Name posted: 2006-01-26 11:20:45</p>	<p>dxm</p> <p>hw many mg of dxm does it take to get high??? - i need an ans... im out of weed and i wanna gt high</p>
<p> <b>jeremy</b> Name posted: 2006-01-28 07:30:28</p>	<p>idiots</p> <p>you people who make jokes of this kind of stuff will soon find yourself in a world pf hurt when your overdosed laying in a pool of your own puke grow up and get help!!!</p>
<p> <b>jessica</b> Name posted: 2006-02-14 10:05:47</p>	<p>stop and think</p> <p>to those who are already pill poppers...you need to stop and realize that you are hurting yourself...even if it seems good now..it\'s not. I recently had a friend who was taking 36 CCCs a day and although he didn\'t die...it got pretty close at times...his thinking was very skewed...he got to the point that he almost killed his own family. it\'s so sad. THINK FIRST!</p>
<p> <b>Bobby</b> Name posted: 2006-02-22 12:45:39</p>	<p>Selfish</p> <p>I teach and council teenagers at detention centers and at church. The biggest concern is drugs. Whether it\'s pills, weed, alcohol it is all destroying futures. It is a selfish act to destroy your life. True it is your life and you have control of it, but it doesn\'t just affect you but those around you. Friends, family, careers and other things you would never think of. Life is more than just cheap thrills that only last a few minutes or hours. Research life and find out what it really is...</p>
<p> <b>Bobby</b> Name posted: 2006-02-22 12:48:39</p>	<p>Selfish</p> <p>I teach and council teenagers at detention centers and at church. The biggest concern is drugs. Whether it\'s pills, weed, alcohol it is all destroying futures. It is a selfish act to destroy your life. True it is</p>

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 <b>w33dmastr</b> Name posted: 2006-02-22 23:24:05	<p>u got to be kidding me...</p> <p>okay guess what kids. ive done dex about a million billion times. i dont even drink syrup anymore its a waste of time. most people who do it often just extract and do dxm which is pretty much harmless by itself. its the other ingreients in the syrup that make you a) puke or b) die. and you're only gonna die if you take corcidin, plain and simple. you could drink a ten bottles of robo and still be healthy as a horse.</p>
 <b>w33dmastr</b> Name posted: 2006-02-22 23:24:32	<p>u got to be kidding me...</p> <p>okay guess what kids. ive done dex about a million billion times. i dont even drink syrup anymore its a waste of time. most people who do it often just extract and do dxm which is pretty much harmless by itself. its the other ingreients in the syrup that make you a) puke or b) die. and you're only gonna die if you take corcidin, plain and simple. you could drink a ten bottles of robo and still be healthy as a horse.</p>
 <b>Jimbo Jackson</b> Name posted: 2006-02-25 17:22:28	<p>Sucrets!</p> <p>Hi Kids! This is Jimbo Jackson! Wanna get really messed up? Buy a pack of Sucrets cough drops... crush up about 8 into powder. Pop in the microwave for 30 seconds. Toss that in a root beer and chug. Have fun!</p>
 <b>Cherie</b> Name posted: 2006-03-03 16:50:52	<p>WOW</p> <p>Some of the crap these kids are writing is downright scary!!! Mr. Jimbo Jim should be ashamed, crush up sucrets and get high??? why don't you just tell these poor confused kids to start using heroin?? No don't, I take that back...be responsible. Would you tell your own children the same thing? God I hope not.</p>
 <b>thejaijai</b> Name posted: 2006-03-07 15:33:56	<p>wheres my weed?</p> <p>i need to find better pills. im outa weed. and that sucks. help me! ps- jimbo jackson is my hero ^^^ pss- i love dxm!!! psss- your mom.</p>
 <b>Miss Ja.</b> Name posted: 2006-03-13 16:21:36	<p>No to Drugs</p> <p>Kids who are viewing this site please I am imploring you do not listen to Mr. Jimbo the Jackass. I come from where th real \"HIGH GRADE WEED\" is grown and I have seen what it has done to persons especially youths, so forthose fo you reading this comment Plaese I am begging you stay away from drugs it will only destroy you. take it from me I know cause I have seen.</p>

 <b>toKen</b> Name posted: 2006-03-18 09:12:00	<p>lies</p> <p>Drugs aren't screwing kids up, the things that turn kids to drugs are to blame. I've been filling my void with alcohol and motion sickness pills for years, and a I still have a 4.0 gpa in all honors classes, If I had a reason to live I would'nt have to drown my failures of daily life with the sweet nectar ofthe Jack Daniels gods.</p>
 <b>weed</b> Name posted: 2006-03-22 18:18:10	<p>drugs&lt;333</p> <p>drugs may be the road to nowhere but atleast they're the scenic one</p>
 <b>Lol</b> Name posted: 2006-04-04 23:53:33	<p>Rawr</p> <p>DXM is a awesome thing to do, but only once or twice, and if you are gonna do it, at least know what your doing (dosage) dont just pop random pills. dont complain about kids saying \"I do it all the time!\" its fun, just dont get hooked</p>
 <b>Duane</b> Name posted: 2006-06-02 09:20:23	<p>dmx</p> <p>My son was just admited to a crices center. He was halucinating, hearing things in his head and tearing the skin from his face. He was up and down in fits of rage. He told me he was taking DMX.He is 23yo.</p>
 <b>Ann</b> Name posted: 2006-06-02 15:52:21	<p>DMX</p> <p>When I was in high school the fun thing to do was smoke a bowl or two and sit around and talk. That doesn't seem real dangerous, does it? I'm 33 now and I know a lot of poeple who smoke pot - most of them successful buisness owners. Bottom line,leave the man made chemicals alone - listen to mother nature.</p>
 <b>joey</b> Name posted: 2006-07-22 23:39:50	<p>stupid straights</p> <p>dxm is actually an extremely safe drug.most deaths associated with dxm are actually caused by other ingredients in the mediciene such as psuedo and acetamophein. weed is also a safe high. so stick to drugs that are proven safe. im high off dxm as i write this and also smoke weed. don't believe the lies, research everything yourself!!!</p>
 <b>Stefanie</b> Name posted: 2006-07-31 12:16:33	<p>overdose</p> <p>This is a note for all you idiots. DMX and triple C's are dangerous. when you are high you do not know when to stop. My son overdosed this past weekend. although he did not die, he was very close. he spend 3 days in the hospital recovering. he is only 16 years old and now will always be considered a drug addict. not something to be proud of. Because he has a loving family and here to support him, he is now on a mission to stop over the counter drug abuse and to make it hard to buy.</p>

 <p><b>Danny</b> Name</p> <p>posted: 2006-08-25 15:04:17</p>	<p>WHAT???</p> <p>Hey kids, do what ever you want it's your life.</p>
 <p><b>Marie</b> Name</p> <p>posted: 2006-08-25 15:11:54</p>	<p>grow up</p> <p>Danny grow up and learn to spell, it's not what it's want. Jimbo Jackson your a sick person and so is anyone who promotes any kind of drug use to young people. Stefanie I hope your son is well.</p>
 <p><b>alexis</b> Name</p> <p>posted: 2006-09-02 18:32:47</p>	<p>someone help</p> <p>someone tell me how to kill myself. i hate my life and my life seems to hate me..</p>
 <p><b>trusted</b> Name</p> <p>posted: 2006-09-03 13:32:17</p>	<p>alexis im hear to help</p> <p>first of all your plea for help was heard,now what you want to do is do you own a gun, if not then a razor blade will work just fine but will be messy if you dont want any one to clean up your mess then find a rope you know what to do with it....NOW LETS BE REAL WHAT THE F..K ARE YOU THINKING!YOUR LIFE CAN NOT BE AS BAD AS YOU REALY THINK IT IS I MEAN COME ON YOU WANT TO TAKE AWAY THE MOST BEUTIFULL THING YOU HAVE .LIFE IS WHAT YOU MAKE IT YOU DONT HAVE TO LIVE THIS WAY BUT YOU PUT YOUR SELF IN A BIND OK,TOMORROW IS A NOTHER DAY,JUST LOOK AT IT THE WAY I LOOK AT LIFE MINE SUCKS TO BUT I STILL HOLD A SMILE AND HAVE FUN WITH IT. JUST THINK THAT TOMARROW SOMETHING OUT OF THE BLUE IS GOING TO CHANGE YOUR LIFE FOR THE BETTER.AND REMEMBER WHEN YOU THINK LIFE IS BAD SOMEONE HAS IT WORSE THEN YOU.SOMEONE ONCE TOLD ME BEFORE IT GETS BETTER IT HAS TO GET WORSE,SO WHEN TIMES ARE BAD BE EXPECTING IT TO GET BETTER SOON CUZ I PROMISS YOU THIS "YES I SAID PROMISS"THINGS WILL GET BETTER.SO PLEASE LISTEN TO ME YOU DONT EVEN KNOW ME AND ILL TELL YOU THAT I CARE IF YOU LIVE.TAKING YOUR OWN LIFE IS THE CHICKEN SHIT WAY OUT DONT GIVE UP BE STRONG REMEMBER TOMARROW WILL BE A BETTER DAY I PROMISS T R U S T E D</p>
 <p><b>butterfly</b> Name</p> <p>posted: 2006-09-09 19:55:20</p>	<p>hold on alexis</p> <p>I too felt the way your feeling.My mom and her bfriend were murdered 3 years ago and its still unsolved.I started abusing drugs heavily after that,and didn't think there was any reason for living.After suffering for 3 years,wondering how I was gonna get my next high,I decided to call rehabs for help.I found a rehab that had a bed available,and have been clean now for 2 months.Rehab not only deals with the drugs your on,but why you take the drug.The underlining problem is us.We</p>



	need to let someone pick apart our brain until we find and fix whats hurting us.For anyone suffering,GET HELP!It's worth it!!Your worth it! PEACE
 <b>Johnny</b> Name  posted: 2006-09-18 13:44:16	Wow
	Wow. The more I read, the more I smile. Let Darwins theory hold true. All I gotta say, is.... "Can't we all just get along?"

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