

Special Interest Articles:

- Commonly Abused Drugs
- US Data on Opioid Use
- Herbal Supplements

Did you know?

The original 7-Up soft drink contained lithium citrate as one of the original ingredients and was sold as a hangover remedy.

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Commonly Abused OTC and Prescription Medicines

Drug Name	Street Name	Intoxication Effects	Health Consequences
Dextromethorphan	Robo, Skittles, Poor Man's PCP, CCC, Triple C, Velvet, Candy	Euphoria, altered time perception, visual disturbances, delusions, paranoia	Altered mental status, brain damage, panic attacks, ataxia, nystagmus, seizures
Loperamide	OTC Methadone	Treating diarrhea from opioid withdrawal	CNS depression, intestinal blockage
Antihistamines	None	Increased euphoria with opioids, reduced insomnia and anxiety from opioid withdrawal, hallucinations	Dizziness, dry mouth, headache, muscle aches and nausea
Clonidine	Yen Pill	Prolongs effects of Benzodiazepines, cocaine, opioids; reduces withdrawal effects	Hypotension, withdrawal symptoms upon discontinuation
Gabapentin	Morontin (from really goofy thinking), generally known as its actual name; Gabbies	Reduced pain and anxiety, feeling of well-being, lowered inhibitions, slowed pulse and breathing, poor concentration; relieves symptoms of withdrawal from other substances	Diarrhea, double vision, drowsiness, slurred speech. With discontinuation, withdrawal symptoms and seizures.
Seroquel	Quell, Baby Heroin, Suzie-Q, Q Ball	Sedation, reduced anxiety	Arrhythmias, coma, death with overdose
Oxycodone	Hillbilly Heroin, Killers, OCs, Oxycotton, Oxys	Euphoria, drowsiness	Nausea, constipation, disorientation, respiratory depression

New US Data on Opioid Use

New data on the use of opioids in the United States has been released by the US Centers for Disease Control and Prevention (CDC). The current findings indicate that the use of opioid analgesics among US adults has more than doubled since 1988 to 1994, when 3.4% used opioid analgesics. Previous CDC reports have shown that opioid-related deaths per 100,000 more than tripled between 1999 and 2012, and sales in kilograms per 10,000 quadrupled between 1999 and 2010.

Another report from Express Scripts says the use of prescription drugs is highest in small cities in the Southeast. In some of these communities with less than 28,000 residents, the share of the population using opiate drugs ranged between 12 and 18 percent. The national average is less than 4 percent. More than 80 percent of the cities and towns with the highest rates of opioid drug use are in Arkansas, Georgia, Kentucky and Alabama, according to the report.

Major Retailers Asked to Halt Sales of Certain Herbal Supplements

Attorney General Eric T. Schneiderman of New York announced that his office sent letters to four major retailers, GNC, Target, Walmart, and Walgreens, for allegedly selling store brand herbal supplement products in New York that either could not be verified to contain the labeled substance, or which were found to contain ingredients not listed on the labels. The letters, sent in February, call for the retailers to immediately stop the sale of certain popular products, including Echinacea, Ginseng, St. John's Wort, and others. The letters come as DNA testing, performed as part of an ongoing

investigation by the Attorney General's Office, allegedly shows that, overall, just 21% of the test results from store brand herbal supplements verified DNA from the plants listed on the products' labels — with 79% coming up empty for DNA related to the labeled content or verifying contamination with other plant material. The retailer with the poorest showing for DNA matching products listed on the label was Walmart. Only 4% of the Walmart products tested showed DNA from the plants listed on the products' labels.

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In the News...



- **Afreeza** (uh-FREZ-uh) will be a new inhaled insulin for diabetes. **Afreeza** will be an alternative to mealtime injections of rapid-acting insulin (Humalog, etc) for adults with type 1 or 2 diabetes. **Afreeza** has a shorter duration but will be a good alternative for adults that need mealtime insulin but balk at giving injections.
- **Vyvanse** has been approved for binge eating disorder. **Vyvanse** is not a first-line choice. Sertraline, citalopram and escitalopram have the best evidence and research shows they work.
- **Flonase** is now available over the counter. **Flonase** will be marketed for nasal allergy relief and will also be indicated to relieve itchy, watery eyes.
- **Savaysa** (sa-Vaye-sah, edoxaban) will be the fourth new oral anticoagulant after Pradaxa, Xarelto and Eliquis. Xarelto or **Savaysa** are recommended for patients that desire once daily dosing.