

LifeSmarts

Health and Safety Lessons: Medicine 101

PowerPoint Discussion Notes

Slide 1

Slide Text: Medicine 101
The basics about over-the-counter and prescription drugs

Discussion Notes: You may have occasion to take both over-the-counter and prescription drugs, but what do you really know about their risks and the benefits?

Slide 2

Slide Text: LifeSmarts: Learn it, Live it

LifeSmarts is a program of the National Consumers League

Slide 3

Slide Text: Over-the-counter and prescription medications are drugs
Drugs are “substances for treatment, or prevention of disease; intended to affect the structure or function of the body.”

Discussion Notes: It should seem obvious, but many people do not consider over-the-counter medicines real drugs.

Slide 4

Slide Text: A drug fact

- Medicines, or drugs, change the way the body works.

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Slide Text: The Food and Drug Administration regulates both over-the-counter and prescription drugs.

Discussion Notes: The FDA is the oldest consumer protection agency and they are responsible for “protecting the public health.” This includes regulating medicines.

Slide 6

Slide Text: Prescription and OTC drugs are tested
The Food and Drug Administration is responsible to make sure drug manufacturing processes and the drugs themselves are safe and effective.

Discussion Notes: Both types of medicines have extensive testing and review before becoming available to the consumer.

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Slide Text: OTC
Over-the-counter medicine—medicine you buy off-the-shelf without a doctor’s order.

Discussion Notes: Over-the-counter drugs are not always seen as drugs, but they are.

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Slide Text: Characteristics of OTCs

- The potential for misuse and abuse is low
- Consumers can use them for self-diagnosed conditions
- They can be adequately labeled for safe consumer use

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- Health practitioners are not needed for the safe and effective use of the product
- Discussion Notes: The benefits of over-the-counter medicines outweigh their risks.

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Slide Text: FDA approved OTCs must be

- Safe
- Effective
- Manufactured safely
- Labeled with a Drug Facts Label that is easy to understand

Discussion Notes: For over-the-counter drugs to be approved they must have these qualities.

Slide 10

Slide Text: The OTC user is responsible to

- Self-diagnose
- Self-treat
- Self-manage their medicine and their illness

Discussion Notes: The consumer takes responsibility for self care. Your pharmacist, doctor, or nurse can help you select an appropriate OTC if you have any doubts.

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Slide Text: There are advantages to OTCs

- They are easy to obtain
- People have quick access to medicine
- Patients can educate themselves about the medicine by reading and using the Drug Facts Label

Discussion Notes: OTCs do not require making an appointment to see a health care professional and this can save the consumer money. It also does not put a burden on the health care system to treat common illnesses.

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Slide Text: And there are risks

- Misdiagnosis
- Delay in getting an accurate diagnosis from a health care professional
- Taking medicine incorrectly

Discussion Notes: But like any medical treatment there are disadvantages too.

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Slide Text: Some people do not understand

- “More is not better”
- They need to take as directed on the Drug Facts Label
- Drugs can cause serious illness or even be fatal if taken incorrectly

Discussion Notes: More than the recommended dose will not provide greater or better relief from symptoms. Reading the Drug Facts Label is the important first step when taking OTCs.

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Slide Text: Use all medicine with caution
Some risks are not related to the medicines themselves, but to the people who use them.

Discussion Notes: It is important to take medicine in the correct dosage, and at the correct intervals, for the specified period of time.

Slide 15

Slide Text: Prescription Medicine-Rx
Prescription medicine is medicine you purchase from a pharmacy with a health care professional's order.
Prescription drugs are sometimes called Legend drugs.

Discussion Notes: The symbol Rx represents the Latin word "recipe"

Slide 16

Slide Text: Who can write a prescription?
Physicians—M.D. and D.O. and other health care professionals including:

- Podiatrists
- Physician Assistants
- Dentists
- Optometrists
- Nurse Practitioners

Discussion Notes: M.D. is a medical doctor, of any type
D.O. is a Doctor of Osteopathic Medicine

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Slide Text: What are the differences between prescription and over-the-counter drugs?

Prescription drugs:

- Prescribed by a doctor
- Bought at a pharmacy
- Intended to be used by one person

OTC drugs:

- Do not require a doctor's prescription
- Bought off-the-shelf at a variety of stores
- Intended to be used by many people

Slide 18

Slide Text: (Diagram of OTC and prescription drugs)

Discussion Notes: This diagram shows the similarities and the differences between OTCs and prescription drugs.

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Slide Text: Generic Drugs
Many over-the-counter and prescription drugs come in generic form.
Generic drugs are identical to Brand Name drugs in most ways.

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Discussion Notes: But not in ALL ways.

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Slide Text: Generic Drugs v. Brand Name Drugs

Brand Name

- Patented
- Sold exclusively by the company that controls the patent

Generic

- Patent life on Brand Name drug is expired
- Contains the same active ingredient, the same amount of active ingredient and the same dose as Brand name

Discussion Notes: A patent allows the company that developed the drug exclusive rights to market the drug to recover development costs.

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Slide Text: Generic drugs may differ from brand name drugs by

- Color
- Shape
- Taste
- Inactive ingredients
- Packaging

Discussion Notes: While generic drugs act like brand name drugs in the body they may have significant other differences.

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Slide Text: Other concerns about Rx and OTC medicines
A few other things you should know...

Slide 23

Slide Text: Overdose
Many OTC products contain the same active ingredient.
Overdoses can cause damage to vital organs.
Drugs can cause serious illness or even be fatal if taken incorrectly.

Discussion Notes: Acetaminophen is one of the most common OTC pain relievers and taken according to directions is very effective.
Because acetaminophen is metabolized in the liver, hepatotoxicity, or liver poisoning is one risk of an acetaminophen overdose.

Slide 24

Slide Text: Alcohol Warning
The FDA warns that “people who use alcohol regularly may be at increased risk for toxicity.”

Discussion Notes: Toxicity is another term for poisonous.
The FDA now requires alcohol warnings on the Drug Facts Labels for OTC pain relievers and fever reducers.

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The warning states that the potential side effects include internal bleeding and liver damage.

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Slide Text: Children are not small adults
When giving children medicine use their weight as a guide and use the dose measuring tool included with the medication.

Discussion Notes: If there is no measuring tool with the medicine you can ask the pharmacist for a measuring tool.

Slide 26

Slide Text: Drug Interaction
Other medicines, supplements, medical conditions, and foods affect the way drugs work in your body.

Discussion Notes: Before combining an OTC with a prescription medicine you should consult your doctor or pharmacist.

Slide 27

Slide Text: Driving under the influence of drugs-DUID
Prescription and OTCs can impair your ability to operate a motor vehicle.
DUID laws do not exclude legal Rx and OTC medicines.

Discussion Notes: Check the warning section on your OTC or prescription drug. There may be a warning about operating motor vehicles, or a warning that says “may cause drowsiness.” Take warnings seriously.

Slide 28

Slide Text: Some final advice from the Food and Drug Administration
Before using any medicine, think SAFER:

- **S**peak up
- **A**sk questions
- **F**ind the facts
- **E**valuate your choices
- **R**ead the label

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Slide Text: LifeSmarts is:

- An educational program teaching teens and tweens important real-life knowledge
- A competition – students compete online and in-person
- A teaching toolbox – check out our resources
- An opportunity for students to gain leadership skills, and fulfill community service requirements
- A chance to develop strong partnerships with national groups such as FBLA and FCCLA