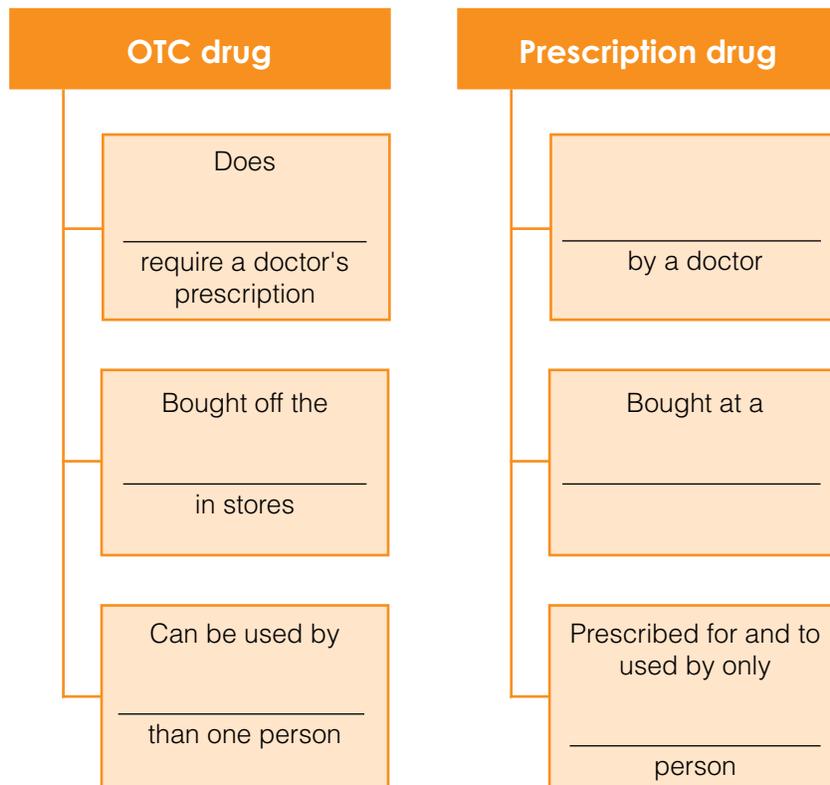


LESSON 13.1 Over-the-Counter and Prescription Drugs Note-Taking Guide

Over-the-Counter and Prescription Drugs

- 1. \_\_\_\_\_ is defined as the science of diagnosing and preventing disease and maintaining health.
- 2. Medicine can also be defined as a drug used to maintain health or \_\_\_\_\_ a health issue.
- 3. What can drugs do?
  - 1. \_\_\_\_\_
  - 2. Help prevent or manage diseases
  - 3. Relieve pain
  - 4. \_\_\_\_\_
- 4. Drugs are divided into two categories: nonprescription, or over-the-counter (OTC) drugs, and prescription drugs. Fill in the following blanks.



### Using OTC and Prescription Drugs Safely

5. The U.S. \_\_\_\_\_ and \_\_\_\_\_ Administration (FDA) is the government agency that decides which drugs require a prescription and which may be sold over the counter.
6. \_\_\_\_\_ effects are effects drugs have on your body that don't help your symptoms.
7. To use an OTC drug safely means using the drug \_\_\_\_\_.
8. List the most common OTC medicines.

<p>Pain relievers such as _____</p> <p>_____</p> <p>and _____</p> <p>_____</p>	<p>Cough _____</p>	<p>Antihistamines for _____</p> <p>_____</p>	<p>_____</p> <p>for heartburn and acid reflux</p>
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9. To use prescription drugs safely, it is important you use them as they are \_\_\_\_\_ by your doctor.
10. When prescription drugs are used as prescribed there is a low risk for \_\_\_\_\_ or other side effects.

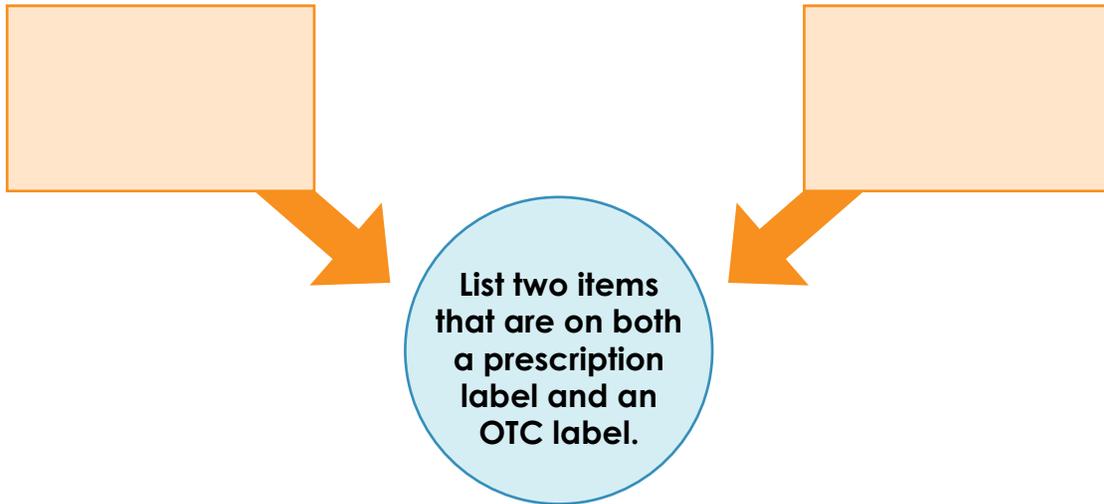
### Reading Drug Labels

11. What is the general purpose of a drug facts label?

12. Using Figure 13.1, list two items on a prescription label that are not on an OTC label.

<b>List two items on a prescription label that are not on an OTC label.</b>	

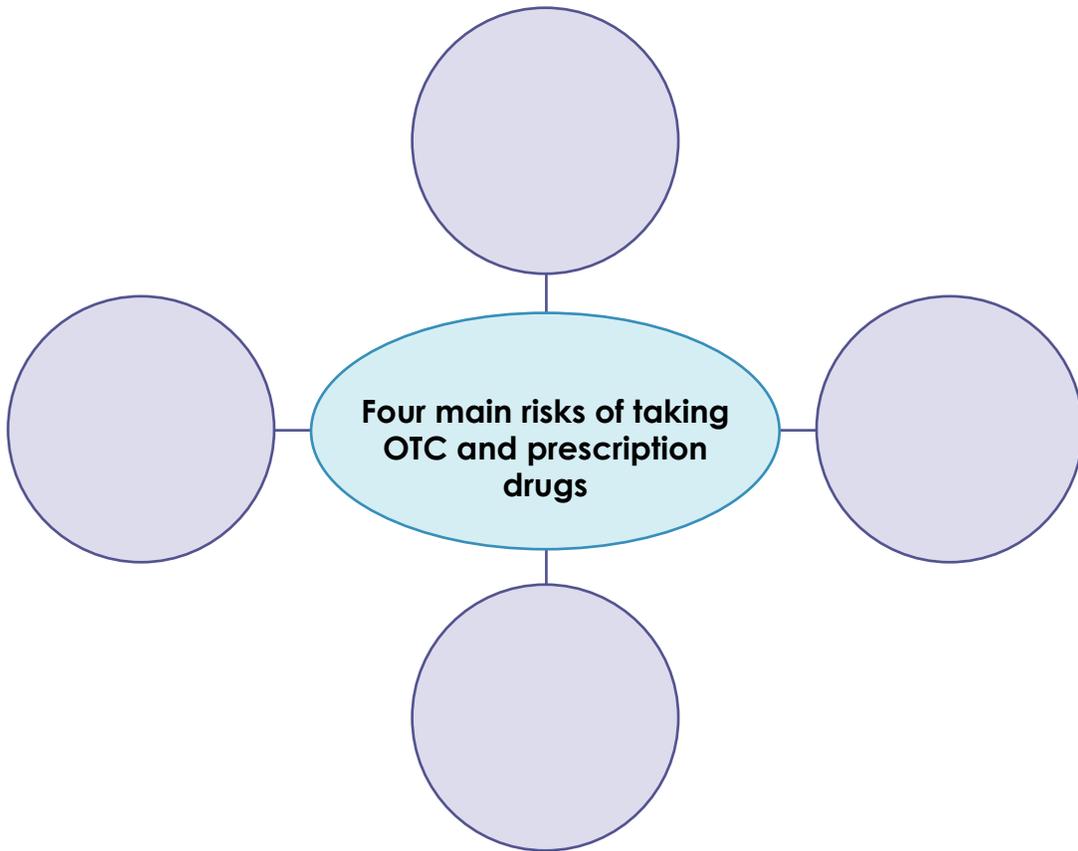
- 13.



14. List two ways to properly dispose of OTC and prescription drugs.


### Potential Risks of Taking OTC and Prescription Drugs

15. List the four main risks of taking OTC and prescription drugs.



### Abuse of OTC and Prescription Drugs

16. List the four most commonly abused substances by teens in the United States.


## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.1

17. List two reasons teens may abuse prescription drugs.

18. List some of the commonly misused OTC and prescription drugs.

<b>OTC drugs</b>	
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<b>Prescription drugs</b>	
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### OTC Performance-Enhancing Drugs

19. \_\_\_\_\_ is a stimulant most often found in coffee and energy drinks and may be used to speed up the \_\_\_\_\_ nervous system and \_\_\_\_\_ heart rate and blood pressure.
20. Your body produces \_\_\_\_\_, a substance found naturally in muscle cells that helps your muscles produce and release energy during heavy lifting, \_\_\_\_\_ strength, and helps \_\_\_\_\_ recover more quickly.

### Diet Pills

21. OTC diet pills are marketed to help you lose weight by \_\_\_\_\_ your \_\_\_\_\_.
22. The primary ingredient of most diet pills is \_\_\_\_\_, but they may have other ingredients that may or may not be safe.