



THE TRUTH ABOUT PAINKILLERS

Once prescribed,
these drugs open the
door to a tenacious
addiction and a life
of dependency

Hillbilly Heroin
Juice
Dillies
Percs

“SAY NO TO DRUGS, SAY YES TO LIFE”

The background of the entire page is a close-up, slightly blurred photograph of various pharmaceutical pills and capsules. Some are white, some are yellow, and some are in blister packs. The lighting is soft, creating a clinical or medical atmosphere.

WHY THIS BOOKLET WAS PRINTED

Drugs destroy millions of lives every year. The most disturbing aspect of this problem is the damage drug abuse does to our young people — and the threat this represents to the future of every country. With more and more young people being introduced to drugs, it is vital to provide educational materials with factual information about their dangers.

This booklet is dedicated to those individuals and organizations working to salvage others from the ravages of drug abuse. Society owes them a debt of gratitude for their cooperative efforts and we hope this booklet will assist them.

Sadly, some in society seek to promote and spread drug use for profit or gain — a fact that has been exposed too many times for anyone to be fooled.

Prescription PAINKILLER Abuse

The abuse of prescription painkillers began making headlines in the United States when high-profile personalities sought treatment for addiction to those drugs.

In America, more than 15 million people have abused prescription drugs — exceeding the combined number of people addicted to cocaine, hallucinogens, inhalants and heroin — and making up roughly 6 percent of the population. More than two million of those addicted are teenagers.

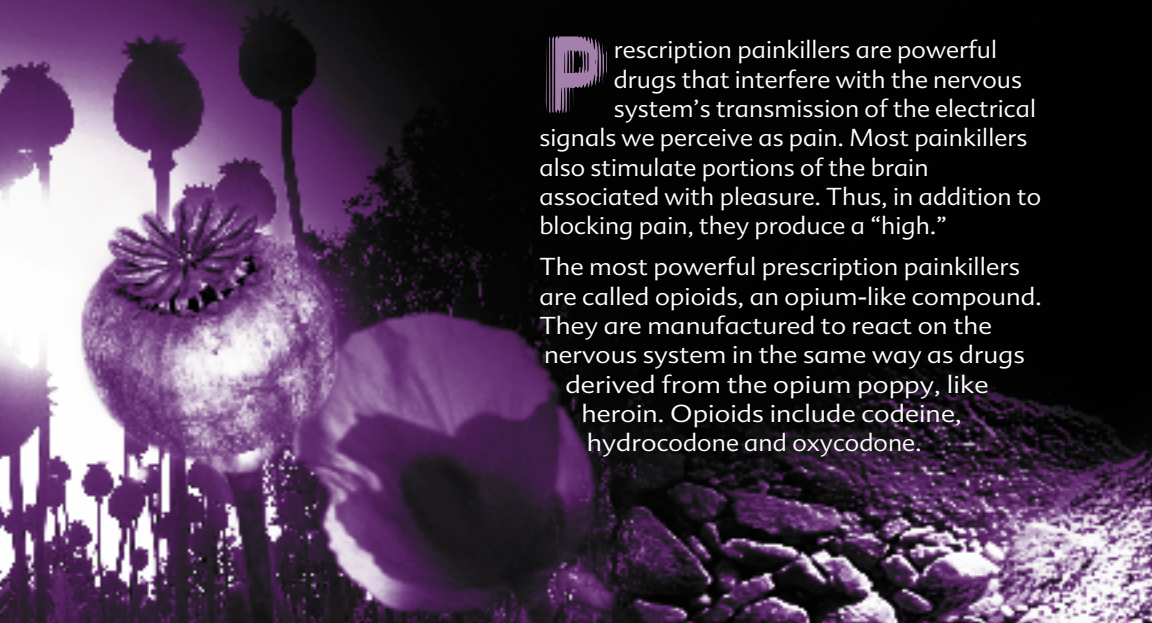
Many teens using painkillers for a “high” believe them to be safer than street drugs and consider them non-addictive. But is that really the case? The answer: no.



What are PAINKILLERS?

Prescription painkillers are powerful drugs that interfere with the nervous system's transmission of the electrical signals we perceive as pain. Most painkillers also stimulate portions of the brain associated with pleasure. Thus, in addition to blocking pain, they produce a "high."

The most powerful prescription painkillers are called opioids, an opium-like compound. They are manufactured to react on the nervous system in the same way as drugs derived from the opium poppy, like heroin. Opioids include codeine, hydrocodone and oxycodone.





Codeine is commonly found in cold medications or in preparations used for the treatment of moderate pain. It comes in liquid, tablet or capsule form and is often abused as a recreational drug. This may be due to its easy availability in over-the-counter or prescription cough syrups and cold medications. Users abuse it in order to obtain the “high” associated with use of opioids. Commonly these users will purchase large quantities of cold medicines containing codeine.

Hydrocodone is used in combination with other chemicals and is available in

prescription pain medications as tablets, capsules and syrups. Trade names include Anexsia, Dicodid, Hycodan, Hycomine, Lorcet, Lortab, Norco, Tussionex and Vicodin. Sales and production of this drug have increased significantly in recent years, as have diversion and illicit use.

Oxycodone has the greatest potential for abuse and the greatest dangers. It is as powerful as heroin and affects the nervous system the same way. Oxycodone is sold under many trade names, such as Percodan, Endodan, Roxiprin, Percocet, Endocet, Roxicet and OxyContin. It comes in tablet form.

"At the age of 20, I became an addict to a narcotic which began with a prescription following a surgery. In the weeks that followed [the operation] in addition to orally abusing the tablet, crushing it up enabled me to destroy the controlled release mechanism and to swallow or snort the drug. **It can also be injected to produce a feeling identical to shooting heroin.** The physical withdrawal from the drug is nothing short of agonizing pain."

— James





Street Names for Painkillers

Generic Name

Brand Name

Street Name

Codeine

Codeine

Captain Cody,
Cody, schoolboy,
doors & fours, loads,
pancakes & syrup

Hydrocodone

Anexsia, Dicodid,
Hycodan, Hycomine,
Lorcet, Lortab, Norco,
Tussionex, Vicodin

pain killer, vikes,
hydros

Oxycodone

Endodan, Endocet,
OxyContin, Percodan,
Percocet, Roxiprin,
Roxicet

Oxy 80s,
oxycotton, oxycet,
hillbilly heroin, percs,
perks



Understanding why painkillers become so **ADDICTIVE**

Opioid painkillers produce a short-lived euphoria, but they are also addictive.

Long-term use of painkillers can lead to physical dependence. The body adapts to the presence of the substance, and if one were to stop taking the drug abruptly,

withdrawal symptoms occur. Or, the body could build up a tolerance to the drug, meaning that higher doses have to be taken to achieve the same effects.

Like all drugs, painkillers simply mask the pain for which they are taken. They don't "cure" anything. Someone continuously

"I am **addicted to prescription pain medication**.
"I first started taking prescription painkillers [some] years ago when my doctor prescribed them to treat post-surgical pain following spinal surgery.... Over the past several years **I have tried to break my dependence on pain pills** and, in fact, twice checked myself into medical facilities in an attempt to do so. [I have] recently agreed with my physician about the next steps."

— Excerpted from radio commentator Rush Limbaugh's on-air statement, Friday, Oct. 10, 2003, according to Premiere Radio, his broadcaster.

Family members protest deadly painkillers. Rehab experts say addiction to powerful, time-released painkillers such as OxyContin is among the hardest of all to kick.

trying to dull the pain may find himself taking higher and higher doses — only to discover that he cannot make it through the day without the drug.

Symptoms of withdrawal can include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps (“cold turkey”), and involuntary leg movements.

One of the serious risks of opioids is respiratory depression. High doses can cause breathing to slow down to the point it stops and the user dies.



OXYCONTIN


The “Hillbilly Heroin”

Because it reacts on the nervous system like heroin or opium, some abusers are using one brand of oxycodone painkiller, OxyContin, as a substitute for, or supplement to, street opiates like heroin.

Armed robberies of pharmacies have occurred where the robber demanded only OxyContin, not cash. In some areas, particularly the eastern United States, OxyContin has been the drug of greatest concern to law enforcement authorities.

OxyContin, widely known as “hillbilly heroin” because of its abuse in Appalachian communities, has emerged as a major crime problem in the U.S. In one county, it was estimated that addiction to this drug was behind 80 percent of the crime.





“I didn’t think I had a ‘drug’ problem — **I was buying the tablets at the chemist** [drug store]. It didn’t affect my work. I would feel a bit tired in the mornings, but nothing more. The fact that I had a problem came to a head when I took an overdose of about 40 tablets and **found myself in the hospital**. I spent 12 weeks in the clinic conquering my addiction.”

— Alex

“Pretty much as long as I can remember I’ve had highs and lows. I would get easily upset by the littlest things, I would have anger outbursts, or hate someone for no reason at all. For a long while I had thought I was bipolar. I started using drugs last October [2003] to help me with my unwanted feelings. But believe it or not, it just made stuff worse! I had to now deal with my addiction and my emotional problems.”

— Thomas

Mental & Physiological

Effects of Painkillers



- constipation
- nausea
- vomiting
- dizziness
- confusion
- addiction
- unconsciousness
- respiratory depression
- increased risk of heart attack
- coma
- death

Painkillers: A SHORT HISTORY

Opiates, originally derived from the opium poppy, have been used for thousands of years for both recreational and medicinal purposes. The most active substance in opium is morphine — named after Morpheus, the Greek god of dreams. Morphine is a very powerful painkiller, but it is also very addictive.

Morphine was used widely as a painkiller during the American Civil War, and many veterans became addicted.

Highly addictive opiates, derived from the opium poppy, have been used for thousands of years for both recreational and medicinal purposes.



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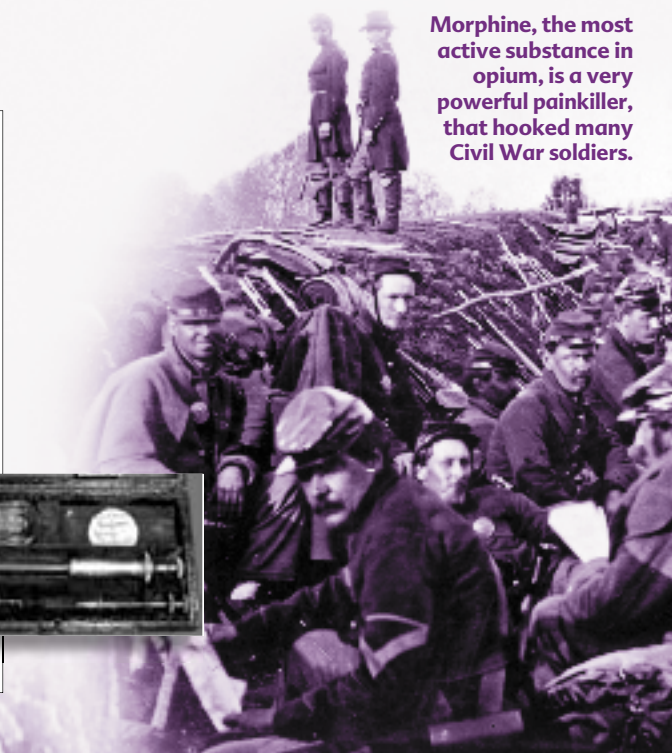
FARBENFABRIKEN OF ELBERFELD, GERMANY.

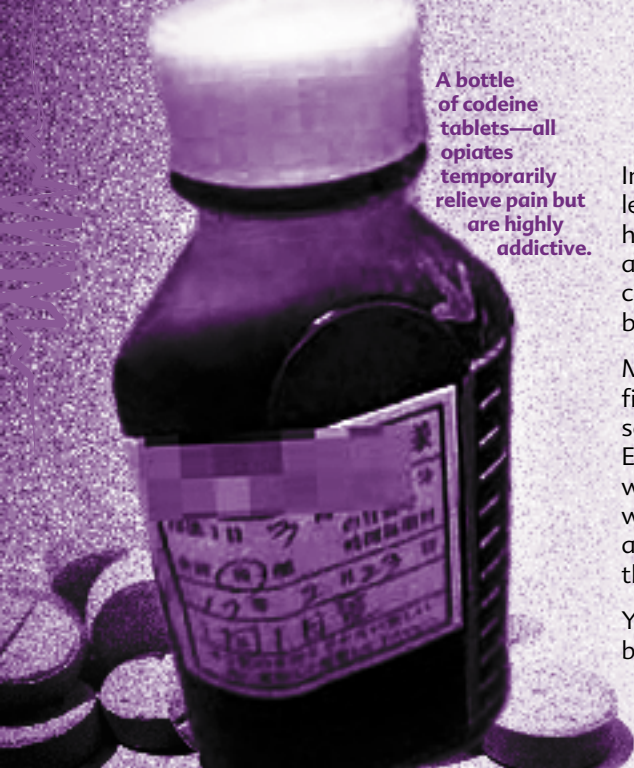
40 Stone Street, New York.

BRIDGE PLAZA



Morphine, the most
active substance in
opium, is a very
powerful painkiller,
that hooked many
Civil War soldiers.





A bottle
of codeine
tablets—all
opiates
temporarily
relieve pain but
are highly
addictive.

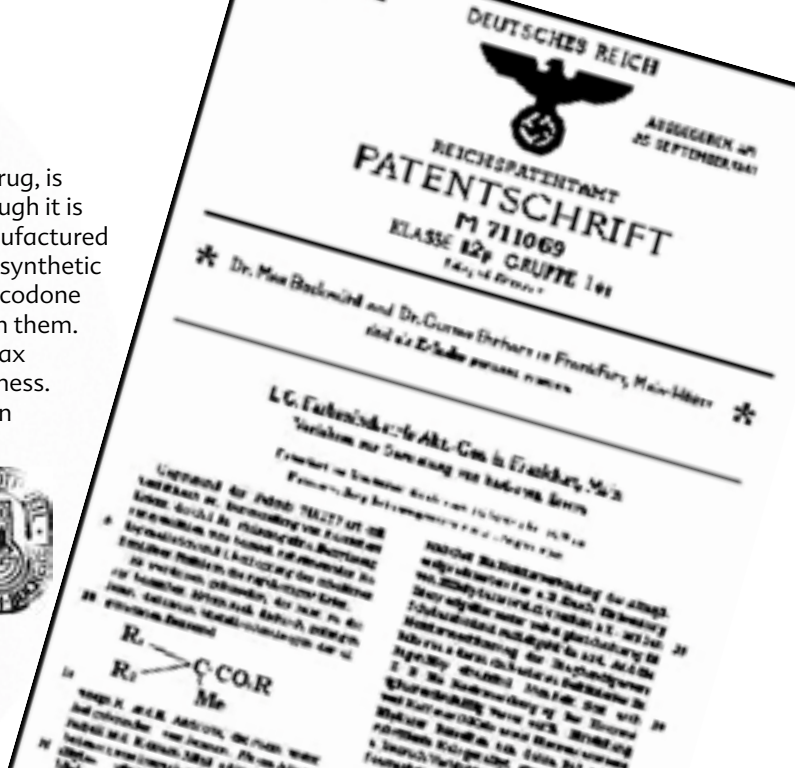
In 1874, chemists trying to find a less addictive form of morphine made heroin. At first, no one realized how addictive heroin was. It was used in cough mixtures. Addiction to heroin became a serious problem.

Methadone is a synthetic opioid. It was first synthesized in 1937 by German scientists Max Bockmühl and Gustav Ehrhart at the IG Farben company. They were searching for a painkiller that would be easier to use during surgery and also have less addiction potential than morphine or heroin.

Yet, methadone is believed by many to be even more addictive than heroin.

Codeine, a less powerful drug, is also found in opium, although it is now more commonly manufactured synthetically, as are other synthetic opiates-hydrocodone, oxycodone and the drugs derived from them. All opiates relieve pain, relax muscles and cause drowsiness. They mimic the body's own painkillers. They are all highly addictive.

The stamp of IG Farben, the German company whose chemists Bockmühl and Ehrhart developed the formula for methadone (right) — a synthetic form of heroin.





INTERNATIONAL STATISTICS

While the sale of prescribed drugs overall doubled between 1996 and 2000, the sale of painkillers tripled in the same period. The number of Americans reporting first-time non-medical use of prescription drugs was much higher in 1998 than 10 years earlier.

The most dramatic increase in new users of prescription drugs for nonmedical purposes occurs in 12- to 17-year-olds and 18- to 25-year-olds. In addition, 12- to 14-year-olds reported psycho-therapeutics (for example, painkillers or stimulants) as one of two primary drugs used. It also appears that college students' nonmedical

use of pain relievers such as Vicodin is on the rise.

In 1999, *The Independent on Sunday* in the United Kingdom estimated that more than 30,000 people in Britain were addicted to painkillers. In 2001, an estimated one third of that nation's adult population was on prescribed medications.


Approximately 320,000 people in the Netherlands report suffering from severe headaches, many caused by the amount of painkillers they are taking.

Doctors and rehabilitation therapists report that prescription painkiller abuse is one of the most difficult addictions to treat.

The sale of
PAINKILLERS
tripled between
1996 and 2000.

1996

2000



"I realized after about a year I was addicted. When I decided to quit, I went through withdrawals physically, psychologically, and emotionally. I thought when I was on the pills full time up to 4 a day I could do anything. They actually seemed to keep my mood steady and balanced.... Ever since I have been off the pills, I feel more alive, alert and more capable of walking through life with confidence. I did not realize I had kept myself in an illusion or haze with the pills of false happiness."

— J.B.

The Truth About Drugs

Drugs are essentially poisons. How much is taken determines the effect.

A small amount gives a stimulant (increases activity). A greater amount acts as a sedative (suppresses activity). A still larger amount acts as a poison and can kill one.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. By reactivating incidents from a person's past, below his

conscious awareness, they can distort the drug user's perception of what is happening around him. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the handling of pain, they also wipe out ability, alertness and muddy one's thinking. Long-term drug use robs life of the pleasures and joys which are the only reasons for living anyhow.

**The real solution, however,
is not to begin using
drugs in the first place.
Taking drugs is not
an answer.**



In the end, one has a choice between being dead with drugs or being alive without them.

As terrifying as the consequences of drug use are and as hopeless as they can seem to the addict, there are solutions to the drug problem and, on a broader scale, the war on drugs can be won.

The first step is to understand why a person becomes trapped by drugs. In May 1969, when the international drug crisis was reaching its peak, author and humanitarian L. Ron Hubbard wrote “When a person is depressed or in pain and where he finds no physical relief from treatment, he will eventually discover for himself that drugs remove his symptoms.

“In almost all cases of psychosomatic pain, malaise or discomfort the person has sought some cure for the upset.

“When he at last finds that only drugs give him relief he will surrender to them and become dependent upon them often to the point of addiction.”

Growing up and living in this world can be very hard. Exercise, diet or simply taking a long walk to look at things until one can focus one’s attention outward and again feel relaxed can work wonders. Talking problems over with a friend or a minister or trusted family member can also help.

And for the person with a drug problem, there are also real solutions to their addiction. Narconon, a drug rehabilitation program that utilizes the methods of L. Ron Hubbard, has a success rate of more than 75 percent. (www.narconon.org)

The best solution, however, is not to begin using drugs in the first place.

Taking drugs is not an answer. As difficult as it can be to confront one's problems, the consequences that come with drug use are always worse than the problem one is trying to avoid when he or she begins to take drugs.

And the long slide into hell that comes as a result of taking drugs is even worse.

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“Say No to Drugs, Say Yes to Life” is a community drug education and drug prevention program initiated by the Church of Scientology International. It educates children and youth about the dangers of drugs and challenges them to remain drug-free and to set a good example to their friends and family.

The program acts through clubs run by and for young people. These clubs reinforce a positive message of drug-free living through the distribution of educational literature that provides facts about illicit drug use and the effects of drugs on the spirit, mind and body, through group activities to popularize drug-free living, and through the support of civic leaders and members of other groups with similar aims.

Experience has taught us that people in general, and youth in particular, when they understand the destructive effects of drugs, and when they are provided with positive role models and the support of their peers to remain drug-free, they inevitably come to the conclusion: “I don’t want to take drugs” — which is of course the ultimate purpose of the program.

“SAY NO TO DRUGS, SAY YES TO LIFE”

This booklet is presented as a public service by the Church of Scientology International. It is part of a series of booklets to educate young people in the truth about drugs. The booklets in this series provide the facts about cannabis, crack and cocaine, crystal methamphetamine, ecstasy, heroin, LSD, prescription painkillers and other addictive drugs, allowing the reader to decide for himself to live a drug-free life.

To obtain more copies of this or the other booklets in this series, or to learn more about the discoveries of L. Ron Hubbard and his workable technologies that rid people of the harmful effects of drugs, visit or contact:

www.notodrugs-yestolife.org

Or Contact:

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