



News Alert

Northeast Community Challenge Coalition

Cough and Cold Medicine Abuse



Recent studies demonstrate a trend in substance abuse among teens, including over-the-counter drugs such as cough and cold medicines. The ingredient that teens are abusing is dextromethorphan, or DXM. This otherwise safe and effective ingredient can be dangerous when abused in extreme amounts. DXM abusers compare a cough medicine high as being similar to an ecstasy high. They can experience distortions of color and sound, strong visual hallucinations, out-of-body sensations, confusion, slurred speech and the loss of motor control.

Other serious side effects can include: Delusions, panic attacks, memory problems, blurred vision, stomach pain, nausea, high blood pressure, numbness of fingers and toes, drowsiness, fever, rashes or loss of consciousness.

Sharing what you have learned, safeguarding your home and monitoring your teen's internet activities are all ways you can prevent your teens from abusing these medicines.

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