

# Medication Safety For Teens: What You Need To Know



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July 13, 2023

## *Introduction*

As teenagers, we all come across a time when we need medication to treat an illness or alleviate symptoms. However, it is important to be aware of the risks associated with taking medication, as well as the importance of taking medications properly. Many medications can have serious side effects, and it is important to take them only as directed by a healthcare provider. Taking medicine improperly or without proper guidance can have serious consequences, including accidental overdose, medication interactions, and sharing medication with others.

In this research paper, we will discuss each of these risks in greater detail and explore ways to prevent them. By being informed and taking precautions, teenagers can stay healthy and avoid serious health consequences.

## *Accidental Overdose*

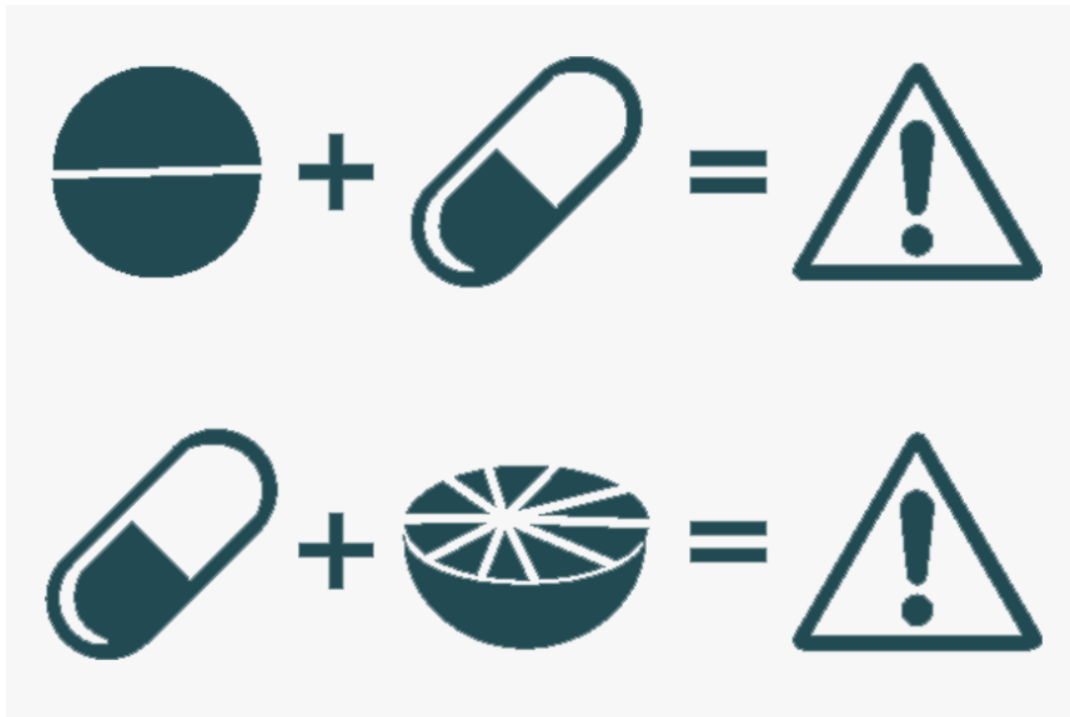


Accidental overdose is one of the most significant risks associated with taking medication improperly. This can happen when someone takes more medication than they should, either by accident or intentionally. Accidental overdose can lead to serious health consequences, including organ damage, coma, and even death.

There are many reasons why someone might accidentally overdose on medication. For example, they might take too much medication because they forgot they had already taken a dose, or because they misread the label on the medication. Additionally, some medications can be more dangerous than others if taken in large amounts. For example, taking too much pain medication like acetaminophen can cause liver damage.

To prevent accidental overdose, it is important to always take the medication exactly as directed by a healthcare provider. This means taking the right dose at the right time, and never taking more than the recommended dose. It is also important to keep track of when medication is taken and to never take more medicine than prescribed. If someone accidentally takes too much medication, they should seek medical attention immediately.

## *Medication Interactions*



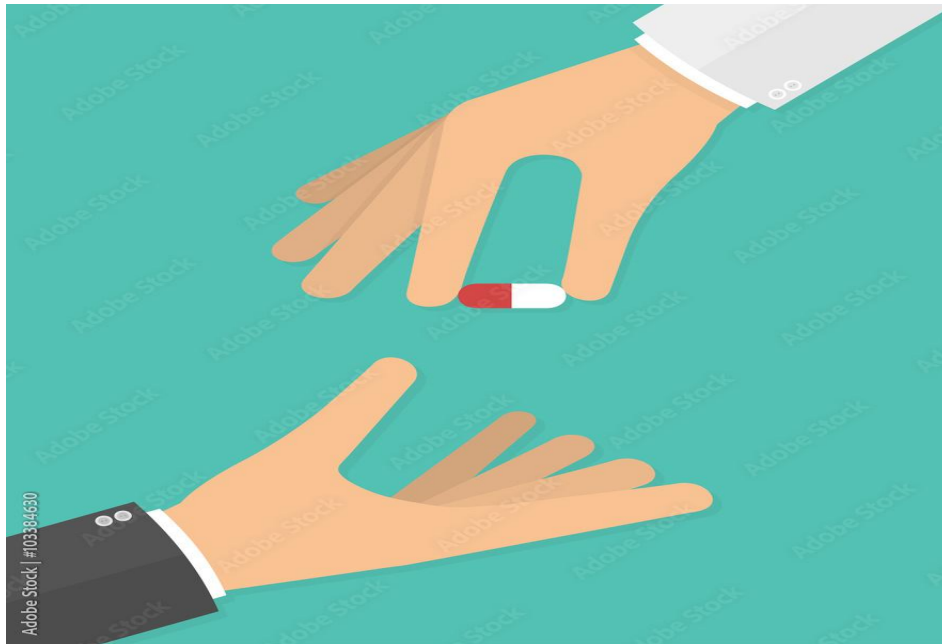
Another important risk associated with taking medication is medication interactions. This can occur when someone takes two or more medications that interact with each other in a negative way. Medication interactions can have serious consequences, including organ damage and death. To prevent medication interactions, it is important to always let healthcare providers know about all medications, supplements, and herbal remedies being taken. This includes over-the-counter medications as well as prescription drugs.

There are many different types of medication interactions that can occur. For example, some medications can interact with each other to cause a dangerous drop in blood pressure. Other medications can interact with each other to cause organ damage or other serious health consequences.

If someone experiences symptoms of a medication interaction, such as dizziness, nausea, or confusion, they should seek medical attention immediately. It is important to always take medication exactly as directed by a healthcare provider and to never take more than the recommended dose. By being informed and taking precautions,

individuals can stay safe and avoid serious health consequences associated with medication interactions.

## *Sharing Medication*



Finally, it is important for teenagers to be aware of the risks associated with sharing medications with others. This can occur when someone takes medication that was prescribed for someone else, or when someone shares medication with a friend. Sharing medications can have serious consequences, including overdose and death. To prevent these risks, it is important to always take medication that was prescribed specifically for you and to never share medication with others.

Sharing medications, even with friends or family members, can be dangerous and is generally not recommended. This is because medications are prescribed based on individuals' needs and medical histories, and what works for one person may not be safe or effective for another. Sharing medications can also lead to allergic reactions, medication interactions, and overdose. Additionally, sharing medications is illegal and can result in legal consequences.

If someone is in need of medication, it is important for them to speak with a healthcare provider to obtain a prescription. Healthcare providers can help identify the right medication and dosage based on individual needs and medical histories.

Additionally, healthcare providers can monitor medication use to ensure safety and effectiveness.

### ***Conclusion***

In conclusion, taking medication can be an important part of staying healthy, but it is important to be aware of the risks associated with taking medication improperly. By taking steps to prevent accidental overdose, medication interactions, and medication sharing, teenagers can stay healthy and avoid serious health consequences.

It is important to always follow healthcare provider instructions when taking medication, and to never take more than the recommended dose. Additionally, it is important to always let healthcare providers know about all medications, supplements, and herbal remedies being taken, and to never share medication with others. By being informed and taking precautions, teenagers can stay healthy and avoid serious health consequences.

### ***Sources Used & More Articles Like This***

- OTC Medicine Safety Tips for Teenagers and Tweens ([click me](#))
- Medication Safety For Teens ([click me](#))
- Medication Safety | Safe Kids Worldwide ([click me](#))
- Medication Safety Tips for Families ([click me](#))