



Physical Education

9-12/Health

April 06, 2020



9-12 Personal Fitness and Wellness

Lesson: [April 06, 2020]

Objective/Learning Target:

Chapter 11.1 Medications

- Identify the main reasons people use medications.
- Differentiate between over-the-counter and prescription medications.
- Describe different ways to take medications.
- Summarize common health risks associated with taking medications.
- List safe strategies for using medications.



Bell Work

Drug Use:

Give two examples of health problems that would cause people to use prescription drugs.

What are some side effects that drug users might experience?

Can prescription medications be abused like other drugs, such as cocaine or heroin?

Use of Medications

- A medication is a substance used to treat disease or relieve pain
- Reasons people use medications
 - Treat symptoms of an illness
 - Cure a disease
 - Manage a disease
 - Prevent a disease

Food and Drug Administration

- After a company tests a new medication, the Food and Drug Administration (FDA) must then approve it
- The FDA also decides whether a medication should be sold with or without a doctor's prescription

Over the Counter Medication (OTC

- Sold to people without a doctor's prescription
- Purchased at local stores and pharmacies
- Used to treat the symptoms of many relatively minor health conditions

OTC Thinking Further

OTC Medications

What are some commonly used OTC medications with which you are familiar?

Do you use these medications? If yes, for what reasons?

Prescription Medications

- Can only be sold to a person with a prescription from a doctor or other licensed healthcare professional
- Different types of prescription medications have different functions
 - Antibiotics
 - Anesthetics
 - Vaccinations

Different Methods Used to Deliver Medicines in the Body

- Pill, tablet, capsule, or liquid forms can be swallowed
- Drops, cream, or gel forms can be applied to a particular part of the body
- Transdermal patches can be placed on the skin
- Medications can be inhaled into your nose or mouth
- Medications can be injected directly into the body

Health Risks from Taking Medication

- All medications can have side effects
- Some medications cause health risks by interacting with other medications, foods, or drinks
- People can experience an adverse or allergic reaction to medication
- OTC medications may relieve symptoms but not treat the underlying cause of the symptoms
- Adverse effects may result from medication misuse

Medication Abuse

- The intentional use of medications for purposes other than those intended by the prescribing doctor
- Commonly abused prescription medications
 - Opioids
 - Depressants
 - Stimulants

OTC and Medications Thinking Further

Carefully reading and following OTC and prescription medication instructions can help you avoid misuse and abuse of medications and reduce health risks.

What are some other strategies for using medications safely?

Chapter Key Terms

Look up terms if you have access to resources to complete:

- Analgesics
- Euphoria
- Medication
- Medication abuse
- Medication misuse
- Opiates
- Over-the-counter (OTC) medications
- Prescription medications

Match the letter(definition)on the right to the term on the left.

- _____ Analgesics
- _____ Euphoria
- _____ Medication
- _____ Medication abuse
- _____ Medication misuse
- _____ Opiates
- _____ Opioids
- _____ Over-the-counter (OTC) medications
- _____ Prescription medications

- A. medications that are sold without a doctor's prescription
- B. any use of medicine that does not follow the medicine's instructions
- C. synthetic opiates that are prescribed for pain relief medication abuse
- D. substances that come from the poppy plant
- E. a substance used to treat a disease or relieve pain
- F. a feeling of intense happiness caused by high levels of dopamine in the brain
- G. the intentional use of medicines for reasons other than the prescribed purpose
- H. medications that relieve pain
- I. medication that can only be sold to a person with a prescription from a doctor or other licensed healthcare professional

Answer Key

__H__	Analgesics
__F__	Euphoria
__E__	Medication
__G__	Medication abuse
__B__	Medication misuse
__D__	Opiates
__C__	Opioids
__A__	Over-the-counter (OTC) medications
__I__	Prescription medications

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