

GREENVILLE JOURNAL

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Project Rx helps the community

BY NANCY EISEN FITZER – [UPDATED AUGUST 13, 2015](#)
Source: Greenville Journal

Is your medicine cabinet full of prescription bottles, pain relievers, allergy medications and other pharmaceuticals? How many of those are no longer needed or have expired?

Certainly we need medications. For some of us, our lives literally depend on them. Yet an awful lot of the pills we buy go unused.

So what do we do with all these leftover medications? If we hold on to them, they could be stolen and abused, particularly by young teenagers. If we throw them in the trash, they may end up on the streets or contaminating our environment.

Many flush unwanted medications down the toilet, sending them right into our waterways. But even trace amounts of drugs can disrupt the balance of life in our lakes, rivers and streams. Scientific studies have found that even extremely diluted concentrations of pharmaceutical residues can harm aquatic species.

Current water treatment practices do not remove pharmaceuticals from our drinking water, and the long-term impacts on human health are unknown.

The first step is to reduce leftover and expired medications at the source. When possible, wait to fill a prescription for pain relievers or other optional medications until you are sure you will need them. If you are trying out a new medication for a chronic condition, ask your doctor to write two prescriptions: the first for just a few days' dosage, the second for a full 30-day supply to be filled only if the medication is effective.

But no matter how carefully we plan, most of us are going to end up with leftover medications that require safe disposal. That is where Project Rx: A River Remedy comes in. Since 2010, this event has provided a convenient, safe and environmentally friendly solution for your unused and expired pharmaceuticals.

If you currently have medications needing disposal, use the dropbox at the Greenville County Law Enforcement Center (4 McGee St.), 24 hours a day, seven days a week.

Project Rx is organized by Renewable Water Resources (ReWa), in partnership with Bon Secours St. Francis Health System, the Carolinas Institute for Community Policing, the Greenville County Medical Society, the Greenville County Sheriff's Office, Greenville Family Partnership, Greenville Technical College, the U.S. Drug Enforcement Administration and Upstate Forever.

Nancy Eisen Fitzer is the Education Director at Upstate Forever, a nonprofit dedication to promoting sensible growth and protecting special places in the Upstate. For more information, visit safedisposalupstate.org.

Project Rx

WHEN: Sept. 19, 10 a.m. to 2 p.m.

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St. Francis Millennium near CU-ICAR, 2 Innovation Drive

Greenville Memorial Hospital, 701 Grove Road

Greer Memorial Hospital, 830 S. Buncombe Road

Hillcrest Memorial Hospital, 729 SE Main St., Simpsonville

Oconee Medical Campus, 298 Memorial Drive, Seneca

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MORE INFO: aRiverRemedy.org or SafeDisposalUpstate.org

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