

Study Shows Majority of Patients Taking Prescription Medications Are Misusing Them

Quest Diagnostics Health Trends™ study examined 3.4 million de-identified results of laboratory tests performed by Quest Diagnostics between 2011 and 2016



52%

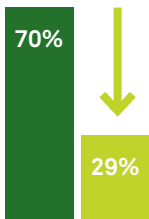
of Americans tested misused their prescription medications, compared to 63% six years ago



19% of specimens positive for **heroin** were also positive for **non-prescribed fentanyl**



Misuse rates were higher for men and women of **reproductive age** (58%); opioid and benzodiazepine use may decrease male fertility and increase risk of birth defects



One in three **adolescents** tested showed signs of drug misuse in 2016, a major improvement from 70% in 2011

Among 33,000 specimens that were tested for opioids, benzodiazepines, and alcohol:

More than **20%** 

were positive for both **opioids** and **benzodiazepines**

More than **10%** 

were positive for both **opioids** and **alcohol**

3% 

were positive for **all three**

About Quest Diagnostics Health Trends™

Quest Diagnostics manages the largest private database of de-identified clinical laboratory data, based on 40 billion data points from clinical lab testing. From this data, the company derives clinically significant insights, published as Quest Diagnostics Health Trends™ reports, that inspire public health, policy makers and healthcare practitioners to take actions to improve the health of Americans. To see the full report, visit QuestPDM.com or QuestDiagnostics.com/HealthTrends. Media Contact: 1.973.520.2800. MI7240 9/2017

