



E-Newsletter on Drug Abuse

ISSUE: 11-2016

With national, state and
local information on Drug Abuse

GREAT AMERICAN SMOKEOUT - Thursday Before Thanksgiving

HOW DOES YOUR BODY RECOVER AFTER SMOKING

- 20 Minutes** Your heart rate and blood pressure drop.
- 12 hours** The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months** Your circulation improves, and your lung function increases.
- 1-9 months** Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year** The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years** The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years** The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years** The risk of coronary heart disease is that of a non-smoker's.



To learn more about getting on track to beat cigarettes, visit cancer.org/smokeout or call us at 1-800-227-2345

Prevention Works: My Experience with Youth to Youth

Cheryl Sells is Director of Youth Prevention at CompDrug. She shares her personal experiences as a young person with Youth to Youth, an organization whose original youth-driven, adult-guided programming has set the standard for youth development and prevention programming across this country and around the world. Youth to Youth has been a key partner in designing and implementing Project Amp.

[Click Here to read more](#)

New research suggests teen depression rates are rising, especially among girls

The number of teens reporting depression is on the rise according to new US research, and is growing at an even faster rate among teenage girls.

According to the study, reports of depression increased by 37 percent over the decade ending in 2014, with one in six adolescent girls reporting an episode in the past year.

[Read More:](#)

<https://www.yahoo.com/beauty/research-suggests-teen-depression-rates-rising-especially-among-172954012.html>

Addiction starts young but reaches peak in 20s and 30s, experts say

Joe Valenti describes his bout with drug addiction as switching seats on the Titanic.

"No matter what seat you take," he said, "you're still on a sinking ship."

But Valenti, 32, eventually took a seat on a lifeboat sobriety 3 1/2 years ago. He suspects the sinking ship will loom in the back of his mind the rest of his life, but he's vowed to never board it again.

[Read More:](#)

<http://www.chicagotribune.com/lifestyles/health/ct-drug-addiction-in-adults-20161114-story.html>

DEA Reduces Amount of Opioid Controlled Substances to be Manufactured in 2017

OCT 04 (WASHINGTON) - The United States Drug Enforcement Administration (DEA) has reduced the amount of almost every Schedule II opiate and opioid medication that may be manufactured in the United States in 2017 by 25 percent or more, according to a Final Order being published in the Federal Register tomorrow and available for public inspection today. A handful of medicines were reduced by more, such as hydrocodone, which will be 66 percent of last year's level. Demand for these opioid medicines, represented by prescriptions written by DEA-registered practitioners, has decreased according to sales data obtained by DEA from IMS Health, a company that provides insurance companies with data on prescriptions written and prescription medications sold in America.

[Read More:](#)

<https://www.dea.gov/divisions/hq/2016/hq100416.shtml>

Synthetic drug lab experiment now a killer opioid

Ray and Christine Henney grew anxious when their 25-year-old son, R.J., didn't respond to text messages late one April night.

Mr. Henney drove to his son's apartment near the University of Pittsburgh, where R.J.

studied chemistry, early the next morning. The front door was locked, so he climbed a fire escape and jimmed open R.J.'s third-floor window.

He found R.J.'s lifeless body slumped over a desk, face down on a laptop keyboard. Scattered nearby were several syringes and powdery substances. A toxicology test later found that R.J. died of a drug cocktail that included an obscure synthetic opioid called U-47700, a relic of 1970s pharmaceutical research that was never brought to market.

"It was crushing," the father says. "It was the saddest thing I ever saw."

[Read More:](#)

<http://www.foxnews.com/health/2016/11/07/synthetic-drug-lab-experiment-now-killer-opioid.html>

Overdose deaths in Mass. continue to surge

Deaths from opioid overdoses continue to surge in Massachusetts, as an influx of illegal fentanyl outpaces the decline in the use of heroin and prescription drugs, according to the state's latest data.

The quarterly report on overdoses from the Massachusetts Department of Public Health, released Monday, shows the same deadly trends that have alarmed policy makers for several years persisted from July through September.

The state has confirmed 1,005 opioid overdose deaths in the first nine months of this year, with an estimated 392 to 470 suspected cases that may be added later. Nearly 1,200 confirmed overdose deaths occurred in the first nine months of 2015.

[Read More:](#)

<http://www.bostonglobe.com/metro/2016/11/07/overdose-deaths-mass-continue-surge/z9AdKhXF43NAhngHYvTguO/story.html>

Idaho mom loses custody of children after giving daughter marijuana butter to relieve seizures

In early October, 3-year-old Madyson began suffering from seizures and hallucinations after coming off of a prescription anti-psychotic medication that was being used to treat a history of seizures. Her mother, Kelsey Osborne, made her a smoothie with marijuana butter to relieve her symptoms, and has now lost custody of her two children and is facing criminal charges.

[Read More:](#)

<http://www.msn.com/en-us/health/medical/idaho-mom-loses-custody-of-children-after-giving-daughter-marijuana-butter-to-relieve-seizures/ar-AAk0tKf>

DEA temporarily bans synthetic opioid 'pink' after 46 deaths

The U.S. Drug Enforcement Administration (DEA) said on Thursday it had temporarily categorized a synthetic opioid nicknamed "pink" as a dangerous drug, after receiving at least 46 reports of deaths associated with its use.

The abuse of opioids - a class of drugs that includes heroin and prescription painkillers - has reached epidemic proportions in the United States.

[Read More:](#)

<http://www.foxnews.com/health/2016/11/10/dea-temporarily-bans-synthetic-opioid-pink-after-46-deaths.html>

Quote of the Month



Remember:

Getting Drunk is Never Safe....

Getting High is Never Smart !!!

Stay Clean -- Stay Sober -- Stay Healthy

-Tim VanDamme -
Executive Director
M.S., CASAC

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