

Drug Update 2017

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Opioid Overdoses Have Nearly Tripled Among Kids, Teens

The number of children and teens hospitalized for overdosing on opioid painkillers has tripled in recent years. Among children under the age of 10 most painkiller poisonings were accidental. Among teens, most were accidental overdoses, although some were suicide attempts. Both age groups saw a dramatic increase in cases involving painkillers like OxyContin, Percocet, and Vicodin. The number of poisonings from 1997 to 2012 went up 205% for children 1 to 4 years, and 176% for teens 15 to 19. Overall, there was a 165% increase in poisonings among those 19 and younger.

https://medlineplus.gov/news/fullstory_161775.html?utm_source=facebook&utm_medium=share&utm_campaign=mplus_share
E-Cigs Tied to More Frequent, Heavier Teen Tobacco Use

Teens that regularly vape e-cigarettes are more likely to become frequent cigarette smokers. A survey of students at 10 Los Angeles County public schools found that teens who used e-cigs were twice as likely to start smoking on a weekly basis. The study also showed that these teens are likely to smoke more cigarettes on days they do smoke. The e-cigarette industry criticized the new study for defining frequent vaping as smoking three days or more each month. Despite having a sample size of over 3,000 teens the authors of the study were only able to identify a fraction of students who had moved from smoking e-cigarettes to regular cigarettes.

https://healthfinder.gov/News/Article.aspx?id=716633&source=govdelivery&utm_medium=email&utm_source=govdelivery#.WCJVbr8Yrs.facebook

Tolerance, Dependence, Addiction. What's the Difference?

Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health

In 2015, over 27 million people in the United States reported the use of illicit drugs or misuse of prescription drugs and over 66 million people reported binge drinking in the past month. Drug and alcohol misuse are a major public health challenge that take an enormous toll on individuals, families, and society. Neighborhoods and communities are affected by the crime from alcohol and drugs. Children are neglected, violence increases, and so does the cost of health care due to substance misuse. The estimated yearly impact of substance misuse is \$249 million and for alcohol another \$193 million.

Most Americans know someone with a substance use disorder, and many know someone who has lost or nearly lost a family member as a consequence of substance misuse. In our society, addiction has been met with shame and misunderstanding. We treat this disorder as a moral weakness instead of a disease. As a result people struggling with addiction and substance abuse have been turned over to the criminal justice system instead of the proper medical treatment they need.

<https://addiction.surgeongeneral.gov>

Many people think drug *addiction*, *dependence*, and *tolerance* have the same definition. Though, these words are used differently to describe how drugs affect a person's body and brain. First of all, tolerance in the body happens when a person no longer responds to a drug in the way they did at first. This is why people with use disorders use more and more of a drug to get the "high" they remember once having. Dependence is when a person stops using a drug, and their body goes through "withdrawal": a series of physical and mental symptoms. Being dependent doesn't necessarily mean addicted. Going off the drug calls for a gradual process to avoid withdrawal discomfort. Addiction is a disease. A person with an addiction will keep using a drug despite negative consequences because they physically and mentally cannot stop. *Addiction* affects the brain, whereas *dependence* and *tolerance* affect the body.

<https://teens.drugabuse.gov/blog/post/tolerance-dependence-addiction-whats-difference>

Marijuana Becomes Legal in More States in 2016

In 2012, recreational marijuana was legalized in Colorado and Washington State. In 2014 Alaska, Oregon, and Washington, D.C. joined the list of states where marijuana was legal. Now, in 2017 several states could possibly be making marijuana legal. California was the biggest state to fall this year. Nevada also joined the rest of the West Coast when its voters voted for legalizing marijuana. On the East Coast Massachusetts and Maine both passed the legalization of marijuana, making them the first eastern states to do so. Florida, North Dakota, Arkansas, and Montana voters passed laws to make medical marijuana legal. These states are added to an ever-growing list of those that support the legalization of marijuana for medical or recreational use.

However, there is still strong opposition to the legalization of marijuana. In Arkansas there is strong opposition that is already plotting to make medical marijuana illegal again. In California many municipalities are trying to set up local marijuana bans, which would remain entirely legal under Prop. 64.

<http://www.drugpolicy.org/news/2015/07/marijuana-legalization-washington-state-one-year-status-report>

Many Adults Unaware That Using E-Cigarettes Can Hurt Kids

Many Americans do not know that indoor use of electronic cigarettes exposes children to nicotine and leaves nicotine deposits on surfaces. E-cigarettes primarily emit a toxic aerosol, not harmless water vapor. Unfortunately, many parents are unaware of the harm that e-cigarettes can cause to their children. Of more than 3,000 adults surveyed in 2015, only 37 percent of the respondents knew that exhaled e-cigarette vapor contains nicotine and that deposits on surfaces contain nicotine. Almost half of those surveyed did not know that smoking e-cigarettes around children exposed them to nicotine.

https://healthfinder.gov/News/Article.aspx?id=715954&source=govdelivery&utm_medium=email&utm_source=govdelivery

Baby boomers on a bender: Emerging trends in alcohol binge and use disorders among older adults

Trends of self-reported past-month binge alcohol use and alcohol use disorder were examined among adults age 50 and older. The researchers found significant increases in past-year alcohol use, past-month alcohol use, past-month binge drinking, and alcohol use disorders.

This population is particularly vulnerable to the negative effects of alcohol as it can impact chronic disease management or increase the risk of injury.

"Health care providers need to be made aware of this increasing trend of unhealthy alcohol use, particularly among older females, and ensure that screening for unhealthy alcohol use is part of regular medical care for this population" said Benjamin Han, M.D.

<https://www.sciencedaily.com/releases/2016/12/161212133652.htm>

Properly Dispose of Unused Prescription Medication

1. Best option: Find a local community-based prescription drug "take-back" program
2. Next best: Dispose with household trash but use precautions--mix pills with an undesirable material (e.g., kitty litter, coffee grounds) in a sealed container

Other tips:

1. Scratch identifying information off of Rx bottle and dispose separately
2. Do NOT give medicines to people they were not prescribed for
3. Do not flush down the sink or toilet (unless Rx labeling says its okay)
4. Ask your pharmacist if you are unsure how to dispose

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>

Marijuana Talk Kit, inside you will find:

- Facts about marijuana
- Why weed is still risky for teens
- Ways to talk with your teen about marijuana
- What you should - and shouldn't say - when talking with your teen
- How to respond to your teen's questions and arguments
- Resources to help

The Marijuana Talk Kit will help you have meaningful, productive conversations with your teen.



www.drugfree.org/MJTalkKit/

FREE!

IDAHO ANTI-DRUG COALITIONS— GET INVOLVED!

Be an advocate against substance use in your community by joining a coalition. Community Coalitions of Idaho (CCI) can help you find an organization. Visit communitycoalitionsofidoaho.org for more information and to start making difference!

Expanded Access Program (EAP) for Treatment-Resistant Epilepsy in Children

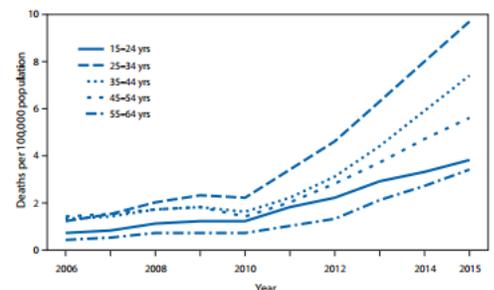
In April 2015, the Governor of Idaho authorized the establishment of an FDA-approved Epidiolex® Expanded Access program for treatment-resistant epilepsy in children. GW Pharmaceuticals, the manufacturer of the purified cannabidiol (CBD) oil Epidiolex® will initiate this process of the investigational drug. This program will treat children with intractable epilepsy 0 through 18 who do not respond to standard medications and gather preliminary information for phased trials that will determine whether Epidiolex® can reduce epileptic seizures more effectively than standard medications.

At the end of 2016, there were 37 Idaho children receiving Epidiolex® a plant-based CBD oil through Idaho's Expanded Access Program. According to the manufacturer, the Fast Track Designated drug likely will receive FDA approval in 2017 and patients will be able to access this CBD oil via a prescription.

<http://healthandwelfare.idaho.gov/default.aspx?tabid=3067>

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Rates of Drug Overdose Deaths Involving Heroin,* by Selected Age Groups — United States, 2006–2015



* Drug overdose deaths involving heroin are identified using the International Classification of Diseases, 10th Revision underlying cause of death codes X40–X44, X60–X64, X85, and Y10–Y14, with a multiple cause of death code of T40.1. During 2006, there were 2,088 drug overdose deaths involving heroin (age-adjusted rate of 0.7 per 100,000 population); during 2015, there were 12,989 deaths (age-adjusted rate of 4.1).

How is an Opiate different from an Opioid?

Opiates are drugs derived from opium. At one time "opioids" referred to synthetic opiates only (drugs created to emulate opium, however different chemically). Now the term Opioid is used for the entire family of opiates including natural, synthetic and semi-synthetic. Medical professionals use the word opioid to refer to most opioids, and opiate for a specific non-synthetic opioid; however, many only use "opioid". Consistent with the newest definition, The National Alliance of Advocates for Buprenorphine Treatment (NAABT) uses "opioid" to refer to all opioids and opiates.

http://www.naabt.org/education/opiates_opioids.cfm