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E-Newsletter Issue: 5-2017

National, state and local information on Drug Abuse

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World No Tobacco Day



People, non-governmental organizations and governments unite on World No Tobacco Day to draw attention to the health problems that tobacco use can cause. It is held on May 31 each year.

World No Tobacco Day draws attention to the health problems caused by tobacco use.

Tobacco is a product of the fresh leaves of nicotiana plants. It is used as an aid in spiritual ceremonies and a recreational drug. It originated in the Americas, but was introduced to Europe by Jean Nicot, the French ambassador to Portugal in 1559. It quickly became popular and an important trade crop.

Medical research made it clear during the 1900s that tobacco use increased the likelihood of many illnesses including heart attacks, strokes, Chronic Obstructive Pulmonary Disease (COPD), emphysema and many forms of cancer. This is true for all ways in which tobacco is used, including:

- Cigarettes and cigars.
- Hand rolling tobacco.
- Bidis and kreteks (cigarettes containing tobacco with herbs or spices).
- Pipes and water pipes.
- Chewing tobacco.
- Snuff.
- Snus (a moist version of snuff popular in some countries such as Sweden).
- Creamy snuff (a paste consisting of tobacco, clove oil, glycerin, spearmint, menthol, and camphor sold in a toothpaste tube popular in India).
- Gutkha (a version of chewing tobacco mixed with areca nut, catechu, slaked lime and other condiments popular in India and South-East Asia).

Deadly fentanyl changes the rules for those who abuse opioids

There's a clear culprit in the rising drug overdose death count in Massachusetts – the synthetic opioid fentanyl.

More powerful and more deadly than heroin, fentanyl has sparked a new set of survival rules among people who abuse opioids.

About 75 percent of the state's men and women who died after an unintentional overdose last year had fentanyl in their system, up from 57 percent in 2015 (PDF). It's a pattern cities and towns are seeing across the state and country, particularly in New England and some Rust Belt states.

Fentanyl may be especially lethal because it's strong, it's mixed with other drugs in varying amounts unknown to the user, and it can trigger an overdose within seconds. "It happens so fast, like instantly, as soon as you do the shot," said Allyson, a 37-year-old woman who started using heroin in her late teens.

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Workers comp programs fight addiction among injured workers

BOSTON (AP) – Meet a victim of the nation's opioid addiction scourge: the American worker.

A number of U.S. states are taking steps through their workers compensation systems

to stem the overprescribing of the powerful painkillers to workers injured on the job, while helping those who became hooked to avoid potentially deadly consequences.

Injured workers, like so many others dealing with pain, are often prescribed opioids like OxyContin and Vicodin.

"I was eating them up like they were candy," said Jimmy Duran, of Boston, who was prescribed opioids for years after hurting his neck and fracturing vertebrae in a workplace accident in 2004. A commercial mover, Duran was hit and thrown 30 feet by a moving truck.

"OxyContin, Percocet, morphine. ... It ruined my life," he said. "It brought me to my knees."

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How to Listen to Your Teen - And Get Through

How to Listen to Your Teen - And Get Through

It turns out that the best way to find out what's going on with your child is to, well, find out what's going on with her. Lecturing or "grilling" won't get

you there, but an earnest, back-and-forth conversation could.

Just talking to your child is only half the job. You can keep the lines of communication open by knowing how to listen and when to talk.



Here are 9 practical tips for listening to your teen:

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Federal Government Will Provide \$485 Million for Opioid Prevention, Treatment

The Trump Administration will soon provide \$485 million in grant money to states for prevention and treatment programs aimed at addressing the nation's opioid crisis, the Associated Press reports.

The funding is the first of two rounds provided for in the 21st Century Cures Act, signed by President Obama in December. Health and Human Services (HHS) Secretary Tom Price said another half-billion dollars in state grants will follow in 2018.

According to a HHS news release, "Funding will support a comprehensive array of prevention, treatment, and recovery services depending on the needs of recipients. States and territories were awarded funds based on rates of overdose deaths and unmet need for opioid addiction treatment."



<http://drugfree.org/learn/drug-and-alcohol-news/federal-government-will-provide-485-million-for-opioid-prevention-treatment/>



Health department preparing doctors for opioid rule changes

The Vermont Health Department is working to ensure that health care providers are ready for new rules that regulate how opioid painkillers are prescribed while minimizing the risk of misuse.

On July 1, Vermont health care providers must comply with the rules, which include limits on the number of pills that can be prescribed and requirements that new users be briefed about the dangers of the drugs. Providers also must check a patient's history to see if opioid drugs have been prescribed elsewhere.

The new rules also require that when patients are prescribed strong doses of opioid painkillers, or have also been prescribed a class of tranquilizers, they must also be prescribed the overdose reversal drug naloxone. When the drugs, known as benzodiazepines, are taken along with opioids they can be more likely to lead to overdoses, which can be reversed with naloxone.

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Taking cue from Edina, others in state want tobacco age raised to 21

Now that Edina has approved raising the age for buying cigarettes and other tobacco products from 18 to 21, the idea is winning support elsewhere in Minnesota.

A community health manager in northwestern Minnesota wrote last week in a letter to the editor that what Edina and more than 200 other communities around the country have done "will help prevent more kids from being addicted to tobacco products."

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California Raises Age Of Tobacco Purchase To 21 And Tightens Vaping Rules

Gov. Jerry Brown signed a sweeping package of tobacco bills into California law on Wednesday, including one that will raise the legal age to buy products from 18 to 21 and another that dramatically tightens restrictions on e-cigarettes.



But the governor vetoed a bill that would have permitted cities and counties to establish their own tobacco taxes.

"Although California has one of the lowest cigarette taxes in the nation," the governor said in a veto message, "I am reluctant to approve this measure in view of all the taxes being proposed for the 2016 ballot."

California becomes just the second state after Hawaii to raise the lawful age to buy tobacco products, a move that backers applaud as a certain way to curtail harm to adolescents, and reduce the number of adult smokers.

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QUOTE OF THE MONTH

"Learn from the past, live in the now and be optimistic about the future."
