



## E-Newsletter Issue: 11-2017

National, state and local information on Drug Abuse

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### The Great American Smokeout Thursday, November 16th

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting - even for 1 day - smokers will be taking an important step toward a healthier life and reducing their cancer risk.



#### [Benefits to Quitting](#)

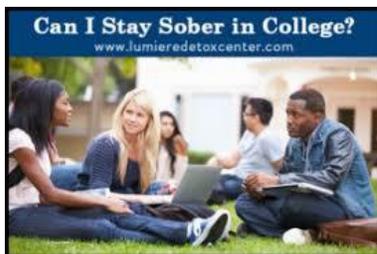
Quitting seems like an uphill battle, and in reality, it is. However, from day one of quitting there are benefits to your health-and your wallet! It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases. Within minutes of smoking your last cigarette, your body begins to recover:

- 20 minutes after quitting: Your heart rate and blood pressure drop.
- 12 hours after quitting: The CO level in your blood drops to normal.
- 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.
- 1 to 9 months after quitting: Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year after quitting: The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.
- 5 years after quitting: Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.
- 10 years after quitting: Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the

larynx (voice box) and pancreas decreases. ■ 15 years after quitting: Your risk of coronary heart disease is that of a non-smoker. Are there benefits of quitting that I'll notice right away? Kicking the tobacco habit offers some rewards that you'll notice right away and some that will show up over time. ■ Food tastes better. ■ Your sense of smell returns to normal. ■ Your breath, hair, and clothes smell better. ■ Your teeth and fingernails stop yellowing. ■ Ordinary activities leave you less out of breath (for example, climbing stairs or light housework). ■ You can be in smoke-free buildings without having to go outside to smoke. Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss. And if all that doesn't convince you, the average smoker would save about \$2,300 per year by quitting! That's \$11,500 over the next 5 years—enough to pay off debt, contribute towards college tuition or retirement, or take some amazing vacations!

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## Colleges using sober dorms to combat alcohol, drug addiction



Over 20 million young Americans started college this fall. For most of them, the next few years will be a time of intellectual challenges, new friendships and career exploration. But for many,



those years will also include a lot of partying and exposure to an abundance of alcohol and drugs.

According to a 2016 report by the federal Substance Abuse and Mental Health Services Administration, 1.2 million full-time college students drink alcohol, and more than 700,000 use marijuana on an average day. Binge drinking is common. More than a third of surveyed students reported binge drinking (taking five or more drinks in quick succession), according to a 2015 National Survey on Drug Use and Health.

Most students learn to navigate the college party circuit without much damage. But for those who arrive at school already struggling with substance abuse, easy access to drugs and alcohol poses a real danger. For them, living on a campus where partying is common and alcohol and drugs are readily available can be daunting.

After dropping out of the University of South Dakota because of substance abuse, Anthony, 25, of South Amboy, N.J., says he wanted to finish college but was reluctant to return to an environment where drugs and alcohol would be easily accessible. "I didn't want to take the risk," he says. (Anthony's full name has been withheld to protect his privacy.)

As many as 30 percent of college students are battling substance-use disorders, says Lisa Laitman, director of the Alcohol & Other Drug Assistance Program (ADAP) at Rutgers University in New Jersey. "That's a lot of students who need help," she says.

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**New York state bans vaping of electronic cigarettes indoors,**

## just like traditional tobacco products



New York state is banning electronic cigarettes indoors everywhere that traditional tobacco cigarettes are prohibited, such as restaurants, bars and other workplaces. The ban goes into effect in 30 days, after Gov. Andrew Cuomo signed the Clean Indoor Air Act on Monday. "These products are marketed as a healthier alternative to cigarettes but

the reality is they also carry long-term risks to the health of users and those around them," Cuomo said. "This measure closes another dangerous loophole in the law, creating a stronger, healthier New York for all." About 70% of the state's cities already ban e-cigarettes, so the statewide policy captures the rest, according to the American Lung Association. Cuomo signed legislation in July that banned e-cigarettes in public and private schools.

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## Women and Opioids:

### Inside the Deadliest Drug Epidemic in American History

*Thirty-one women will lose their lives to opioids today. This special report details how the crisis is impacting all of us-and what it will take to end it.*

It was barely seven in the morning on March 2, 2016, when Chayce Sieck, then 21, stood at the sink in her family's bathroom, shooting up. But even as she held the syringe, she realized she was overdosing: Ohmygodohmygoddidtoomuch, she thought as the heroin hit and she began falling, grabbing the sink, oblivious to the banging on the door. By the time her mother had picked the lock with her fingernail, Chayce was in a heap on the cream-color tiles, the needle still in her arm.



The ambulance arrived and she was rushed to the emergency room, but when she came to, Chayce had no plans to get sober. She'd been shooting heroin since she was 18: a party girl who made drugs look cute on her Insta (Xanax laid out as hearts, swirls of codeine cough syrup on ice), with visible tan lines from the Ugg boots she wore even in the Arizona heat-they were where she stashed her needles and spoon. So after the bathroom incident she OD'd again, once in August and then again in September; it happened for the ninth time in January, when she accidentally did heroin laced with fentanyl-and even that wasn't a turning point. By then Chayce was having trouble finding a vein and, if she had to be honest, was tired of her whole life, tired of doing anything to not get "dope sick" (the stomach-turning sweats of withdrawal), tired of spending her days sending naked Snaps to guys for \$20 or \$30 so she could buy a hit, tired of sneaking into restrooms at Arby's and Taco Bell and praying they had a mirror because by that point she'd resorted to shooting up in her neck. And yet she couldn't stop. After landing in the emergency room in January, she walked out of the hospital looking to use, searching for the friend who'd given her the fentanyl-laced drugs. Turns out he had died. Chayce found his buddy and did more heroin, but the next day he turned up dead too.

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## Smoking marijuana and driving: 33% of teens think it's legal. Some think it isn't dangerous

About one third of teens believe driving while high on marijuana is legal in states where the drug is recreational, according to a new study.



Liberty Mutual Insurance and SADD (Students Against Destructive Decisions) conducted the survey of about 2,800 teens earlier this year.

In addition, 20 percent of teens said that driving while high on marijuana is common among their friends, and only 68 percent of those surveyed said driving while high is dangerous. In comparison, 88 percent of the teens surveyed believe drunk driving is dangerous.

"Driving under the influence of marijuana significantly impairs motor coordination, judgment and reaction time," Mike Sample, lead driving safety expert and technical consultant at Liberty Mutual, said in a release.

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## DEA: 52,404 Drug Overdoses in 2015; 144 People a Day



Drug poisoning deaths are the leading cause of injury death in the United States, killing 52,404 people in 2015, or about 144 people a day, the Drug Enforcement Administration said in a report released on Monday.

Drug overdoses "are currently at their highest-ever recorded level and, every year since 2011, have outnumbered deaths by firearms, motor vehicle crashes, suicide and homicide," the report said.

DEA said the 52,404 drug overdose deaths counted by the Centers for Disease Control and Prevention in 2015 exceeded the 44,193 suicides in that year; 37,757 motor vehicle crashes; 36,252 firearms deaths; and 17,793 homicides. (The report notes that deaths may be counted multiple times because of overlapping categories.)

And according to Attorney General Jeff Sessions, preliminary data indicate that around 60,000 people died of drug overdoses in the U.S. in 2016, so the number continues to rise.

While the nation's opioid epidemic has received most of the attention lately, that's only part of the story.

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To get a printable version of this flyer (for outreach purposes), go to [nar-anon.org/outreach-flyer](http://nar-anon.org/outreach-flyer)

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## ***Quote of the Month***

*"Life moves pretty fast.  
If you don't stop and look  
around once in a while,  
you could miss it."*

*-Ferris Bueller-*

