

Drug & Alcohol AWARENESS



ROCHELLE
News-Leader

Sunday, Feb. 11, 2024

Section 3

OGLE COUNTY
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Monday, Feb. 12, 2024

Section C

MAKE THE RIGHT CHOICE



DRUG & ALCOHOL AWARENESS

Signs you should not drive after consuming alcohol or taking medication

ADULTS must walk a fine line when consuming alcohol. Though some adults may feel impaired after a single drink, many others can still drive safely after enjoying an alcoholic beverage with dinner or during a gathering with friends. Despite that, it's important that adults behave responsibly and recognize that even a relatively small amount of alcohol can impair their

judgment. According to the National Highway Traffic Safety Administration, drivers typically experience some loss of judgment and altered mood even when their blood alcohol concentration is .02, which is well below the legal limit to operate an automobile. When that BAC rises to .05, which also is well below the legal limit, drivers can expect to experience a loss of small-

muscle control, a reduction in alertness and even difficulty steering. And it's not just alcohol that can affect drivers, as the NHTSA warns motorists taking prescription medications or new medicines to avoid driving until they realize how a given drug affects their judgment, coordination and reaction time.

With so much on the line each time they get behind the wheel, drivers have much to gain from

recognizing the physical and mental signs that suggest they should avoid driving after consuming alcohol or taking medication.

Prescription medications and other medicines can produce a host of side effects, and these are

generally listed on product packaging or within the materials people receive when picking up their prescriptions. The NHTSA notes that even over-the-counter medications can cause side effects such as drowsiness, nausea and blurred vision, each of

which can make it unsafe to operate a motor vehicle.

After consuming alcohol, individuals can look for these physical symptoms, the presence of which suggests they are not fit to drive:

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Jami Hackman,
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Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

DRUG & ALCOHOL AWARENESS

Signs kids might be using drugs or alcohol

PARENTS know that each new period in a children's life brings both noteworthy milestones and a host of new concerns. Those concerns often reach new heights as children enter adolescence, a period in life when pressure from peers and at school can make it hard to be a kid, which in turn makes it harder to be a parent.

Adolescence is a period of significant change, as children's bodies are physically changing and they're inching closer to

independence. It's during this transition period that many children are first offered drugs or alcohol. In fact, the National Center for Drug Abuse Statistics reports that 50 percent of teenagers have misused a drug at least once. In addition, data from the NCDAS indicates that drug use among eighth graders increased by 61 percent between 2016 and 2020.

Such statistics are enough to make any parent lose sleep. But parents aren't helpless against teen drug and alcohol use. There

are many things parents can do to help children handle the temptation to use drugs and alcohol. Learning to spot the signs kids might already be using can help parents determine if they need to step in and help kids make the right decisions regarding drugs and alcohol.

The Partnership to End Addiction is the nation's leading organization dedicated to addiction prevention, treatment and recovery.

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- Slower reflexes
- Delayed reaction time
- Slurred speech
- Nausea
- Lack of coordination, including clumsiness, stumbling or a general feeling that balance is off
- Fatigue

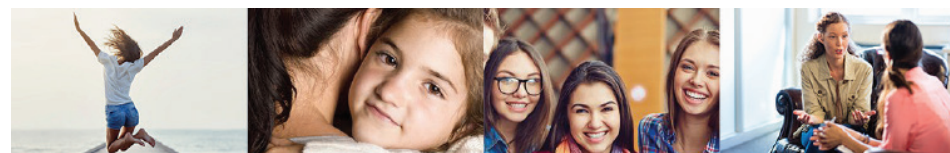
It can be easy for individuals who have been drinking to make light

of mental indicators that suggest they should not drive. Jokes about forgetting how they spent the night might elicit a laugh, but forgetfulness is a key indicator that someone has consumed too much alcohol to drive safely. Additional mental indicators include:

- Feelings of confusion
- Difficulty understanding complex ideas

- A loss of inhibition
- Delayed realizations

Alcohol and medication can adversely affect a person's ability to safely operate a motor vehicle. Recognition of the physical and mental signs of impairment can increase the likelihood that drivers avoid getting behind the wheel after taking medication or consuming alcohol.



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DRUG & ALCOHOL AWARENESS

Getting to the root of cannabis and associated products

OPINIONS on cannabis, hemp and associated products have evolved in recent years. As of October 2023, 30 states had made marijuana fully legal, and many others have mixed laws that allow for medicinal usage. Only four states continue to classify marijuana as completely illegal. Cannabis was legalized in Canada for recreational and medical purposes in October 2018

with the passage of Bill C-45.

As more research has been conducted on marijuana and closely related hemp, views have changed about the usage of cannabis products, spurring sweeping changes in public policy.

There are many terms associated with cannabis. Hemp and marijuana are understood to be varieties of the same species: Cannabis sativa or Cannabis

indica, according to Britannica. While the plants resemble each other, they differ in significant ways. One defining difference between hemp and marijuana is the concentration of tetrahydrocannabinol, or THC, found in the plant. THC is the type of cannabinoid that produces a “high” feeling. Hemp has 0.3 percent or less THC in it. By comparison, marijuana plants can contain 25 percent or more THC.

THC is a cannabinoid. The Alcohol and Drug Foundation says cannabinoids are substances that

join to the cannabinoid receptors of the body. The cannabis plant produces between 80 and 100 canna-

binoids and about 300 non-cannabinoid chemicals.

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How Drugs & Alcohol effect Heart Health



Alcohol Effects on Your Heart

- Extra calories from drinking alcohol can lead to obesity and a higher risk of developing diabetes
- Excessive alcohol intake can lead to high blood pressure, heart failure, or stroke


Drug Effects on Your Heart

- Most illegal drugs can have adverse cardiovascular effects, ranging from abnormal heart rate to heart attacks
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Information source from John Hopkins Medicine and American Heart Association

DRUG & ALCOHOL AWARENESS

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The Partnership recognizes how challenging it can be for parents to determine if kids are using, as many of the symptoms of using mimic normal teen or young adult behaviors. But parents who suspect their teen might be using can look for these potential indicators.

Shifts in mood & personality

- Sullen, withdrawn or depressed
- Less motivated

- Silent, uncommunicative
 - Hostile, angry and/or uncooperative
 - Acting deceitful or secretive
 - Unable to focus
 - A sudden loss of inhibitions
 - Hyperactive or unusually elated
- ### Behavioral changes
- Changing relationships with family members or friends
 - Absenteeism or a loss of interest in school, work or other activities

- Avoiding eye contact
- Locks doors
- Disappears for long periods of time
- Goes out often, frequently breaking curfew
- Secretive with the use of their phone
- Makes endless excuses
- Uses chewing gum or mints to cover up breath
- Often uses over-the-counter preparations to reduce eye reddening or nasal irritation
- Has cash flow prob-

- lems
 - Has become unusually clumsy, perhaps stumbling, lacking coordination or exhibiting poor balance
 - Has periods of sleeplessness or high energy, followed by long periods of “catch up” sleep
- ### Hygiene & appearance
- Smell of smoke or other unusual smells on breath or on clothes
 - Messier than usual appearance
 - Poor hygiene

- Frequently red or flushed cheeks or face
 - Burns or soot on fingers or lips
 - Track marks on arms or legs; teens may wear long sleeves in warm weather to hide marks
- ### Physical health
- Frequent sickness
 - Unusually tired and/or lethargic
 - Unable to speak intelligibly, slurred speech or rapid-fire speech
 - Nosebleeds and/or runny nose not caused by allergies or a cold

- Sores or spots around mouth
 - Sudden or dramatic weight loss or gain
 - Skin abrasions/bruises
 - Frequent perspiration
 - Seizures and/or vomiting
- Parents of adolescents may need to walk a tightrope if they suspect their children are using drugs or alcohol. More information about kids and substance abuse can be found at www.drugfree.org.

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The two main cannabinoids are THC and CBD (cannabidiol).

The ADF says THC produces strong psychoactive effects, whereas CBD is thought to have anti-psychoactive effects

that control or moderate the high caused by THC. CBD also may modulate anxiety caused by THC. Michigan State Uni-

versity says clinical research indicates CBD is effective at treating epilepsy, while anecdotal evidence suggests it can

help with pain and even anxiety. Similarly, marijuana has demonstrated therapeutic benefits for those with epilepsy, glaucoma and even multiple sclerosis.

areas where it is legal for use. It is likely one will have to visit a licensed marijuana dispensary to purchase cannabis legally, and consumers may have to be a certain age. For example, in New Jersey that age is 21. Dispensaries also may be restricted in regard to how much product they can sell in one transaction. Legally allowable product categories can include dried flower, concentrated oils, resin, vape formulas, tinctures, topicals, syringes, lozenges, and soft chews, but will vary by dispensary. Shoppers should keep in mind it also may be illegal to transport cannabis across state lines in the United States, and it is illegal to drive while under the influence of cannabis.

CBD products aren't as regulated or as restricted as products containing THC. It's possible to find everything from tinctures to oils to creams to gummies containing CBD in retail stores. Marijuana, on the other hand, is more carefully controlled in



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DRUG & ALCOHOL AWARENESS

What to know about vaping and tobacco

TOBACCO may not seem as popular as it once was, but the World Health Organization notes that 1.3 billion individuals across globe can be characterized as tobacco users. That means roughly 17 percent of the global population uses tobacco.

If it seems as though fewer people are smoking cigarettes, that's not an incorrect interpretation. According to the Tobacco Atlas, the number of cigarettes smoked worldwide has been decreasing slowly since sales peaked in 2012. However, cigarettes are not the only tobacco product on the market, and the decline in cigarette sales does not necessarily mean consumers are avoiding tobacco altogether. In fact, some may simply be vaping, which is the term used to describe the usage of e-cigarettes. Though vaping is sometimes described as a safe

alternative to cigarettes, such a characterization could be somewhat misleading, as various public health agencies caution against the use of any tobacco products, including e-cigarettes. A greater understanding of vaping, including its potential connection to cancer, could help consumers make more informed decisions.

According to the Centers for Disease Control and Prevention, e-cigarettes produce an aerosol that usually contains flavored nicotine, which is the addictive ingredient in cigarettes and other popular tobacco products. Additional chemicals are employed to make the aerosol, which e-cigarette users inhale into their lungs. It's important to note that even the term "vaping" might be misleading. The American Cancer Society notes that "vaping" gives the impression that

e-cigarettes produce a vapor that is then inhaled. But vaping produces an aerosol that contains tiny particles. That aerosol is not the same thing as a vapor.

Most cigarette smokers are familiar with the dangers of secondhand smoke. That danger is so significant that it's now illegal to smoke indoors in many areas of the world. The CDC reports that vaping poses a similar threat, as bystanders near someone who is vaping can breathe in the aerosol when e-cigarette users exhale.

The ACS notes that the chemicals in the aerosol produced when smoking e-cigarettes may contain formaldehyde, a cancer-causing substance that can form if the e-liquid overheats or an insufficient amount of liquid is reaching the heating element.

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DRUG & ALCOHOL AWARENESS

How avoiding tobacco greatly lowers cancer risk



From page 6

Though the CDC notes that e-cigarettes can potentially benefit smokers who are not pregnant if used as a complete substitute for cigarettes and other smoked tobacco products, the organization also emphasizes that

more research is necessary before scientists can understand the long-term effects of vaping. In addition, the CDC reports that e-cigarettes are not safe for youth, young adults, pregnant adults, or adults who do not currently use tobacco products.

Smoking cigarettes has long been known to increase risk for various cancers. Vaping may be a less harmful alternative to smoking for current smokers, but various public health agencies still warn that avoiding tobacco entirely is the safest option.

IMPROVING personal health is a goal many individuals share. One of the most effective ways for a person to be healthier while greatly reducing his or her risk of cancer is to avoid or immediately stop using all tobacco products.

Carcinogens are substances that are linked to cancer causation. Tobacco smoke alone has at least

70 carcinogens, according to the Centers for Disease Control and Prevention. The CDC also indicates that 40 percent of cancers diagnosed in the United States are likely linked to tobacco use, and tobacco products are responsible for at least 12 types of cancer.

There is no safe form of tobacco, and even smokeless products, such as snuff and chewing to-

bacco, have been found to cause cancer, advises the National Cancer Institute. Tobacco use can increase a person's risk for the following cancers:

- Lung cancer
- Esophageal cancer
- Pancreatic cancer
- Bladder cancer
- Urinary cancer
- Kidney cancer
- Ureter cancer

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DRUG & ALCOHOL AWARENESS

From page 7

- Stomach cancer
- Liver cancer
- Cervical cancer
- Ovarian cancer
- Oral cancers
- Tracheal cancer
- Colorectal cancer

- Laryngeal cancer
- Acute myeloid leukemia

Why tobacco is so unhealthy

Whether it's the tar, nicotine and acetone in cigarettes or the chemicals used when growing

and preparing tobacco for commercial use, these substances can wreak havoc on an individual's health. In addition to carcinogens, the American Lung Association says cigarettes contain about 600 ingredients

total, some of which also can be found in cigars and hookahs. When these ingredients burn, they generate thousands more chemicals, many of which are poisonous.

Ingredients in tobacco affect many areas of the body, from the central nervous system to the respiratory system to the skin that covers the body. Tobacco also can damage the cardiovascular system by tightening blood vessels and restricting the flow of blood. Smok-

ing increases blood clot formations and blood pressure, which can raise the risk of stroke.

Tobacco use does not only affect the person who is using tobacco. Exposure to secondhand smoke makes nonsmokers vulnerable to cancer and other conditions. Developing fetuses exposed to tobacco chemicals when their mothers smoke during pregnancy may have brain and lung tissue damage, states the Mayo Clinic. Carbon

monoxide in tobacco smoke can prevent fetuses from getting enough oxygen and adversely affect the delivery of nutrients. Smoking also raises a baby's risk for birth defects, such as cleft lip and palate, and contributes to low birth weight and issues with placenta.

Quitting tobacco greatly improves one's chances of avoiding a cancer diagnosis. It's an important step to take to improve overall health.



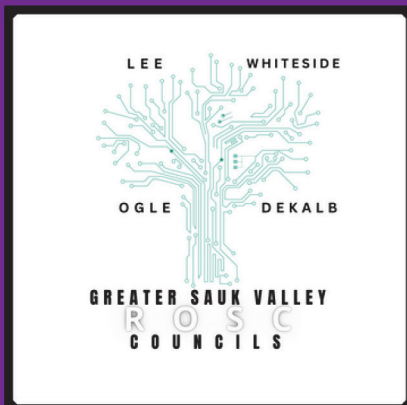
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WHAT IS A ROSC?

A ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or mental health challenges. The central focus of a ROSC is to create an infrastructure, or system of care, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.

The goals of the Illinois ROSC include:
Building a culture that builds and nurtures recovery
Building capacity and infrastructure to support a recovery-oriented system of care
Developing commitment to implement and sustain a recovery-oriented system of care.

Attention Ogle/DeKalb County
How can you get involved?

The ROSC Council is open to anyone in the Ogle/DeKalb Counties that are in recovery, have a friend or family member struggling with substance use, or is a stakeholder in the community and want to be a part of these important recovery oriented conversations and solutions. There is no limit as to who can be on the ROSC Council as long as you are passionate about helping people recover.

Join the Conversation!

For more information

Contact Heather Tomlinson
Ogle/DeKalb County ROSC Coordinator
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