

CHEMICAL HEALTH TREND CORNER:

Tobacco 21 Laws: Raising the Minimum Sales Age for All Tobacco Products to 21

American Lung Association

On December 20, 2019, President Trump signed legislation to amend the Federal Food, Drug, and Cosmetic Act, and raise the federal minimum age of sale of tobacco products from 18 to 21 years, effective immediately.

The American Lung Association has advocated for increasing the age of sale for tobacco products from 18 to 21 because it will help save lives.

In March 2015, a report from the National Academy of Medicine revealed that "Tobacco 21" could prevent 223,000 deaths among people born between 2000 and 2019, including reducing lung cancer deaths by 50,000. This landmark report provided the science to support our advocacy efforts.

Momentum increased as cities and states across the nation began to increase their legal sales age for tobacco products, including e-cigarettes. Nineteen states and DC passed Tobacco 21 laws.

Tobacco 21 is an important component of a comprehensive public health approach to reducing tobacco use. While Tobacco 21 is an important policy, because the youth vaping epidemic is at an all-time high, there is much more work to be done to save lives. In addition to Tobacco 21 we need to eliminate all flavored tobacco products, stop online (remote) sales and increase taxes on all tobacco products including e-cigarettes. In addition, FDA must begin its premarket review of all e-cigarettes, hookah, cigars and pipe tobacco.

Why 21? Find out [here](#).

What are dabs "carts" and how do they make smoking THC easier to hide?



Dab pens are the most convenient way to vape THC, dabs, or wax concentrates according to Vaping 360, Dec 2019 article. Dabs, or wax, is a solid cannabis concentrate. THC concentrates also comes in a liquid oil cartridge "carts". There are various types of wax but all of them contain high levels of cannabinoids and are extremely potent. Most dabs

contain high levels of THC but there are also legal CBD concentrates available.

What is a dab pen? A dab pen, or wax pen is a pen-style vaporizer for cannabis concentrates known as wax and dabs. They typically consist of a battery attached to a wax. Up to recently, it was necessary to use a blowtorch, a bong and a hot nail to smoke dabs. Today we have dab pens that utilize much more sophisticated technology. Instead of smoking it, these devices allow you to vaporize your dabs anywhere. They are discreet and very easy to use. Wax pens allow you to dab anywhere you go and are extremely easy to conceal. Most of them just look like regular vapes.

Should Your Teen Take that Opioid Prescription?

Get smart about Drugs, September 10, 2019

Whether due to [a sports injury](#), getting wisdom teeth pulled, or just a freak accident, there are many reasons why doctors may prescribe opioid painkillers to teens.

But with the nationwide opioid addiction epidemic constantly on the news, you probably have some hesitation about letting your teen take the prescription. On one hand, you don't want your child to suffer intense pain; but then again you also don't want that one prescription to lead to addiction or act as a gateway to other [drugs](#).

And that fear isn't completely unwarranted. According to the [latest National Survey on Drug Use and Health](#), almost 900,000 young people between the ages of 12 and 17 misused pain relievers within the past year. Here's another scary fact: many [heroin](#) users start off by abusing prescription medication.

So what should you do?

Obviously you know your teen best, but below are some things to consider if you're thinking about letting them use prescription pain medication.

Keep in mind: there is a responsible way to use opioid prescriptions.

Because we hear so much about the misuse of painkillers, we can sometimes forget that the **majority** of teens use them with **no** issues.

Follow these steps to make sure your young loved one is using prescription pain medication responsibly:



Talk to your teen before his/her appointment. Before your trip to the doctor or dental office for the procedure, have a chat with your teen about prescription opioid painkillers.

Don't forget to mention:

- Doctors prescribe pain medication for severe or moderately severe pain.
- Many pain meds are very addictive.
- Do not share your medication! It's specifically prescribed for you, and you should be the only one taking it. What's a normal dose for you, could be fatal for someone else.
- Mixing prescription painkillers with alcohol is deadly (even though it's illegal for you to drink anyway).
- You can also take over-the-counter pain meds or try other more natural ways to lessen your pain.

Also have a chat with the doctor. So you may also want to have a discussion with the doctor about the different prescription options, any concerns you have about addiction, different painkiller options, what to expect after the procedure, how long the teen should be on the medication, dosage, etc.

After your teen gets the prescription ...

- Monitor usage closely and keep the meds with you. For your teen, it removes the temptation to overuse or share with friends. Each day, you can give your teen the appropriate amount of pills they will need.

Get rid of extra pills. When the prescription days are over, make sure you get any leftover pills out of your house. You can drop it off at an official prescription drop off location McLeod "Take it to the Box" or [properly dispose of the medication at home](#).

As we mentioned earlier, most teens take prescription painkillers without any problems. Being thoughtful, and taking these precautions can help make the experience successful and result in a lifetime of responsible use of prescriptions.

Buying Drugs Online – What You Should Know & How to Protect Your Kids

Get smart About Drugs.
Gov December 3, 2018





Where are kids getting drugs? Twenty years ago, the answer to this question would only have been: from classmates at school, from friends at a party, or from a medicine cabinet. Fast forward to today and you'll find that young people are also getting drugs online, perhaps now more than ever.

It is not hard for teens to use the internet to buy drugs without their parents' knowledge. Many who buy drugs online do it through the so-called "dark web" – a part of the internet you can only access using a special anonymous browser. They purchase drugs using the virtual currency, [Bitcoin](#). Because of the anonymity, sites on the dark web are harder for law enforcement to shut down. Here are some ways you can protect your kids and prevent them from purchasing drugs online*:

- 1. Keep the communication lines open.** Make sure to always have an open line of communication with your young loved ones. Let them keep you in the know about their friends, what's happening in their school, their interests, and more.
- 2. Make sure they know the consequences.** Because the drugs can be so readily available online, kids may sometimes believe that they aren't really that dangerous.
- 3. Check out their "searches"** (if you suspect drug use). Look through their browser or Google searches (on their computer or cell phones). Keep an

eye out for any "How to buy ____ online" -type searches. You may also want to invest in one of these ["Parental-Control and Monitoring Apps."](#)

- 4. Monitor their delivered packages (if you suspect drug use).** For obvious reasons, drugs are often delivered in unmarked and discreet packages.

With drugs being more accessible than ever, the most important things you can do is to educate yourself on the potential danger while maintaining a good relationship with your child.

Teenagers Advice to their Parents on Drug Prevention- How to Communicate Effectively

By, Carmen Morrow ISD 423
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Navigating the drug world can be very difficult these days. Ask any teenager and most can tell you the reasons why teens use, the availability of drugs in our community, and even rattle off the health and repercussions of use. However; if you want to see teenagers become passionate, ask them if they feel their parents talk to them about drugs in an effective manner that helps them avoid drug use. Sometimes the best advice to parents comes from their own teenagers.

When talking about drug use, teens agree that parents that initiate open conversations and listen without judgement have the best results. Conversations that place blame or shame behavior are not as effective in keeping communication lines open as talks that focus

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on drug use as a health issue. Tone matters when communicating and broaching addiction.

Teens say they respond best to open conversations that are without threats, dire warnings and accusations. It's important to note that teens hanging out with healthy friends are motivated to do well and stay away from drugs just to fit in with a group. Teens feel their parents should set clear boundaries and expectations. A clear and consistent message can help deter your teens drug use. Be clear what the rules are, and what's going to happen if they break the rule. If a teen lives in two different households, parents should agree to the same rules about drugs.

Teens say parents need to understand that drug use and mental health usually go hand in hand. Anxiety and depression are two common mental health issues teens try to suppress with drugs. Drug abuse prevention can start without even mentioning drugs if you address the root of the use. They suggest parents should focus on teaching their children how to build healthy coping skills, emotional awareness and resilience. It's about building resiliency as many teens turn to drugs to self-medicate, self-soothe or escape. Teens state they are watching and noticing how their parents deal with stress. Parents should try to set a good example of healthy coping skills and avoidance of drugs and drink in moderation. Parents should continue to be active in helping enhance positive connections to healthy peers, adults, organizations, and sports.

Most teenagers agree that the drug talk is very necessary especially in light of the confusion with CBD and potential legalizations of

marijuana. If a teen is caught with drugs, or even suspected of using, they recommend parents don't wait to act. They state that while initial drug use may be a voluntary decision, it becomes less and less of a choice as addiction takes over. Parents may have the best buy in when they point out real-life examples. Parents should point out the real-world dysfunction of drug use/addiction in a neutral way, with the cause and effect. Talking openly about who they might know who may have had a problem, or who currently has a problem. Families with a history of mental issues or addiction problems should communicate to children that they are at a higher risk of developing a substance abuse problem.

There's good news for our teens navigating the drug world of today; the majority of their peers [aren't using drugs or using alcohol](#), according to the annual 2019 Monitoring the Future Study.

Adderall Abuse Among College Students

Edited by, Gerardo Sison, PharmD Sept. 2019



Adapting to college life is not always easy. The pressures of studying combined with a culture of pulling pre-exam all nighters, has made the abuse of prescription stimulants such as

Adderall, more prevalent than ever. Perhaps most concerning is the fact that nearly every student who has admitted to using Adderall without a prescription, said they [received the drug from a peer](#). Following are some of the contributing factors of [Adderall abuse](#) among college students and what signs to look out for.

Causes

Innocently enough, the main cause for Adderall abuse is linked to academics. Students claim the drug helps them focus when they are staying up late studying. The benefits carry over into exam taking, as well. Some users say they experience an improved attention span and find themselves better able to concentrate.

These elements make it one of the most popular drugs that is used today on college campuses. It helps explain why the largest age range of people who are abusing the drug without a prescription or medical need, are [18-to-25-year-old](#) young adults. The prime age for a college student. There is also an alluring social element to the drug. Users claim they can stay up later and that the drug makes them feel more talkative. This helps them feel more comfortable at parties, which introduces one of the most dangerous aspects of Adderall. When [combined with alcohol](#), the drug can be deadly. This is because alcohol is a depressant and Adderall is a stimulant. Taking these two in combination may initially mask some of the early effects of each leading to dangerous over consumption.

Another cause of Adderall use is actually one of the side effects of the drug. It can cause unintended weight loss because of the way it acts as a stimulant for the body. Young adults who are already susceptible to the social

pressures of looking a certain way, might find the drug easily accessible on college campuses.

Adderall Side Effects

Many of the side effects caused by the combination of amphetamine and dextroamphetamine (the two main components that make up Adderall), are noticeable to the naked eye. This makes abuse sometimes possible to spot. Adderall acts as a central nervous system stimulant. This can lead to nervousness, restlessness, and anxiety that impacts sleep patterns. Users might find it difficult to stay asleep, or difficult to fall asleep to begin with. There can also be tremors that cause shaking of various parts of the body. Complaints of headaches are common, along with dry mouth and stomach issues. These issues include diarrhea, vomiting, nausea, constipation, and loss of appetite.

Adderall Treatment

Being a Schedule II controlled substance naturally makes Adderall a high risk candidate for addiction. This is why many people who abuse it or use it without a prescription, will need the help of a rehab treatment program and/or sober living facility once they choose a life of sobriety. The good news is that rehabilitation from substance abuse is possible. All you need to do is want it.