



Drug Demand Reduction Quarterly Newsletter



Special points of interest:

The drug testing program is the single best deterrent against illegal drug use among military and civilian members of the military. In addition to urinalysis drug testing, our program provides outreach services to family members, retirees, school-aged children, and active duty members in collaboration with ADAPT. Please visit our office, Bldg 46, Room 1375, 97th Medical Group, if you are interested in drug awareness and prevention material.

February 2010, Issue 2



Drug Demand Reduction Program
481-5998
Located in the 97th MDG

Program Manager
Mrs. Donna Butte

Admin. Manager & Outreach Services
Mrs. Katie Adkins

Outreach Services
Ms. Angela Petty



Ms. Angela Petty and McGruff the Crime Dog provide drug education and awareness to local schools.

Did You Know?

Recent trends in drug abuse indicate that teens are turning away from street drugs in favor of the abuse of prescription drugs.

What's the problem?

Teens have found easily accessible prescription drugs to be a quick and easy high. Prescription drugs include painkillers, depressants, such as sleeping pills or anti-anxiety drugs; and stimulants, such as those drugs prescribed for attention deficit hyperactivity disorder (ADHD).

Every day 2,500 youth age 12 to 17 abuses a pain reliever for the very first time. More teens abuse prescription drugs than they do any illicit drug, except marijuana. In 2008, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs.¹ Among 12- and 13-year-olds, prescription drugs are the drug of choice.

Due to the ease of availability of prescription drugs and the misconception by many teens that they are a safe way to get high, many teens that would otherwise ignore illicit drugs are falling into the deadly trap of prescription drugs. Compounding the growing problem, many parents are unaware of the need to discuss the danger of prescription drug abuse with their children.

What are the dangers?

There are serious health risks related to abuse of prescription drugs. A single large dose of prescription or over-the-counter painkillers or depressants can cause breathing difficulty that can lead to death. Stimulant abuse can lead to hostility or paranoia, or the potential for heart system failure or fatal seizures.

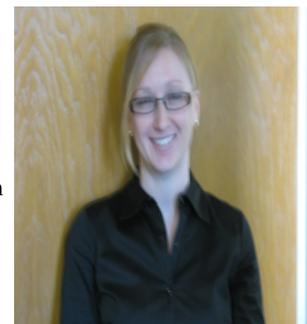
Even in small doses, depressants and painkillers have subtle effects on motor skills, judgment, and ability to learn.

Many teens report mixing prescription drugs, OTC drugs, and alcohol. Using these drugs in combination can cause respiratory failure and death.

Prescription drug abuse is addictive. Between 1995 and 2005, treatment admissions for prescription painkillers increased more than 300 percent.

Prevention

Parents and care givers are the first line of defense in addressing this troubling trend. In order to support and advise their children, parents must be informed on the risks and dangers of prescription drug use. For further information on the abuse of prescription drugs and how to talk to you children about the dangers, please visit: <http://drugabuse.gov>



Katie Adkins
DDR DTPAM

Welcome the Newest Member of DDR!

On 19 January 2010, Katie Adkins joined DDR as the Drug Testing Program Assistant Manager. Katie will perform drug testing duties as well as provide prevention and outreach services.

Katie arrived in Altus at the end of November 2009 from Spokane, WA.

Katie has a Bachelor of Science in Developmental Psychology and Drug & Alcohol Counseling. Her professional experiences include: Chemical Dependency Counseling, Public Health Research and Education.



Upcoming Events

March 19

Youth Employment Fair
Drug Free Workplace
1330-1530 @ the FCC

March 24

Kick Butt's Day
Campaign for Tobacco
Free Kids

March 25

Warrior Welcome -FCC

ASYMCA Spouses
Social @ the FCC
930-1030

March 26

School Age Parent
Coffee, 1000-1100

April is Child Abuse Prevention Month

April 2

Wellness Expo - FCC
1030-1330.

DDR will participate in
Story Time at the Base
Library with dates TBA

DDR is available for Commander's Calls & Spouses Orientations

DDR provides Drug Free Workplace Training during New Supervisor Training and New Employee Orientation



Katie Adkins presenting
at February's New
Supervisor Training

Air Force Policies on Nutritional Supplements and Dietary Products

In this day and age, many Air Force members are at the frontline of the fitness revolution. The desire for a long and healthy life and fit and strong body has encouraged many to try supplements and other dietary products. While using nutritional supplements isn't against Air Force policy, the ingredients in some may be.

Among the booming market of supplements and health products, some are made with hemp byproducts (hemp seeds and hemp seed oil). Although the use, importation or manufacturing of marijuana is illegal in the United States, hemp byproducts are not. To attract customers to products like Spectrum Essentials, Nutiva, Hempola and Manitoba Harvest, manufacturers market hemp byproducts as good sources of fatty acids and proteins, both important for good health.

Even though hemp seeds do not themselves contain tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana, the seeds may become contaminated with THC through contact with the stems and leaves during processing. Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of THC, which is detectable under the Air Force Drug Testing Program. Laboratory testing cannot distinguish between hemp seed, hemp seed oil products and marijuana.

To ensure military readiness, the ingestion of hemp seed oil, hemp seed or products made with either is now prohibited by *Air Force Instruction 44-121, Alcohol and Drug Abuse Prevention and Treatment Program*. Failure to comply with the prohibition on the ingestion of products containing or products derived from hemp seed or hemp seed oil is a violation of Article 92 of the Uniform Code of Military Justice (UCMJ).

The Air Force mandates that 100 percent of the E-1 through E-4 and O-1 to O-2 populations be subject to random urinalysis each year, as well as 65 percent of the remaining active duty population. The Air Force does not tolerate the illegal or improper use of drugs by personnel. It is a serious breach of discipline and can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including separation or discharge under other than honorable conditions.

To prevent unnecessary positive urinalysis results, remember the consumer slogan "buyers beware." Read the label carefully to determine the active ingredients of each product. If the product label lists any form of hemp seed oil or hemp byproducts, don't use it and consult your primary care manager for suggestions of non-hemp based products.

Currently, no AF policy exists banning synthetically-based dietary supplement substances, but there is an Aeromedical policy requiring "special duty" personnel, those on the Personal Reliability Program or on flying status, to report their use of dietary supplements. The use of steroids is a different story. Steroids are a Schedule III controlled substance and are illegal to use unless prescribed by a licensed physician. Wrongful use of steroids is punishable under Article 112a of the UCMJ.

Legal issues aside, the adverse medical effects of anabolic steroids are very serious. Effects include behavioral changes, often known as "roid rage"; shrinking of the testicles, reduced sperm production, development of adipose breast tissue in males and baldness. Long-term effects include increased risk of stroke or heart attack and hardening of the arteries as well as direct damage to the heart or liver.

To ensure compliance with Air Force policy, consult with your Primary Care Manager before using any supplements or dietary products. Remember: buyer beware, be smart, be aware, read the label and always consult a professional before beginning an exercise or diet regimen.