



Drug Demand Reduction Quarterly Newsletter

Special points of interest:

The Drug Demand Reduction (DDR) Program is the single best deterrent against illegal drug use among military and civilian DoD personnel. In addition to urinalysis drug testing, our outreach program includes family members, retirees, school-age children, and active duty members. Please visit our office, Bldg 46, Room 1261, 97th Medical Group, for anti-drug educational material.



Did You Know?

Nicotine only takes eight seconds to reach the brain and immediately starts making changes.

Experimentation usually leads to increased use, and a greater likelihood that other types of drugs will be tried; rarely do users only try one drug a few times and stop.

Steroid use can cause males to grow breasts and females to grow beards; the hormones in steroids cause severe mood swings, aggression, and anger.

Amphetamines cause damage to your brain, taking them to stay awake and study is counterproductive.

Weight loss from diet pills is gained back as quickly as it is lost. Healthy food practices and exercise will help you lose the weight and keep it off, without causing other damage.

Club drugs, ecstasy, and rave drugs are highly addictive; they can hook a person after one dose.

Alcohol kills 6½ times more youth than all other illicit drugs combined.

40% of those who started drinking at age 14 or younger, later developed alcohol dependence, compared with 10% of those who began drinking at age 20 or older.

Alcohol related traffic accidents are the greatest single cause of death for people age 6–33.

Physical effects of drug abuse may include irritability, enlarged pupils, red watery eyes, nausea, runny nose, blurred vision, lack of coordination, excessive sleep, unusual changes in daily routine, drowsiness and visible needle marks all over the body.

Many drugs are so addictive, all it takes is one time for a person to get hooked. Crystal meth addiction is one example.

In the United States, about 18,000 people die each year as a result of drunk driving crashes, and over 500,000 are injured.

Marijuana is the most commonly abused illicit drug in the United States.

A user's risk of heart attack more than quadruples in the first hour after smoking marijuana.



Marijuana deposits four times more tar in the lungs than tobacco

Drug Demand Reduction
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Located in the 97th MDG

Program Manager-
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If you have a drinking problem, or if you suspect you have a drinking problem, there is help available. Please call ADAPT at 481-5376.

Social Events *Be a Good Host and Wingman*

1. **Do NOT** let friends drink and drive
2. Be a designated driver
3. Serve non-alcoholic beverages
4. Lead by example; Drink Responsibly
5. Responsible drinking guideline: 0-0-1-3
 - 0 under age drinking
 - 0 D.W.I
 - 1 drink per hour
 - Not to exceed 3 drinks per night

Alcohol Facts

Alcohol abuse is a pattern of problem drinking that results in physical ailments, social problems, or both. However, alcohol dependence, or alcoholism, refers to a disease that is characterized by abnormal alcohol-seeking behavior that leads to impaired control over drinking.

Short-term effects of alcohol use include:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- lack of inhibitions
- impaired judgment
- bad breath; hangovers

Long-term effects of heavy alcohol use include:

- loss of appetite
- vitamin deficiencies
- stomach ailments
- skin problems
- sexual impotence
- liver damage
- heart disease, central nervous system damage, and memory loss

How Do I Know If I, or Someone Close to Me, Has a Drinking Problem?

Here are some of the warning signs:

- Inability to control drinking—it seems that regardless of what a person decides beforehand, he or she frequently winds up drunk
- Using alcohol to escape problems
- A change in personality--turning from Dr. Jekyll to Mr. Hyde
- A high tolerance level--drinking just about everybody under the table
- Blackouts--sometimes not remembering what happened while drinking
- Problems at work or in school as a result of drinking
- Concern shown by family and friends about drinking
- Legal Problems—In trouble with the law for Driving Under the Influence, or public intoxication