

Safety Newsletter

March 2023 ISSUE

"Self-insured Workers' Compensation Fund Members"

National Drug & Alcohol Facts Month

Participate in National Drug and Alcohol Facts Month and help share facts about drugs, alcohol, and addiction in your community. An annual, health observance that inspires dialogue about the science of drug use and addiction among people, young, middle age, older.

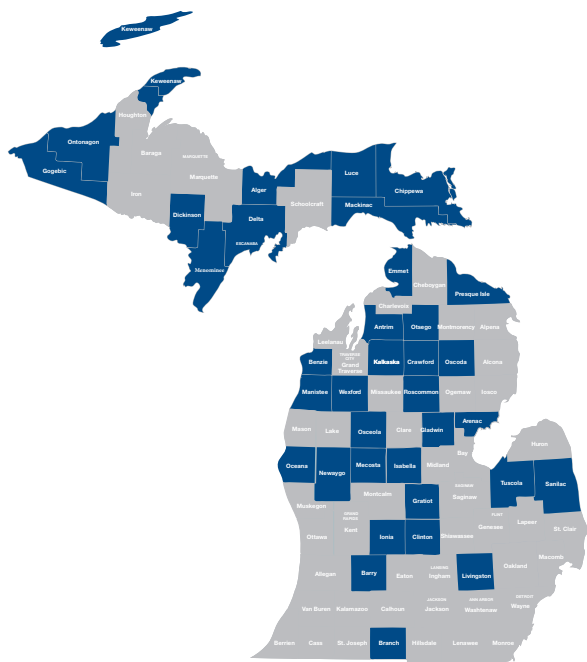
People Ask:

How many people become addicted to alcohol?

More than 6 percent of adults in the U.S. have an alcohol use disorder, about 1 in 12 men and 1 in 25 women. An additional 623,000 people between the ages of 12 and 17 have alcohol use disorders. About 88,000 people die of alcohol-related causes every year in the United States.

What are the dangers of drug abuse summary?

Increased strain on the liver, which puts the person at risk of significant liver damage or liver failure. Seizures, stroke, mental confusion and brain damage. Lung disease. Problems with memory, attention and decision-making, which make daily living more difficult.



What are 5 facts about alcohol?

- Alcohol affects men and women differently.
- Alcohol can lower blood sugar levels.
- Moderate alcohol consumption could help protect against heart disease.
- Many factors influence how people react to alcohol.
- Drinking does not actually warm you up.

What are 3 risk factors of drug abuse?

- Family history of substance use.
- Favorable parental attitudes towards the behavior.
- Poor parental monitoring. Parental substance use.

What is hard drugs?

The risks associated with hard drugs are greater than in the case of soft drugs, especially in terms of health hazards, addiction, and the impact on public order.

Hard drugs include for instance:

- heroin,
- cocaine,
- amphetamine,
- LSD and ecstasy.

What is the main risk of addiction?

People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.

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What are high risk drugs?

High risk medications are drugs that have a heightened risk of causing significant patient harm when they are used in error.

High risk medicines include medicines: with a low therapeutic index. that present a high risk when administered by the wrong route or when other system errors occur.

What makes a drug high risk?

A high-risk medicine is one that may cause serious health problems if not taken the right way, or taken with another drug or food item that it may interact with.

Some examples include:

- Medicine that makes you drowsy, Causes depression or confusion,
- Has other potentially dangerous side effects.

Many drugs can alter a person's thinking and judgment, and can lead to health risks, including addiction, drugged driving, infectious disease, and adverse effects on pregnancy. Information on commonly used drugs with the potential for misuse or addiction.

- Alcohol
- Ayahuasca
- Cannabis (Marijuana/Pot/Weed)
- Central Nervous System Depressants (Benzos)
- Cocaine (Coke/Crack)
- GHB
- Hallucinogens
- Heroin
- Inhalants
- Methamphetamine (Crystal/Meth)
- Prescription Opioids (Oxy/Percs)
- Prescription Stimulants (Speed)



What are the symptoms of alcohol use disorder (AUD)?

Having even a couple symptoms—which you might not see as trouble signs—can signal a drinking problem. It helps to know the signs so you can make a change early.

Doctors diagnose AUD when a patient has two or more of the symptoms listed below. AUD can be mild (the presence of two to three symptoms), moderate (the presence of four to five symptoms), or severe (the presence of six or more symptoms).

See if you recognize any of these symptoms—or others, such as feeling low, dysphoria, or malaise—in yourself.

And don't worry—even if you have symptoms, you can take steps to reduce your risk of AUD and other alcohol-related consequences.

In the past year, have you:

- Had times when you ended up drinking more, or longer, than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking, being sick from drinking, getting over other aftereffects?
- Wanted a drink so badly you couldn't think of anything else?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or engaging in unsafe sexual behavior)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had an alcohol-related memory blackout?
- Had to drink much more than you once did to get the effect you want?
- The effects of alcohol were wearing off, withdrawal symptoms, trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, dysphoria, malaise, feeling low?

Misuse of Prescription Drugs Research

Misuse of prescription drugs means taking a medication in a manner or dose other than prescribed; taking someone else's prescription, even if for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (i.e. to get high). The term non-medical use of prescription drugs also refers to these categories of misuse.

The three classes of medication most commonly misused are:

Opioids—usually prescribed to treat pain

- Central nervous system [CNS] depressants (this category includes tranquilizers, sedatives, and hypnotics)—used to treat anxiety and sleep disorders
- Stimulants—most often prescribed to treat attention-deficit hyperactivity disorder (ADHD)

Prescription drug misuse can have serious medical consequences.

Increases in prescription drug misuse¹ over the last 15 years are reflected in increased emergency room visits, overdose deaths associated with prescription drugs, and treatment admissions for prescription drug use disorders, the most severe form of which is an addiction.

Drug overdose deaths involving prescription Opioids rose from 3,442 in 1999 to 17,029 in 2017. From 2017 to 2019, however, the number of deaths dropped to 14,139. From 2019 to 2020, the number increased to 16,416.

How many people have a prescription stimulant use disorder?

Among people aged 12 or older in 2021, an estimated 0.5% (or about 1.5 million people) had a prescription stimulant use disorder in the past 12 months.

Methamphetamine Research

The misuse of methamphetamine—a potent and highly addictive stimulant—remains an extremely serious problem in the United States.

In some areas of the country, it poses an even greater threat than Opioids, and it is the drug that most contributes to violent crime. The consequences of methamphetamine misuse are terrible for the individual—psychologically, medically, and socially.

Using the drug can cause memory loss, aggression, psychotic behavior, damage to the cardiovascular system, malnutrition, and severe dental problems. Methamphetamine misuse has also been shown to contribute to increased transmission of infectious diseases, such as hepatitis and HIV/AIDS.