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PRESCRIPTION MEDICATION

Quiet crisis: Senior opioid abuse

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Seniors are rarely the focus of concern when it comes to opioid abuse, but people over 50 abusing prescription painkillers is a problem that's expected to balloon in coming years.

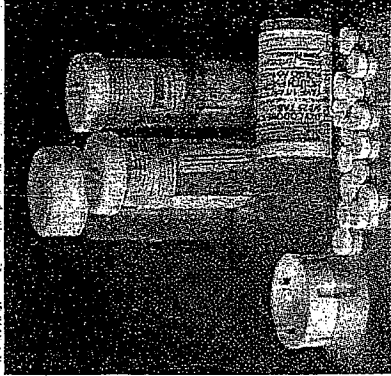
Raymond Sonnet, an addiction treatment counselor and gerontologist, took up the issue of prescription drug abuse among seniors earlier this week during a presentation put on by the Healthcare and Elder Law Programs Corporation, a Torrance

nonprofit. The problem often starts with a lack of communication, Sonnet said. Many seniors are prescribed painkillers after a surgery or other medical procedure and, without adequate follow-up from their doctor, end up taking the medication for far longer than they should.

That, in turn, can lead patients to become dependent on the pills. A study published in the Journal of American Medicine found that 15 percent of seniors filled a prescription for an opioid — such as oxycodone, hydrocodone, codeine, morphine or fentanyl — after they were discharged from the hospital. Of those, more than 42 percent were still using the medication three months later, the study found.

"We know that we get these chronic problems as we age, and it's easy to turn to the pills as a quick fix," Sonnet said. "But without regulatory steps from the doctor to monitor you, without being aware of alternatives to the pain, it's easy for anyone ... to suddenly become addicted to this medication."

In the general population, drug overdose is the leading



THINKSTOCKPHOTO
Addiction to prescription pain medication is on the rise among seniors.

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Opioids

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cause of accidental death in the U.S., and prescription pain relievers accounted for 38 percent of the 52,404 lethal drug overdoses in 2015, according to the American Society of Addiction Medicine.

Britt Vanden Eykel-Huff, executive director for H.E.L.P., said the nonprofit decided for the first time to add the drug abuse prevention to its Safe Senior Living program. The decision to add the topic was spurred by the national attention being paid to opioid abuse and, she said, by the fact that the nonprofit's counseling staff began hearing from local seniors

that it was becoming an issue in the area.

The idea was to give seniors the information they need to identify warning signs in themselves or people around them, she said. "Our hope is to bring it to the community level, personal level, in terms of people being aware in their families, in their neighborhoods, in their relationships (of) people that could be, in fact, experiencing these troubles," she said.

Sonnet, who was open about his own addiction to opioids and alcohol years ago, said seniors who use the drugs run the risk of the pills interacting with other medications they're taking. He added that changes in social interactions after a spouse or partner dies can also lead se-

niors to rely on substances like opioids or alcohol, and exacerbate any existing problems.

And, aside from the general issues that come with an addiction or mixing multiple prescriptions, opioid abuse can affect a user's balance and lead seniors to fall, the most common cause of injury and death in older adults, according to the Centers for Disease Control and Prevention.

Jill Smith, an aging life care manager, was one of the roughly dozen people who attended Monday's presentation at the Peninsula Center Library.

She turned out to learn more about an issue she said she has seen in her patients and her own family. The problem often stems from the fact that seniors

don't have enough information about all the medications they're given, she said.

"I think that a lot of seniors are prescribed a lot of medications from different specialists, and they don't necessarily know enough about the drugs that they're taking," Smith said.

She added that she's seen patients with symptoms of dementia or balance issues, and they assume it's a normal part of aging. In reality, those can be linked to some of the many medications they take, and the conditions can be improved by eliminating some of their prescriptions, she said.

For more information, visit asam.org or samhsa.gov/find-help/national-helpline.

Drug Interactions

Drug interactions usually occur when taking more than one drug at the same time, and the risk changes based on age, underlying diseases and lifestyle. Some drug interactions can be deadly.

When a person takes a drug, it's critical that he or she first consider the potential for interactions with other substances in the body. Drugs can react to other medications, health supplements and even food or alcohol. There are a few instances when such reactions are the goal because they increase the effectiveness of the drugs, but more often, mixing medicines can lead to unwanted and dangerous side effects.

How Drug Interactions Occur

Drug interactions can occur in numerous ways — from combining drugs outside the body to the manner in which the body processes the drug. Such interactions also can vary from person to person because of changes in the absorption, distribution, metabolism and excretion of the drug within the body. Because of this, drug reactions largely are unpredictable, even with known interactions.

Particularly dangerous reactions can occur when a person takes two or more drugs that have similar properties because the effects are magnified. Also dangerous is a situation in which the person ingests drugs with opposite properties that cancel the medicinal benefit of both drugs. Another common adverse interaction can occur when one drug alters the concentration of a substance that is normally present in the body.

Factors that Affect Drug Interactions

There are some common factors that increase the risk of drug interactions. These include a genetics, age, diet, exercise, underlying diseases, current medications and the period of time that elapses between the administration of the two drugs.

But even allowing for these factors does not guarantee that a drug will be risk-free. Some interactions can take weeks to develop, and some can dissipate after a few weeks, with seemingly no explanation. And when medication is not taken on a regular basis, or if it's only taken as needed, drug interactions are much more difficult to predict.

Who is At Risk

Older patients typically take more medicines than their younger counterparts, which increases the potential for adverse interactions. The Wall Street Journal reported that more than 2 million Americans between the ages of 57 and 85 are at risk of major drug-drug interactions, according to a 2008 study published in the Journal of the American Medical Association.

In addition, patients are most vulnerable when they are introducing a new drug or when they are withdrawing from a medication.

Types of Drug Interactions

About 40 percent of U.S. residents have prescriptions for four or more medicines, according to a 2008 consumer update from the U.S. Food and Drug Administration (FDA). That means that a large number of patients have the potential for drug interactions and reactions, which can occur when medications are taken with other drugs, dietary supplements, food and/or alcohol.

Drug Interactions with Other Drugs

Interactions between drugs can include not just prescription medicines, but also over-the-counter (OTC) medicines. Many OTC drugs were once prescriptions and are not as benign as some consumers are led to believe. When taking combinations of medicines, it is vital that patients read labels on OTC drugs and ask pharmacists and doctors to check for dangerous drug interactions with their prescription medicines. One frequent adverse reaction happens when a person unknowingly overdoses on a common ingredient, such as acetaminophen (Tylenol).

The Washington Post reports that unintentional drug poisonings caused 20,000 deaths in 2004, according to a report by the Centers for Disease Control and Prevention (CDC).

Drug Interactions with Supplements

Consumers often make the assumption that because they are readily available, supplements must be safe. In and of themselves, that may be true, but when combined with drugs, supplements can cause serious adverse reactions.

The FDA cites research that shows at least half of American adults regularly use dietary supplements, which are defined as “products taken by mouth that contain a dietary ingredient.” According to the agency, these include vitamins, minerals, amino acids, and herbs or botanicals.

St. John’s wort, vitamin E, ginseng and Ginkgo biloba all have been touted for their ability to boost certain health aspects. Unfortunately, they also interact with various widely prescribed drugs and cause life-threatening reactions.

Because supplements are not strictly regulated, the levels of active ingredients in each dose can vary. In addition to the uncertainty of how the supplement will affect a patient each time it’s taken, the danger is compounded by unknown interactions with other medications. Furthermore, patients are risking their health by taking dietary and herbal supplements that have no proven effectiveness.

Drug Interactions with Food

Food affects the rate and degree at which a medicine is absorbed by the body. The most common interaction between a drug and food causes a slowed absorption, making the medicine less effective. However, some medicines are intended to be taken with food because doing so prevents stomach irritation.

The opposite is true, too: Drugs can directly interfere with the absorption of nutrients, such as vitamins and minerals, from foods. Drugs also can indirectly affect a person’s nutrition by increasing or decreasing his or her appetite.

HCTZ drugs should not be taken with heart-rhythm medication because the combination can lower potassium levels to the point that fatal cardiac arrhythmia can occur. OTC decongestants also should not be used when a patient is taking HCTZ drugs because they decrease the effectiveness of the blood-pressure medication.

One food interaction has been documented for HCTZ drugs. Glycyrrhizin — found in black licorice, some sweeteners and herbal teas — can have a negative effect on potassium levels, which can damage the heart.

Cholesterol Drugs (Statins)

Approximately 24 million people in the United States take a prescription from a class of medicines called statins to lower their cholesterol. The body needs cholesterol to function, but high levels of the substance can lead to plaque buildup in arteries, which can eventually block blood flow and lead to heart attacks and stroke. Statins work by halting the action of a chemical in the liver that is needed to make cholesterol.

One of the most common side effects of statins is muscle soreness. Mixing statins with certain drugs, dietary supplements or foods can damage muscles and even lead to kidney failure. For this reason, patients are advised not to mix statins with prescription oral fungal (yeast infection) medication, vitamin B complex or grapefruit juice.

How to Prevent Drug Interactions

Preventing drug interactions is a task that all patients should take seriously. To each doctor's visit, patients should take a list of medications they are taking, including dietary supplements. This is the first step in avoiding a dangerous drug interaction because a doctor will be able to create a more educated treatment plan if he or she knows which medicines are being taken.

When receiving new prescriptions, patients should ask their doctor if they will interact with their current medications. The doctor should have checked this before issuing the prescription, but patients should not assume that has happened. In an increasingly busy healthcare setting, things slip through the cracks, and it is the patient's responsibility to safeguard his or her health.

When dropping off a new prescription at the pharmacy, patients should ask about drug interactions. It's also a good idea for patients to use the same pharmacy for all of their prescriptions so that interactions will be spotted more easily in the computer system.

Patients also can take charge of their health by using an online tool to check interactions each time they are prescribed a new drug, they buy an OTC medicine or they pick up a dietary supplement.

In addition, patients need to be aware that alcohol can trigger adverse responses in the body when taken with drugs. Taken with a sedating medication, alcohol can intensify the drowsiness. This can be especially dangerous if the patient has to drive or operate heavy machinery.

Drugs with Known Interactions

With so many prescription and over-the-counter medicines available to consumers, it is vital that they check, and even double-check, for interactions. In the United States, three of the most commonly used prescription drug classes — antidepressants (SSRIs), blood pressure medication (HCTZ) and cholesterol drugs (statins) — can have a host of interactions if patients are not informed and then misuse them.

Antidepressants (SSRIs)

The most widely prescribed class of antidepressants today are selective serotonin reuptake inhibitors (SSRIs). They work to elevate the serotonin levels in the brain, which is thought to ease the symptoms of depression.

Some popular SSRIs are:

- Prozac
- Zoloft
- Paxil
- Lexapro

Unfortunately, SSRIs can have a host of unpleasant side effects and life-threatening complications, such as suicidal thoughts and behaviors in young adults and birth defects for babies whose mothers took the drugs during pregnancy. One serious complication, serotonin syndrome, can occur when an SSRI interacts with other drugs, especially pain medications, that contain the same ingredients. The onset of serotonin syndrome can occur within minutes and can be deadly if not treated immediately.

St. John's wort, a dietary supplement used to treat depression, can cause serotonin syndrome when it is combined with an SSRI. SSRIs also are known to interact with OTC antihistamines, causing extreme drowsiness.

There are no proven interactions with food when a patient takes an SSRI. At least one study, however, suggests that eating kiwifruit, which has high natural levels of serotonin, can boost the effectiveness of SSRIs. Also, certain SSRIs can cause an upset stomach or heartburn if they are taken on an empty stomach.

Blood Pressure Medication

Some of the most common medications used to treat high blood pressure, or hypertension, are diuretics known as hydrochlorothiazides (HCTZ). Blood pressure is a measure of the force that blood exerts on vessels as it moves through the body. If it is high, the body must work harder to pump the blood, which strains the heart and ultimately can lead to a heart attack or stroke. HCTZ drugs essentially pull the extra water from the body, decreasing the volume of blood so the body doesn't have to work as hard.

Drug Interactions: What You Should Know

There are more opportunities today than ever before to learn about your health and to take better care of yourself. It is also more important than ever to know about the medicines you take. If you take several different medicines, see more than one doctor, or have certain health conditions, you and your doctors need to be aware of all the medicines you take. Doing so will help you to avoid potential problems such as drug interactions.

Drug interactions may make your drug less effective, cause unexpected side effects, or increase the action of a particular drug. Some drug interactions can even be harmful to you. Reading the label every time you use a nonprescription or prescription drug and taking the time to learn about drug interactions may be critical to your health. You can reduce the risk of potentially harmful drug interactions and side effects with a little bit of knowledge and common sense. Drug interactions fall into three broad categories:

- **Drug-drug interactions** occur when two or more drugs react with each other. This drug-drug interaction may cause you to experience an unexpected side effect. For example, mixing a drug you take to help you sleep (a sedative) and a drug you take for allergies (an antihistamine) can slow your reactions and make driving a car or operating machinery dangerous.
- **Drug-food/beverage interactions** result from drugs reacting with foods or beverages. For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions.
- **Drug-condition interactions** may occur when an existing medical condition makes certain drugs potentially harmful. For example, if you have high blood pressure you could experience an unwanted reaction if you take a nasal decongestant.

Drug Interactions and Over-the-Counter Medicines

Over-the-counter (OTC) drug labels contain information about ingredients, uses, warnings and directions that is important to read and understand. The label also includes important information about possible drug interactions. Further, drug labels may change as new information becomes known. That's why it's especially important to read the label every time you use a drug.

- The "**Active Ingredients**" and "**Purpose**" sections list:
 - the name and amount of each active ingredient
 - the purpose of each active ingredient
- The "**Uses**" section of the label:
 - tells you what the drug is used for
 - helps you find the best drug for your specific symptoms
- The "**Warnings**" section of the label provides important drug interaction and precaution information such as
 - when to talk to a doctor or pharmacist before use
 - the medical conditions that may make the drug less effective or not safe
 - under what circumstances the drug should not be used
 - when to stop taking the drug
- The "**Directions**" section of the label tells you:
 - the length of time and the amount of the product that you may safely use
 - any special instructions on how to use the product
- The "**Other Information**" section of the label tells you:

- required information about certain ingredients, such as sodium content, for people with dietary restrictions or allergies
- The "**Inactive Ingredients**" section of the label tells you:
 - the name of each inactive ingredient (such as colorings, binders, etc.)
- The "**Questions?**" or "**Questions or Comments?**" section of the label (if included):
 - provides telephone numbers of a source to answer questions about the product

Learning More About Drug Interactions

Talk to your doctor or pharmacist about the drugs you take. When your doctor prescribes a new drug, discuss all OTC and prescription drugs, dietary supplements, vitamins, botanicals, minerals and herbals you take, as well as the foods you eat. Ask your pharmacist for the package insert for each prescription drug you take. The package insert provides more information about potential drug interactions.

Before taking a drug, ask your doctor or pharmacist the following questions:

- Can I take it with other drugs?
- Should I avoid certain foods, beverages or other products?
- What are possible drug interaction signs I should know about?
- How will the drug work in my body?
- Is there more information available about the drug or my condition (on the Internet or in health and medical literature)?

Know how to take drugs safely and responsibly. Remember, the drug label will tell you:

- what the drug is used for
- how to take the drug
- how to reduce the risk of drug interactions and unwanted side effects

If you still have questions after reading the drug product label, ask your doctor or pharmacist for more information

Remember that different OTC drugs may contain the same active ingredient. If you are taking more than one OTC drug, pay attention to the active ingredients used in the products to avoid taking too much of a particular ingredient. Under certain circumstances — such as if you are pregnant or breast-feeding — you should talk to your doctor before you take any medicine. Also, make sure you know what ingredients are contained in the medicines you take. Doing so will help you to avoid possible allergic reactions.

Examples of Drug Interaction Warnings

The following are examples of drug interaction warnings that you may see on certain OTC drug products. These examples do not include all of the warnings for the listed types of products and should not take the place of reading the actual product label.

Drug Interaction Information

Category

Drug Interaction Information

Acid Reducers

H2 Receptor Antagonists

(drugs that prevent or relieve heartburn associated with acid indigestion and sour stomach)

For products containing cimetidine, ask a doctor or pharmacist before use if you are:

- taking theophylline (oral asthma drug), warfarin (blood thinning drug), or phenytoin (seizure drug)

Ask a doctor or pharmacist before use if you are:

- allergic to milk or milk products if the product contains more than 5 grams lactose in a maximum daily dose
- taking a prescription drug

Antacids

(drugs for relief of acid indigestion, heartburn, and/or sour stomach)

Ask a doctor before use if you have:

- kidney disease

Ask a doctor or pharmacist before use if you are:

- taking sedatives or tranquilizers

Ask a doctor before use if you have:

- a breathing problem, such as emphysema or chronic bronchitis
- glaucoma
- difficulty in urination due to an enlarged prostate gland

Antiemetics

(drugs for prevention or treatment of nausea, vomiting, or dizziness associated with motion sickness)

When using this product:

- avoid alcoholic beverages

Ask a doctor or pharmacist before use if you are taking:

- sedatives or tranquilizers
- a prescription drug for high blood pressure or depression

Antihistamines

(drugs that temporarily relieve runny nose or reduce sneezing, itching of the nose or throat, and itchy watery eyes due to hay fever or other upper respiratory problems)

Ask a doctor before use if you have:

- glaucoma or difficulty in urination due to an enlarged prostate gland
- breathing problems, such as emphysema, chronic bronchitis, or asthma

When using this product:

- alcohol, sedatives, and tranquilizers may increase drowsiness
- avoid alcoholic beverages

Antitussives

Cough Medicine

(drugs that temporarily reduce cough due to minor throat and bronchial irritation as may occur with a

Ask a doctor or pharmacist before use if you are:

- taking sedatives or tranquilizers

Drug Interaction Information

Category

Drug Interaction Information

cold)

Ask a doctor before use if you have:

- glaucoma or difficulty in urination due to an enlarged prostate gland

Ask a doctor before use if you:

- have heart disease, high blood pressure, thyroid disease, diabetes, or difficulty in urination due to an enlarged prostate gland
- have ever been hospitalized for asthma or are taking a prescription drug for asthma

Ask a doctor before use if you have:

Laxatives

(drugs for the temporary relief of constipation)

- kidney disease and the laxative contains phosphates, potassium, or magnesium
- stomach pain, nausea, or vomiting

Nasal Decongestants

(drugs for the temporary relief of nasal congestion due to a cold, hay fever, or other upper respiratory allergies)

Ask a doctor before use if you:

- have heart disease, high blood pressure, thyroid disease, diabetes, or difficulty in urination due to an enlarged prostate gland

Ask a doctor before use if you:

- have high blood pressure not controlled by medication
- have heart disease or have had a recent heart attack or irregular heartbeat, since nicotine can increase your heart rate

Ask a doctor or pharmacist before use if you are:

Nicotine Replacement Products

(drugs that reduce withdrawal symptoms associated with quitting smoking, including nicotine craving)

- taking a prescription drug for depression or asthma (your dose may need to be adjusted)
- using a prescription non-nicotine stop smoking drug

Do not use:

- if you continue to smoke, chew tobacco, use snuff, or use other nicotine-containing products

Ask a doctor or pharmacist before use if you are:

- taking sedatives or tranquilizers

Nighttime Sleep Aids

(drugs for relief of occasional sleeplessness)

Ask a doctor before use if you have:

- a breathing problem such as emphysema or chronic bronchitis
- glaucoma
- difficulty in urination due to an enlarged prostate gland

Drug Interaction Information

Category

Drug Interaction Information

When using this product:

- avoid alcoholic beverages

Ask a doctor before taking if you:

- consume three or more alcohol-containing drinks per day

Pain Relievers

(drugs for the temporary relief of minor body aches, pains, and headaches)

(The following ingredients are found in different OTC pain relievers: acetaminophen, aspirin, ibuprofen, ketoprofen, magnesium salicylate, and naproxen. It is important to read the label of pain reliever products to learn about different drug interaction warnings for each ingredient.)

When using this product:

- limit the use of foods, beverages, and other drugs that have caffeine. Too much caffeine can cause nervousness, irritability, sleeplessness, and occasional rapid heart beat
- be aware that the recommended dose of this product contains about as much caffeine as a cup of coffee

Stimulants

(drugs that help restore mental alertness or wakefulness during fatigue or drowsiness)

When using this product:

- increased dryness or irritation of the skin may occur immediately following use of this product or if you are using other topical acne drugs at the same time. If this occurs, only one drug should be used unless directed by your doctor

Topical Acne

(drugs for the treatment of acne)

This information is brought to you by the Council on Family Health in cooperation with the National Consumers League and the U.S. Food and Drug Administration.

What to Do if Opioid Addiction is Suspected



If you suspect that you (or an elderly loved one) may have a prescription opiate addiction, there are a few things you can do to overcome this issue and start to lead a happier, healthier life again.

In Opioid Addiction Treatment: A Guide for Patients, Families and Friends, the American Society of Addiction Medication (ASAM) shares that the first step toward recovery is for the individual to seek help, while the second step is to find a healthcare professional who can assess the level of addiction and develop an effective treatment plan based on the patient's needs.

Depending on the severity of the addiction, this treatment may be outpatient, intensive outpatient (or require partial hospitalization), or inpatient at an addiction treatment center or hospital, according to ASAM. Additionally, treatment generally consists of taking medications to help ease withdrawal symptoms and counseling to

begin to address any issues that may be contributing to the opiate addiction, such as having poor coping skills or low self-esteem.

If you're a family member or friend of someone with the addiction, the ASAM stresses that you hold a critical role in the recovery process and that you can help best by first taking the time to learn as much as you can about the issue at hand. You can also provide effective recovery support by encouraging your elderly loved one to avoid any person or situation that would likely trigger his or her opiate use.

As You Age...A Guide to Aging, Medicines, and Alcohol.

As we age, the need to take more and different kinds of medications tends to increase. Also, growing older means that our bodies respond differently to alcohol than when we were younger. You should be aware that:

- Some of your medicines won't mix well with other medications, including over-the-counter medications and herbal remedies.
- Many medications do not mix well with alcohol.
- Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. Body circulation may slow down, which can affect how quickly drugs get to the liver and kidneys. In addition, the liver and kidneys may work slower, which can affect how a drug breaks down and is eliminated from the body. Due to these changes, medicine may remain in your body longer and create a greater chance of interaction.

To guard against potential problems with medicines, become knowledgeable about your medication and how it makes you feel.

Take steps on your own:

- Read the labels of your medications carefully, and follow the directions.
- Look for pictures or statements on your prescriptions and pill bottles that tell you not to drink alcohol while taking the particular medication. If you are taking medications for sleeping, pain, anxiety, or depression, it is unsafe to drink alcohol.
- One alcoholic drink a day is the recommended limit for anyone over the age of 65 who has not been diagnosed with a drinking problem. That's 12 ounces of beer, 1.5 ounces of distilled spirits, or 5 ounces of wine.
- Talk to your health care professional about all medicines you take, including prescription; over-the-counter (OTC) medications; and dietary supplements, vitamins, and herbals.
- Tell your doctor about any food or medicine allergies you have.
- Keep track of side effects, and let your doctor know immediately about any unexpected symptoms or changes in the way you feel.
- Go through your medicine cabinet at least once a year to get rid of old or expired medicines.
- Have all of your medicine reviewed by your doctor at least once a year.

Medicine and alcohol misuse can happen unintentionally.

Here are some signals that may indicate an alcohol or medication-related problem:

- Memory trouble after having a drink or taking medicine
- Loss of coordination (walking unsteadily, frequent falls)
- Changes in sleeping habits
- Unexplained bruises
- Being unsure of yourself
- Irritability, sadness, depression
- Unexplained chronic pain
- Changes in eating habits
- Wanting to stay alone a lot of the time
- Failing to bathe or keep clean
- Having trouble finishing sentences
- Having trouble concentrating

- Difficulty staying in touch with family or friends
- Lack of interest in usual activities

Do you think you may be having trouble with alcohol or medications? Do you want to avoid a problem? Here are some things you can do:

Talk to someone you trust:

- Talk with your doctor or other health care professional. They can check for any problems you may be having and discuss treatment options with you.
- Ask for advice from a staff member at a senior center or other program in which you participate.
- Share your concerns with a friend, family member, or spiritual advisor.

Share the right information with your health care professional:

- Make a list for your doctor of all your medications.
- Remind your doctor or pharmacist about any previous conditions that might affect your ability to take certain medicines, such as allergies, a stroke, hypertension, serious heart disease, liver problems, or lung disease.
- Don't be afraid to ask questions if you want more information.
- Whenever possible, have your doctor or a member of the medical staff give you written advice or instructions. List your prescription and over-the-counter medicines, as well as your dietary supplements and herbal preparations.

Name of my medicine	How much to I take?	When do I take it?	What do I use it for?
Brand X	1 tablet 400 mg	Morning	Arthritis

In the case of an emergency, call 911. To talk to a health care information specialist about possible alcohol or drug misuse or for dependency treatment referral, call the Substance Abuse and Mental Health Services Administration at: (800) 662-HELP (4357) TDD (800) 487-4889 or visit www.findtreatment.samhsa.gov

For more information about your medicines, contact the Food and Drug Administration at: 888-INFO-FDA or visit www.fda.gov.

Web Resources

- A. American Medical Directors Association for Long-Term Care (Clinical tools for professionals and consumers): <http://www.amda.com>
- B. National Council on Aging, Center for Healthy Aging: <http://www.healthyagingprograms.com/content.asp?sectionid=70>
- C. NIH – National Institute for Drug Abuse (NIDA) (Definition, prevalence, and correlates of medication mismanagement): <http://www.drugabuse.gov/whatsnew/meetings/bbsr/prescription.html>
- D. Partners in Care Foundation – Community Based Medication Management (Evidence-based intervention to aid professionals in identifying and resolving medication issues among frail elders in the community): http://www.picf.org/landing_pages/23,3.html
- E. Senior Care Pharmacy Facts (Statistics and correlates of seniors' prescription drug intake): <http://www.ascp.com/consumers/what/seniorcarepharmacyfacts.cfm>
- F. U.S. Food and Drug Administration – Medicines and Older Adults (Cautions, tips, and frequently asked questions for consumers): [Http://www.fda.gov/opacom/lowlit/medold.html](http://www.fda.gov/opacom/lowlit/medold.html)

4 Reasons More Boomers Are Hooked On Drugs and Alcohol



Next Avenue, Contributor

By Emily Gurnon, Next Avenue Contributor

People in their 50s, 60s and beyond are often not considered likely candidates for drug and alcohol problems. But the combination of chronic pain, the loneliness that can come with retirement and a comfort level with illicit drugs acquired during their teen years can lead older adults into dangerous habits — and even addiction.

A new book published by Hazelden Publishing and AARP gives much-needed guidance to those whose loved ones may be misusing drugs or alcohol. *Not As Prescribed: Recognizing and Facing Alcohol and Drug Misuse in Older Adults*, by Dr. Harry Haroutunian, describes the common denominators of misuse or addiction and the dangers of combining certain prescription medications. The book also offers suggestions for loved ones on what to do to help.

(More: Are You at Risk for Alcohol or Drug Addiction?)

Haroutunian, an authority on addiction, serves as physician director of professional and residential programs at the Betty Ford Center in Rancho Mirage, Calif.

Particularly interesting elements of the book include a discussion of which prescription drugs can cause dementia-like symptoms (a couple of examples cited are antihistamines and antidepressants). Combinations of such drugs are especially likely to produce behavior that looks like dementia.

An excerpt from the introduction of the book is reprinted below, with permission from the publishers:

Not As Prescribed

Over the years, society has adopted quite a few derogatory descriptors for alcoholics and addicts: “drunkard,” “junkie,” “wino,” “sot.”

These words might stir up thoughts of slovenly, obnoxious, foul-smelling panhandlers stumbling through the streets or dazed, scab-ridden youths lounging in a coma-like state in some God-forsaken apartment or abandoned warehouse on the wrong side of town.

The stereotypical thoughts and images these words conjure up are true in some cases. But they are only a very small part of the picture. Addiction and drug misuse encompass a much larger group of people and extend far beyond dingy bars and dark alleys.

The disease of addiction (yes, addiction is a diagnosable disorder) is what we in the addiction recovery field call “an equal opportunity destroyer.” Alcohol and drug misuse, from mild abuse

to full-blown addiction, can affect anyone, regardless of race, gender, nationality, profession, income level, religious affiliation — or age. This includes older adults — moms and dads, grandparents, great-grandparents, retirees, neighbors, friends, coworkers — even those who had never experienced a problem with alcohol or other drugs during earlier life stages.

It might be hard to imagine a 70-year-old grandfather passed out in the recliner from combining his prescription painkillers with scotch, but it's happening. And, for a host of reasons, it's happening at an alarming rate.

Addiction in older adults may be unleashed by the innocent consumption of prescription medication or the gradual increase of alcohol or marijuana intake. It may be masked by the normal symptoms of aging or the need to medicate chronic pain.

(More: Why One Pain Drug Works for You and Another Doesn't)

The Scope of the Problem

Drug misuse and addiction to alcohol and other drugs among older adults (which I am defining as men and women age 50 and older) is one of the fastest-growing, yet most unrecognized, health problems in this country. Statistics show that 17% of older adults misuse alcohol and prescription drugs.

When we include misuse of other drugs, that number is even higher. By 2020, the number of addicted older adults is expected to double to about 6 million. Widowers over age 75 suffer the highest rate of alcoholism in the United States.

Addiction, whether ongoing or late onset, leads to increased hospital admissions, emergency department visits and psychiatric hospital admissions. In fact, older adults are hospitalized as often for alcohol-related problems as they are for heart attacks, one of the nation's leading killers.

Notice that addiction is considered a "health problem" — not a moral failing or a sin but a problem that compromises the health and welfare of those it affects: the addict and at least five to 10 family members, friends, coworkers, employers or anyone touched by the addict's actions. And a person doesn't have to be addicted to have his or her alcohol or other drug misuse cause physical and mental health problems as well as concern among friends and loved ones.

Why Now?

Four major factors contribute to the large number of older adults now having problems with alcohol and other drugs.

First, the number of people reaching retirement age is growing by leaps and bounds. In 2011, the first of the 76 million boomers turned 65. Every day for the next 20 years, 8,000 to 10,000 boomers in the United States will reach age 65, and many will retire — with time on their hands.

Second, about 50% of those who make up the boomer generation grew up experimenting with illegal drugs, even if only briefly. When careers and raising a family took precedence, most of this generation gave up their attachment to mood-altering substances. But in retirement, or as empty nesters, a growing number of boomers are reverting to using drugs as a means of dealing with the stressors that can accompany aging — including boredom, health issues and financial

worries, as well as loss of a spouse, loss of identity, and, in some cases, loss of a certain degree of freedom.

A 2011 Substance Abuse and Mental Health Services Administration study found that the rate of current illicit drug use among people in their 50s increased from 2.7% in 2002 to 6.3% in 2011 [i.e., more than doubled], indicating that the baby boomer generation is more likely than previous generations to turn to drugs as older adults.

More Prescribed for Pain

Third, since the late 1990s, when the medical community began monitoring pain as a fifth vital sign (in addition to temperature, heartbeat, breathing rate and blood pressure), prescription-painkiller use has experienced a dramatic rise in the United States.

Worldwide, Americans take the lead, consuming about 80% of all prescription painkillers. Painkillers such as OxyContin and Vicodin fall into a highly addictive class of drugs called opioids, which also includes heroin. Since 2002, use of prescription painkillers has doubled.

The result: From 1998 to 2008, the number of people being treated for opioid abuse increased 400%. And those who can no longer manage to get their drugs via prescription are turning to the street, where dealers have these pills readily available as well as very pure heroin — which is stronger and often cheaper than pills — creating an epidemic of frequently fatal overdoses across the country.

Fourth, older adults have been conditioned to turn to drugs for relief, whether taking a couple of ibuprofen to soothe an inflamed joint or an opioid painkiller for major back pain.

According to a U.S. Census report, as many as 92% of U.S. adults live with at least one chronic condition; 41% have three or more conditions. Each year, doctors write 17 million tranquilizer prescriptions for older adults, including for benzodiazepines (think Valium, Xanax and Ativan), the most widely misused class of drugs among that age group. In 2014, Americans filled over 4 billion prescriptions at retail pharmacies alone; and adults over 65 fill more than twice as many prescriptions as those younger than 65. This is for a nation of 290 million people.

A Comfort Level

Older adults may have been comfortable using drugs in their youth, they trust their doctors to prescribe only medication that's good for them and they trust the television commercials promoting prescription drugs.

And who can blame them? Pharmaceuticals have their place in the world. They reduce suffering for millions of people every day. The problem starts when the drugs stop helping and start hurting instead.

In some cases, the drug combination (whether mood-altering or not) is the culprit. In these situations, addiction is not the issue — toxic drug combinations, some of which produce dementia-like symptoms, are the problem.

But when people cross the line from normal use to misuse and then dependence, addiction starts running the show. And when addiction takes over, the negative consequences start piling up and affecting loved ones like you.

Not Just for Kicks

Few older adults start out with a hedonistic urge to get high. Most are following doctor's orders, taking medications as prescribed. Others have been victimized by polypharmacy (taking multiple medications to help with various health issues), the result of seeing multiple doctors who don't talk to each other, coupled with a lack of patient advocacy to protect them.

Others begin drinking or smoking marijuana to numb feelings of loneliness or depression that can be common in older adults for a variety of reasons. The effects of the recent decriminalization and legalization of medical marijuana in some states are, as of this writing, still largely unknown.

Regardless of intentions or age, the results of addiction are the same: Addiction destroys lives and families. Recovery from addiction can reverse these damages by promoting a fulfilling life that heals relationships.

Think It Through: A Guide to Managing the Benefits and Risks of Medicines

(PDF version - 2MB) (/downloads/Drugs/ResourcesForYou/UCM163235.pdf)

Although medicines can make you feel better and help you get well, it's important to know that ALL medicines, both prescription and over-the-counter, have risks as well as benefits.

The **benefits** of medicines are the helpful effects you get when you use them, such as lowering blood pressure, curing infection or relieving pain. The **risks** of medicines are the chances that something unwanted or unexpected could happen to you when you use them. Risks could be less serious things, such as an upset stomach, or more serious things, such as liver damage.

When a medicine's benefits outweigh its known risks, the U.S. Food and Drug Administration (FDA) considers it safe enough to approve. But before using any medicine—as with many things that you do every day—you should **think through** the benefits and the risks in order to make the best choice for you.

There are several types of risks from medicine use:

- The possibility of a harmful interaction between the medicine and a food, beverage, dietary supplement (including vitamins and herbals), or another medicine. Combinations of any of these products could increase the chance that there may be interactions.
- The chance that the medicine may not work as expected.
- The possibility that the medicine may cause additional problems.

For example, every time you get into a car, there are risks—the possibility that unwanted or unexpected things could happen. You could have an accident, causing costly damage to your car, or injury to yourself or a loved one. But there are also benefits to riding in a car: you can travel farther and faster than walking, bring home more groceries from the store, and travel in cold or wet weather in greater comfort.

To obtain the benefits of riding in a car, you **think through** the risks. You consider the condition of your car and the road, for instance, before deciding to make that trip to the store.

The same is true before using any medicine. **Every** choice to take a medicine involves

thinking through the helpful effects as well as the possible unwanted effects.

How Do You Lower the Risks and Obtain the Full Benefits?

Car

- Wear a seatbelt.
- Drive defensively.
- Obey the speed limit and traffic laws.
- Avoid alcohol or medicines that could affect your driving ability.
- Keep your car in good repair.

Medicine

- Talk to your doctor, pharmacist, or other health care professionals.
- Know your medicines.
- Read the label and follow directions.
- Avoid interactions.
- Monitor the medicine's effects.

Weighing the Risks, Making the Choice

The benefit/risk decision is sometimes difficult to make. The best choice depends on your particular situation.

You must decide what risks you can and will accept in order to get the benefits you want. For example, if facing a life-threatening illness, you might choose to accept more risk in the hope of getting the benefits of a cure or living a longer life. On the other hand, if you are facing a minor illness, you might decide that you want to take very little risk. In many situations, the expert advice of your doctor, pharmacist, or other health care professionals can help you make the decision.

Here are Some Specific Ways to Lower the Risks and Obtain the Full Benefits of Medicines

Talk with Your Doctor, Pharmacist, or Other Health Care Professionals

- Keep an up-to-date, written list of ALL of the medicines (prescription and over-the-counter) and dietary supplements, including vitamins and herbals, that you use—even those you only use occasionally.
- Share this list with ALL of your health care professionals.

- Tell about any allergies or sensitivities that you may have.
- Tell about anything that could affect your ability to take medicines, such as difficulty swallowing or remembering to take them.
- Tell if you are or might become pregnant, or if you are nursing a baby.
- Always ask questions about any concerns or thoughts that you may have.

Know Your Medicines--Prescription and Over-the-Counter

- The brand and generic names.
- What they look like.
- How to store them properly.
- When, how, and how long to use them.
- How and under what conditions you should stop using them.
- What to do if you miss a dose.
- What they are supposed to do and when to expect results.
- Side effects and interactions.
- Whether you need any tests or monitoring.
- Always ask for written information to take with you.

Read the Label and Follow Directions

- Make sure you understand the directions; ask if you have questions or concerns.
- Always double check that you have the right medicine.
- Keep medicines in their original labeled containers, whenever possible.
- Never combine different medicines in the same bottle.
- Read and follow the directions on the label and the directions from your doctor, pharmacist, or other health care professional. If you stop the medicine or want to use the medicine differently than directed, consult with your health care professional.

Avoid Interactions

- Ask if there are interactions with any other medicines or dietary supplements (including vitamins or herbal supplements), beverages, or foods.
- Use the same pharmacy for all of your medicine needs, whenever possible.
- Before starting any new medicine or dietary supplement (including vitamins or herbal supplements), ask again if there are possible interactions with what you are currently using.

Monitor Your Medicines' Effects--and the Effects of Other Products that You Use

- Ask if there is anything you can do to minimize side effects, such as eating before you take a medicine to reduce stomach upset.

- Pay attention to how you are feeling; note any changes. Write down the changes so that you can remember to tell your doctor, pharmacist, or other health care professional.
- Know what to do if you experience side effects and when to notify your doctor.
- Know when you should notice an improvement and when to report back.

Remember: Think it Through and Work Together with Your Doctor, Pharmacist, or Other Health Care Professional to Better Manage the Benefits and Risks of Your Medicines

A Public Service Message from the **Partnership for Safe Medication Use**--Educating and Empowering the Health Consumer

- [American Medical Association \(http://www.ama-assn.org/\)](http://www.ama-assn.org/)
- [American Pharmaceutical Association \(http://www.aphanet.org/\)](http://www.aphanet.org/)
- [American Society of Health-System Pharmacists \(http://www.ashp.org/\)](http://www.ashp.org/)
- [National Association of Chain Drug Stores \(http://www.nacds.org/\)](http://www.nacds.org/)
- [National Council on Patient Information and Education \(http://www.talka-boutrx.org/\)](http://www.talka-boutrx.org/)
- [National Patient Safety Foundation \(http://www.npsf.org/\)](http://www.npsf.org/)
- [Pharmaceutical Research and Manufacturers of America \(http://www.phrma.org/\)](http://www.phrma.org/)
- [United States Pharmacopeia \(http://www.usp.org/\)](http://www.usp.org/)
- [U.S. Department of Health and Human Services \(http://www.hhs.gov/\)](http://www.hhs.gov/) - [Food and Drug Administration \(http://www.fda.gov/\)](http://www.fda.gov/)

[\(/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/default.htm\)](https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/default.htm)

Resources for You

- [Educational Resources: Ensuring Safe Use of Medicine \(/Drugs/ResourcesForYou/ucm079529.htm\)](#)

<u>More in Resources for You (/Drugs/ResourcesForYou/default.htm)</u>	
<u>Information for Consumers (Drugs) (/Drugs/ResourcesForYou/Consumers/default.htm)</u>	▼
<u>Information for Healthcare Professionals (Drugs) (/Drugs/ResourcesForYou/HealthProfessionals/default.htm)</u>	▼
<u>Information for Industry (Drugs) (/Drugs/ResourcesForYou/Industry/default.htm)</u>	
<u>Special Features (/Drugs/ResourcesForYou/SpecialFeatures/default.htm)</u>	

Alcohol & Drug Resource Providers

Drug and alcohol problems are a serious threat to our society. There are enormous resources in the private and public sector to combat this threat through education, prevention, treatment, and law enforcement.

This pamphlet is a quick guide for people seeking referrals or information on these issues.



Questions or comments concerning this form? Please contact:

California Department of
Alcoholic Beverage Control
3810 Rosin Court
Suite 150
Sacramento, CA 95834
(916) 263-6919
www.abc.ca.gov

Hotlines and Helplines

Al-Anon
1-800-356-9996

Organized support groups for family and friends of alcoholics.

Alateen
1-800-356-9996

Support groups (for teens only) dealing with alcoholics.

Alcohol and Drug Abuse
Hotlines

1-800-ALCOHOL
1-800-COCAINE
1-800-622-HELP

Information and referrals.

Alcohol and Drug Helpline
1-800-821-4357

Provides referrals to local facilities where adolescents and adults can seek help.

Alcoholics Anonymous
www.alcoholics-anonymous.org/

Home page for the Alcoholics Anonymous World Services Organization.

American Council on Alcoholism
3900 N. Fairfax Dr, Ste 401
Arlington, VA 22203
Helpline: (800) 527-5344
(703) 248-9005
www.aca-usa.org

A 501(c)3 national non-profit health organization dedicated to educating the public about the effects of alcohol, alcoholism and alcohol abuse, and the need for prompt, effective, affordable, and available treatment. Also operates a national toll-free 800 Helpline for alcoholism treatment and recovery referral assistance.



California Self-Help Center
(UCLA)
1-800-222-LINK

Gives referrals to one or more of the 4,600 self-help/mutual support groups throughout the State. A wide range of concerns are listed: bereavement, chronic illness, parenting, divorce, addictions, and many more.

Also has a library of reference materials on self-help related subjects.

Drug Free for a New
Century Hotline
1-800-487-4890

Provides alcohol and drug statistics, information, and referrals.

National Council on Alcoholism and Drug Dependence Hotline
1-800-622-2255

Provides referrals to affiliate offices regarding alcoholism and teen drinking problems.

National Youth Crisis
Hotline
1-800-448-4663

Provides counseling and referrals to local drug treatment centers.

Recovering Network
American Council on Alcoholism
1-800-252-6465

Offers treatment referrals, counseling, and advice for recovering alcoholics.

Statewide Youth Crisis
Line
1-800-943-5200

Emergency referral services for runaways and homeless youth.

Victim Assistance
1-800-VICTIMS

Provides services to victims and their families, including legal information. Provided by the Office of Criminal Justice Planning.

Information, Materials, etc.

Advocates for Highway and Auto Safety
750 First St, NE, Ste 901
Washington, DC 20002
(202) 408-1711
www.saferoads.org

Status of state anti-impaired driving legislation; information on how to be involved in state legislative activities.

Alcohol and Drug Programs, Department of; Resource Center
1700 K Street
Sacramento, CA 95814
1-800-879-2772
TDD (916) 1-800-660-9151

The Resource Center is designed to serve the needs of communities, organizations, and alcohol and drug programs, including community leaders, policy makers, families, and individuals. Anyone can access its services free of charge.

Provides pamphlets, posters, videos for loan, and online database searches. Ask for a free publications catalog and video catalog.

Alcohol Research Center/BCR 1
Research Institute of the Scripps Clinic
10666 N. Torrey Pines
La Jolla, CA 92037
(619) 554-9724

Provides information, speakers, reprints of original research papers, and consultation on the biology of alcohol and drug abuse, and alcohol and drug mechanisms.

Alcohol Research Group
1816 Scenic Avenue
Berkeley, CA 94709
(510) 642-5208

One of the oldest and largest alcohol and drug libraries in the U.S. The ARG's library is a non-lending library open to the public for reference and research use. Its collection encompasses the social and cultural aspects of alcohol, tobacco, and drug use.

Alcohol, Tobacco and Firearms, Bureau of
Department of the Treasury
650 Massachusetts Ave,
NW
Washington, DC 20226
www.atf.treas.gov

The Bureau regulates the qualification and operations of distilleries, wineries, breweries, importers and wholesalers; tests new products coming onto the market; determines whether any products currently on the market pose a health risk to consumers; ensures alcohol beverage labels do not contain misleading information and adhere to regulatory mandates; ensures the collection of alcohol beverage excise taxes; prevents entry into the industry by criminals or persons whose business experience or associations pose a risk of tax fraud; suppresses label fraud, commercial bribery, diversion and smuggling, and other unlawful practices in the alcohol beverage marketplace.

American Automobile Association (AAA)
1000 AAA Drive
Heathrow, FL 32746-5063
(407) 444-7000
www.aaa.com

AAA is a not-for-profit federation of more than 1000 offices nationwide which can be contacted regarding educational materials and support for public service efforts.

Attorney General's Office
Crime and Violence Prevention Center
State of California
Department of Justice
P.O. Box 944255
Sacramento, CA 94244-2550
(916) 324-7863
www.caag.state.ca.us

The Crime and Violence Prevention Center provides: cutting-edge prevention programs; training in effective prevention strategies; community outreach and assistance; policy development and advocacy; grant

funding; publications; videos; and other multi-media resources.

Bacchus and Gamma Peer Education Network
www.bacchusgamma.org/
The BACCHUS and GAMMA Peer Education Network is an international association of college and university-based peer education programs focusing on alcohol abuse prevention and other related student health and safety issues. This site offers access to a catalog of prevention materials, monthly newsletter and conference calendar.

Beer Institute
122 Eye St, NW, #825
Washington, D.C. 20005
(202) 737-BEER

The Beer Institute was organized in 1986 to represent the industry before Congress, State legislatures, and public forums across the country. The Institute also has programs that promote health awareness, responsible consumption habits and moderation. Works with government, distributors, and retailers to educate and inform consumers.

Boating and Waterways
1629 "S" Street
Sacramento, CA 95814
(916) 445-2429

The State agency that regulates boating in California. Publishes a brochure on boating and alcohol; provides a training course and a "boating and alcohol enforcement manual" for peace officers who patrol waterways; and maintains statistics on boating fatalities and alcohol.

California Coordinating Council on Responsible Beverage Service
P.O. Box 255064
Sacramento, CA 95865
(916) 444-9807

A private, not-for-profit corporation whose board membership consists of people from industry, government, and community interests jointly dedicated to assuring the highest

quality of responsible beverage service training throughout California.

California Council on Alcohol Policy (CalCouncil)
26 Berkeley Avenue
Ventura, CA 93004
(805) 558-6802

CalCouncil is a California non-profit 501(c)(3) organization that prevents alcohol-related problems through education, community organizing, and public policy efforts. Publishes a quarterly newsletter.

California Council on Alcohol Problems
803 Vallejo Way
Sacramento, CA 95818
(916) 441-1844

An association of church groups in California concerned about prevention and treatment of alcohol problems. The organization publishes a quarterly newsletter.

California Highway Patrol
2555 First Ave.
P.O. Box 942898
Sacramento, CA 94298-0001
(916) 657-7202

The Office of Public Affairs can provide information on driving under the influence. Also publishes annual statistics on alcohol-involved motor vehicle collisions.

The California Highway Patrol has 98 area offices statewide, all staffed with Public Affairs Officers who are available for presentations to schools, service organizations, youth groups, etc.

California State Library
914 Capitol Mall
Sacramento, CA 95814
(916) 322-4570
TDD (916) 324-8026

Available to anyone who calls or comes in Monday through Friday, 8 a.m. - 5 p.m. State government employees can borrow books or materials directly in person or by mail. All other residents may

borrow materials by requesting them through their local libraries.

CalPartners Coalition
909 - 12th Street, #205
Sacramento, CA 95814
(916) 442-3760
www.calpartners.org/

A statewide alcohol and substance abuse prevention coalition. Provides no-cost technical assistance services to alcohol and other drug organizations and organizations providing mentoring services for children within specific populations.

Center for Nutrition Policy and Promotion
U.S. Department of Agriculture
1120 20th St, NW, #200
North Lobby
Washington, D.C. 20036
(202) 208-2417

Publishes dietary guidelines on alcohol consumption.

Center for Substance Abuse Prevention
Teen Drinking Prevention Program
820 First St. NE, #510
Washington, D.C. 20002
1-800-937-6727

This program develops and implements community-based prevention campaigns to promote effective health and communications strategies in eight cities across the U.S.

Center for Substance Abuse Research
www.bsos.umd.edu/cesar/cesar.html

A research center with the primary mission to collect, analyze and disseminate information on the nature and extent of substance abuse related problems.

Center for the Science in the Public Interest
1875 Connecticut Ave., NW
Washington, D.C. 20009-5728
(202) 332-9110
www.cspinet.org/

An independent, nonprofit consumer advocacy group specializing in health issues. Publishes information on alcohol marketing and advertising.

Center on Addiction and Substance Abuse (CASA)
www.casacolumbia.org/home.htm

CASA is a unique think/action tank that brings together all of the professional disciplines (health policy, medicine and nursing, communications, economics, sociology and anthropology, law and law enforcement, business, religion and education) needed to study and combat all forms of substance abuse - illegal drugs, pills, alcohol and tobacco - as they affect society.

Center on Alcohol Advertising
www.traumafdn.org/alcohol/ads/

Focus on alcohol advertising, media campaigns and other materials specific to alcohol.

Century Council, The
550 South Hope St, #1950
Los Angeles, CA 90071-2604
(213) 624-9898

Funded by America's leading distillers, the Council provides educational programs about alcohol for middle school through college; researches and identifies solutions at state and federal level; provides culturally appropriate programs to reduce DUI and underage drinking among Native American and Hispanic population; provides retailer programs with materials and promotions to prevent minors from buying alcoholic beverages.

Criminal Justice Planning (OCJP), Office of
1130 K Street, #300
Sacramento, CA 95814
(916) 324-9100

The state agency whose overall mission is to provide financial and technical assistance to State and local criminal justice agencies.

The office operates a youth drug prevention branch and juvenile justice branch that administers several programs focused on the prevention of alcohol and drug use.

Distilled Spirits Council of the U.S. (DISCUS)
1250 Eye St. NW, #400
Washington, D.C. 20005-3998
(202) 628-3544

National trade organization for manufacturers of distilled spirits. Provides extensive information about the production, distribution, and sales of alcoholic beverages.

Drug Abuse Information and Monitoring Project (DAIMP)
1100 Glendon Ave. #763
Los Angeles, CA 90024
(213) 825-9057

Distributes current information on drug abuse developments and trends and conducts original epidemiological research. Funded by the State and administered through UCLA Neuropsychiatric Institute.

Drugs & Crime Data Center & Clearinghouse
U.S. Department of Justice
1-800-666-3332

The Drugs & Crime Data Center & Clearinghouse serves the drugs-and-crime information needs of Federal, State, and local policy makers, criminal justice and public health practitioners, researchers and universities, private corporations, the media, and the public.

Education, Department of;
Healthy Kids, Healthy
California
721 Capitol Mall
P.O. Box 944272
Sacramento, CA 94244-2720
(916) 657-2810

Provides technical assistance in planning, operating, and promoting comprehensive health and prevention programs. Services are available to county offices of education, school districts, and communities.

Emergency Nurses CARE, Inc.
205 S. Whiting St, Ste 403
Alexandria, VA 22304
(703) 370-4050
www.ena.org

Emergency health care professionals in 46 states who volunteer to present programs about underage alcohol use, impaired driving, and safety belts.

EMT Group, Inc., The
771 Oak Ave. Parkway
Folsom, CA 95630
(916) 983-6680
www.emt.org

Through a contract with the California Department of Alcohol and Drug Programs, provides no-cost consulting and technical assistance services on alcohol and drug problem prevention to eligible organizations and groups throughout the State.

Fighting Back
2553 The Vanderbilt Clinic
Nashville, TN 37232-5305
(615) 399-9270

Provides information on 12 national model program sites. The 12 programs, located in medium-sized communities, are comprehensive community-based approaches to reducing the demand for alcohol and illegal drugs.

Friday Night Live
Partnership, California
2637 W. Burrell Avenue
P.O. Box 5091
Visalia, CA 93278-5091
(559) 733-6496
www.fridaynightlive.org

Friday Night Live builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities.

Higher Education Center
for Alcohol and Other Drug
Prevention, The
www.edc.rog/hec/

An organization providing nationwide support for campus alcohol and illicit drug prevention efforts.

Institute for the Study of
Social Change
2150 Shattuck Ave. #900
Berkeley, CA 94704
(510) 540-4717

The Institute is connected with U.C. Berkeley. It provides consultation on (1) the development of responsible beverage service; (2) the development of community policies preventing alcohol related problems by collecting and applying data from police departments; (3) the use of local planning and zoning to prevent problems with retail alcohol outlets; and (4) problem solving for nuisance abatements at existing retail outlets.

Join Together
441 Stuart Street
Sixth Floor
Boston, MA 02116
(617) 437-1500
www.jointogether.org/

A national program to help communities fight alcohol and drug abuse.

Program components include: public policy panels; training for leaders to guide community-based efforts; a national computer network for communities to share information and ideas; a communications program; and technical assistance to coalitions.

Publications include
Strategies to Reduce Underage

Access to Alcohol and Save
Lives in Your Community.

Justice, Department of;
Bureau of Criminal
Statistics
P.O. Box 13427
Sacramento, CA 95813
(916) 739-5166

Collects statewide crime
reports by police jurisdiction on
all major categories of criminal
activity. Annual arrest
information for each city is
available on request. Tabulations
are also available by age, race,
and ethnic group.

Juvenile Justice and
Delinquency Prevention
(OJJDP), Office of
www.ncjrs.org/ojjhome.htm

OJJDP provides federal
leadership on juvenile justice and
delinquency prevention efforts,
which include alcohol and other
substance use and abuse. Of
special interest on this site is the
compendium of prevention
resources for combating underage
drinking. Federal, state, local and
private resource links are listed.

League of California Cities
1400 K Street
Sacramento, CA 95814
(916) 444-5790

Provides limited information
through conferences and written
material for city officials on
matters pertaining to regulation
and planning of alcohol outlets.

Licensed Beverage
Information Council
1225 Eye Street, NW
#500
Washington, D.C. 20005
(202) 682-4776

A nonprofit, non-advocacy
organization that has sponsored
extensive public and medical
education programs in the areas
of alcohol and pregnancy,
alcoholism as a treatable disease,
and prevention of underage
drinking and drunk driving.
LBIC provides support to
national, State, and local
programs.

Marin Institute for the
Prevention of Alcohol and
Other Drug Problems
24 Belvedere St.
San Rafael, CA 94901
(415) 456-5692
www.marininstitute.org/

Provides comprehensive
information services to Institute
staff and constituencies.

The Resource Center's
library provides state-of-the-art
services, including but not
limited to reference services, on-
line searching, and a
comprehensive collection in the
areas of environmental and
community-based prevention
strategies and alcoholic beverage
industry activities.

Minority Health, Office of;
Resource Center (OMHRC)
www.omhrc.gov/index.htm

This resource center offers
information on a variety of health
topics, including substance
abuse, cancer, heart disease,
violence, diabetes, HIV/AIDS and
infant mortality. OMH-RC
offers customized database
searches, publications, mailing
lists, referrals and more regarding
American Indian and Alaska
Native, African American, Asian
American and Pacific Islander,
and Hispanic populations.

Monitoring the Future
Study, The
www.isr.umich.edu/src/mtf

This is the home of the
national annual survey of 8th,
10th and 12th grade students.
Many data tables are available
here before they're available in
print anywhere.

Mothers Against Drunk
Driving (MADD)
California Organization
(800) I AM-MADD
www.madd.org/

The mission of MADD is to
stop drunk driving and to support
victims of this violent crime.
This non-profit grassroots
organization offers assistance,
education, and publications.

Motor Vehicles,
Department of
2120 Broadway
Sacramento, CA 94232-
3890
(916) 657-7028
www.dmv.ca.gov

Registers vehicles and
licenses drivers. Publishes
research notes; DUI Summary
and Statistics Fact Sheets; and
Administrative Per Se (DUI) Fact
Sheets.

National Alcohol Beverage
Control Association
www.nabca.org/

NABCA is a trade association
representing 19 jurisdictions
known as the "control states"
which not only regulate alcohol
beverage distribution within their
respective borders, but also sell
these products at the wholesale
and, in many cases, retail level.

NABCA compiles over six
million pages of statistical data
each year, publishes annual
surveys of state operations; and is
a resource for informational and
educational materials. Also, of
increasing importance, is the
Association's role in public
education and awareness
programs.

National Association of
Governors' Highway Safety
Representatives
(NAGHSR)
750 First Street, NE, Suite
720
Washington, DC 20002
(202) 789-0942
www.naghsr.org

NAGHSR is the voice of the
states in highway safety.
NAGHSR's members are
appointed by their state's
governors and charged with the
responsibility of planning and
carrying out their state's annual
highway safety plan. Website
contains resources on preventing
underaged drinking.

National Center for
Neighborhood Enterprise
1367 Connecticut Ave.,
NW
Washington, DC 20036
(202) 518-6500

Provides grants for prevention
programs to assist with technical
assistance, staff and youth
training, board development and
other methods to enhance
programmatic capacity.

National Clearinghouse for
Alcohol and Drug
Information (NCADI)
P.O. Box 2345
Rockville, MD 20847-2345
1-800-729-6686
www.health.org/

Provides information and
services to anyone with questions
or concerns about any type of
alcohol or drug problem. Offers
pamphlets, booklets, posters, fact
sheets, directories, searches of
NCADI data base, consultation
with specialists, and referrals.

Publishes Alcohol Health and
Research World, Prevention
Pipeline, and the Special Reports
to the U.S. Congress on Alcohol
and Health.

NCADI Multicultural
Prevention
www.health.org/multicul/index.htm

This NCADI sponsored site
provides access to culturally
relevant substance abuse
prevention and treatment
information, programs and
research.

National Commission
Against Drunk Driving
1900 L St., NW, #705
Washington, DC 20036
(202) 452-6004
www.ncadd.com

The successor organization to
the Presidential Commission on
Drunk Driving appointed by
President Ronald Reagan in 1982
to develop the first annual report
on the issue. NCADD's work
continues to focus on the goal of
making impaired driving socially
unacceptable.

Obtains, generates, and shares
information through a quarterly

newsletter and other publications,
conferences, media, and
government outreach.

National Conference of
State Liquor
Administrators
www.ncsla.org/

Promotes the enactment of
the most effective and equitable
state alcoholic beverage control
laws; devises and promotes best
practices in ABC enforcement;
promotes harmony with the
federal government in its
administration of the Federal
Alcohol Administration Act;
strives for harmony in the
administration of alcoholic
beverage control laws among the
states.

National Council on
Alcoholism and Drug
Dependence, Inc. (NCADD)
1-800-NCA-CALL
www.ncadd.org/

A national nonprofit
organization that provides
education about alcoholism and
drug addictions as treatable
diseases; offers prevention
programs for schools,
organizations and communities;
dispenses medical/scientific
information; answers questions
from the public, legislative
bodies and the media; and
distributes a variety of
publications. Also offers
information and referral services
to children, teenagers, and adults
seeking help with alcoholism,
drug dependence, and related
problems.

National Crime Prevention
Council
1700 K Street, NW
Second Floor
Washington, D.C. 20006
(202) 466-NCPC

A nonprofit corporation
devoted to preventing people
from becoming victims of crime
and to building safer, more vital
communities. Together with the
Justice Department's Bureau of
Justice Assistance and the
Advertising Council, Inc., the
Council conducts the McGruff
anti-crime and anti-drug public

service advertising campaign.
Also publishes books,
monographs, kits, and posters on
a variety of subjects.

National Families in Action
www.emory.edu/NFIA/

Provides accurate drug
information to parents and young
people; outstanding features of
this site include "ask the experts"
and a cultural connection to other
ethnic groups working in the area
of substance abuse prevention.

National Group Rides and
Designated Drivers
(National GRADD)
www.ntlgradd.w1.com/

The mission of National
GRADD is to prevent drunken
driving tragedies and to save lives
among college communities by
building and supporting a
national network of collegiate
safe ride programs.

National Highway Traffic
Safety Administration
U.S. Department of
Transportation
(NHTSA) - Region IX
201 Mission St., #2230
San Francisco, CA 94105
(415) 744-3089
www.nhtsa.dot.gov/

Provides information on
alcohol-related motor vehicle
collisions. Some information on
prevention and enforcement
programs related to drinking and
driving. Publications and a video
tape catalog are available.

National Institute on
Alcohol Abuse and
Alcoholism (NIAAA)
www.niaaa.nih.gov

Publications, databases, news
and events, grant information and
other resources relating to alcohol
abuse and alcoholism.

National Organization on
Fetal Alcohol Syndrome
(NOFAS)
www.nofas.org/

All of NOFAS's work is
dedicated to spreading the
message that drinking and
pregnancy do not mix.

Prevention Research
Center (PRC)
2150 Shattuck Ave,
Suite 900
Berkeley, CA 94704
(510) 486-1111

A national center for the study of environmental approaches to prevent of alcohol-related problems. Research projects include minimum drinking age, local zoning, ABC laws, assessment of server intervention techniques, and portrayal of alcohol on television. A publications list and copies of publications and research papers are available upon written request.

Recording Artists, Actors
and Athletes Against
Drunk Driving (RADD)
4370 Tujunga Ave, Ste 105
Studio City, CA 91604
(818) 752-7799
www.radd.org

Through RADD, top performers in the entertainment and sports world lend their talents and time to create "designated driver" public service announcements (PSA) for broadcasters in an effort to help stop impaired driving.

Remove Intoxicated
Drivers (RID)
P.O. Box 2833
Napa, CA 94558
(707) 258-8503

In Napa Valley, RID provides guidance and information to victims of impaired driving crashes and responds to requests from the general public for information on impaired driving. It promotes legislation to reduce impaired driving and alcohol-related crashes and works with national, State, and local organizations that have similar goals.

Robert Woods Johnson
Foundation
P.O. Box 2316
Princeton, NY 08540
(609) 452-8701
www.rwjf.org/

The foundation awards health-related grants. Publications and newsletters are available on a variety of health topics.

Rutgers University Center
of Alcohol Studies
www.rci.rutgers.edu/~cas2

A multidisciplinary institute dedicated to acquisition and dissemination of knowledge on psychoactive substance use and related phenomena with primary emphasis on alcohol use and consequences.

Safe and Drug-Free
Schools Program
www.inet.ed.gov/offices/O
ESE/SDFS/

The Safe and Drug-Free Schools Program is the Federal government's primary vehicle for reducing drug, alcohol and tobacco use, and violence, through education and prevention activities in our nation's schools.

Students Against
Destructive Decisions,
Inc. (SADD)
255 Main Street
P.O. Box 800
Marlboro, MA 01752
(508) 481-3568
www.nat-sadd.org

SADD provides students with prevention and intervention strategies to help them deal with the issues of underage drinking, impaired driving, and alcohol and drug abuse.

Substance Abuse
Librarians and Information
Specialists (SALIS)
P.O. Box 9513
Berkeley, CA 94707-0513
(510) 642-5208
www.salis.org

International non-profit,
501(c)(3) corporation with special interests in the exchange and dissemination of alcohol, tobacco and other drug (ATOD) information. Membership is open to research and academic

institutions, clearinghouses,
resource and information centers,
hospitals and treatment centers.

Traffic Safety, Office of
4000 Franklin Blvd, Ste
440
Sacramento, CA 95823
(916) 262-0990
www.ots.ca.gov

The state agency charged with reducing fatalities, injuries and economic losses resulting from motor vehicle crashes.

Trauma Center Foundation
Building One, Room 400
San Francisco General
Hospital
San Francisco, CA 94110
(415) 821-8209

Involved with the establishment of policy and legislation for the prevention of traumatic injuries and death, including alcohol-related trauma.

21st Century Community
Learning Center Programs
Department of Education
(202) 219-2180

Offers grants to rural and inner-city public and elementary schools to provide programs beyond school hours in a safe and drug-free environment.

U.S. Army Center for
Substance Abuse
Programs (ACSAP)
4501 Ford Ave, Ste. 320
Alexandria, VA 22302
(703) 681-5583
e-mail: tytcl@usadao-
emh1.army.mil

ACSAP is the Army's lead agency for substance abuse prevention, education, and training, providing service to more than 2 million Army personnel at over 150 installations and reserve commands worldwide. ACSAP has expertise in Army, military, and military family needs as they pertain to alcohol and other drug prevention.

U.S. Data Center and
Clearinghouse for Drugs
and Crime
1600 Research Blvd.
Rockville, MD 20850
(800) 666-3332

A central source of data from
diverse Federal, State, and local
agencies, as well as from the
private sector.

Western Center for Drug-
Free Schools and
Communities
In Southern California,
contact the Southwest
Regional Laboratory, (310)
598-7661; in Northern
California, contact Far
West Laboratory, (415)
565-3013.

Funded by the U.S.
Department of Education, the
Western Center provides training
and technical assistance to State
education agencies, local
education agencies, and
institutions of higher education
to develop and improve their
capacity to prevent and eliminate
alcohol and drug use in the
schools.

Western Center for the
Application of Prevention
Technologies (WESTCAPT)
University of Nevada
Reno, Nevada
(775) 784-1174
(888) 734-7476
www.unr.edu/westcapt

The primary mission of the
National Centers for the
Application of Prevention
Technologies (CAPT) system is
to bring research to practice by
assisting States and community-
based organizations in the
application of the latest research-
based knowledge to their
substance abuse prevention
programs, practices, and policies.
The CAPT system is designed to
work with States and local
communities to apply science-
based prevention research in a
manner that achieves long-term
systematic changes.

Wine Institute
425 Market Street
Suite 1000
San Francisco, CA 94105
(415) 512-0151

The Institute acts as a voice
for the wine industry at the State,
Federal, and international levels
to educate public policy leaders
and decision-makers on the
consequences of punitive
legislation, regulation and
taxation; to broaden public
awareness and understanding of
the wine industry.

YouthInfo
www.youth.os.dhhs.gov/

A Web site developed by the
U.S. Department of Health and
Human Services (HHS) to
provide the latest information
about America's adolescents.
YouthInfo currently includes the
following: a statistical profile of
America's teenagers; the latest
reports and publications about
adolescents; information for
parents of teens; speeches by
federal officials on youth topics;
links to youth-related websites at
HHS, other federal agencies,
private foundations and research
organizations; and information
about awards YouthInfo has
received.

Youth Power (Just Say NO
Kids Club)
1-800-258-2766

Responds to questions on
how to start a club for 5- to 18-
year olds. Provides materials and
training for clubs relating to drug
prevention.

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