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CACY COMMUNICATOR

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CACY'S Core

Purpose: To provide tobacco, alcohol, violence, problem gambling and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.



CACY is accredited by the Ohio Department of Mental Health and Addiction Services. Funding is received through the Richland County Mental Health and Recovery Services Board, United Way, state and local grants, project sponsorship, private donations and fundraising activities. Any donation is greatly appreciated.

E-Cigarettes Found to Cause “Popcorn Lung”

A recent Harvard study found the additive chemicals used in e-cigarette juice can lead to severe respiratory disease, one most notably known as “popcorn lung.”

What is Popcorn Lung?

Popcorn Lung is a disease caused by the flavoring chemicals used in 75% of electronic cigarette juices and refill liquids. The potentially harmful chemical diacetyl is causing inflammation and scarring within the tiny air sacs of the lungs. Diacetyl is responsible for the irreversible damage inevitably leading to other lung diseases.

But I thought e-cigarettes were just water vapor?

The issue with diacetyl, while used in many other food safe products, is concentrated in e-cigarettes, causing harm to lungs at a much faster rate. Also, what people may forget is the fact that e-cigarette juice still contains nicotine, as well as many other chemicals that cause addiction and are harmful to your health. While the smoke produced by e-cigarettes is less harmful than rolled cigarette smoke, similar concerns about health and safety are developed due to the vast array of chemicals in each puff of e-juice.



Prevention Tips

The fun flavorings in e-cigarette juice are developed by manufacturers to entice new and younger users. It is extremely important to share information with youth about marketing tactics to entice consumers, the harmful effects of e-cigarettes and other behaviors which may lead to tobacco smoking and nicotine use. Such behaviors could cause a Popcorn Lung and other dangerous health effects.

Dangerous New Drug: Captagon

Captagon, a mixture of theophylline and amphetamine, has become popular in the foreign drug market. While the drug has been around for some time, recent use in the USA has brought new light to its dangers.

How is Captagon dangerous? This drug is a stimulant with effects similar to that of cocaine. Effects include an extreme sense of false superiority and invincibility. These effects are especially concerning because

they can lead to self-harm as well as possibly putting others in harms' way. As a result of the stimulant properties in Captagon, long term negative effects are the following: extreme depression, blood vessel toxicity and malnutrition.

What does Captagon look like? Most likely sold in tablet form, Captagon can be a brown powder. As a tablet, the pressed powders look tan with white and brown speckles

Prevention Strategies

Captagon is most prominently taken to falsely enhance physical

performance and increase alertness. Due to these properties, Captagon is most often desired by high school and college-aged adults. 1) Talk to young adults about the importance of healthy choices. 2) Discuss the dangers of this drug to both the user and others around them. 3) Promote other ways to enhance physical performance by eating healthy foods such as fruits that give the body a natural form of sugar.





UPCOMING TRAINING: Street Smart Training

Operation Street Smart Training is coming to Richland County on Friday, April 22, 2016 at the Longview Building. Cost is \$30 per person; includes lunch. Operation Street Smart is presented by the Franklin County Sheriff's Department. CEU and RCH credit will be available. Completed registration must be submitted with payment.

Problem Gambling Questions

What is considered "gambling for entertainment" in the state of Ohio?

Bingo, raffles, betting on horse races, scratch-off tickets, gaming tables, card games, electronic gaming, and more.

What is considered "problem gambling?"

When a person can't control the impulse to gamble even when they know their gambling is hurting themselves or their loved ones. Also, additional red

flags are to continue gambling whether they're up or down in losses, broke or flush, happy or depressed and continually think about gambling.

Consequences of problem gambling

People who have a gambling problem are twice as likely to gamble at casinos; are three times more likely to have alcohol or drug problems; and have twice the likelihood of depression.

Tips to help people gamble responsibly:

Know when to quit, don't chase your losses, only bet what you can afford to lose, set limits on time and money to be spent, never gamble when under stress or feeling depressed and avoid mixing gambling with alcohol or other substances.



Resources

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>

Start Talking

<http://starttalking.ohio.gov/Parents.aspx>

Follow us on Twitter: <https://twitter.com/cacyohio>

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

Too Smart to Start

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

Smart Bet— Problem Gambling

<https://www.drugfreeactionalliance.org/smart-bet>

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