Prescription opioid pain medicines such as OxyContin and Vicodin have similar effect to heroin.

In a recent study, nearly 60% of patients using prescription opioids were also taking other prescription drugs that put them at higher risk of overdose; more than 29% were prescribed benzodiazepines, 28% were prescribed muscle relaxants, and 8% were prescribed all three medications concurrently.

You might not realize this, but if you have had a sports injury, dental work, or surgery, it is possible your doctor gave you a pain reliever that was actually an opioid medication.

For more information or for assistance with treatment please call, Bergen County Office of Alcohol and Drug Dependency, 201-634-2740

Because it enters the brain so rapidly, heroin is particularly addictive, both psychologically and physically. Heroin users report a surge of euphoria or "rush," followed by a twilight state of sleep and wakefulness.

Heroin use during pregnancy can result in neonatal Abstinence Syndrome (NAS). NAS occurs when heroin passes through the placenta to the fetus during pregnancy, causing the baby to become dependent along with the mother.

Nearly 80 percent of neonates whose mothers report prescription opioid use (mean reported dosage 100 mg) were not on nevirapine or did not have a documented birth weight. Most of these neonates were premature, with 72 percent born before 37 completed weeks of gestation.
According to the 2015–2020 Dietary Guidelines for Americans, some people should not drink alcoholic beverages at all, including: Anyone younger than age 21. Women who are or may be pregnant. People who are driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness. People taking certain prescription or over-the-counter medications that can interact with alcohol. People with certain medical conditions.

Binge drinking has serious risks. Binge drinking is associated with many health problems, including the following: Unintentional injuries such as car crashes, falls, burns, and alcohol poisoning. Binge drinking has serious risks. Binge drinking is associated with many health problems, including the following: Unintentional injuries such as car crashes, falls, burns, and alcohol poisoning.

Youth who drink alcohol are more likely to experience school problems, such as higher absence and poor or failing grades, social problems, such as fighting and lack of participation in youth activities.

One in six US adults binge drinks about four times a month, consuming about seven drinks per binge. This results in 17 billion total binge drinks consumed by adults annually, or 467 binge drinks per binge drinker.

For men, heavy drinking is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming 8 drinks or more per week.

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1. https://www.cdc.gov/alcohol/faqs.htm#standard
Marijuana overactivates parts of the brain that contain the highest number of these receptors. This causes the "high" that people feel. Other effects include altered senses (for example, seeing brighter colors) changes in mood, hallucinations, delusions, psychosis.

A study from New Zealand conducted in part by researchers at Duke University showed that people who started smoking marijuana heavily in their teens and had an ongoing marijuana use disorder lost an average of 8 IQ points between ages 13 and 38.

Between January 2017 and January 2018, the percentage of 12th graders who reported vaping nicotine (not flavoring or other substances) during the past 30 days nearly doubled, from 11 percent to nearly 21 percent; among 10th graders, the increase was almost as great, from 8.2 percent to 16.1 percent.

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https://www.drugabuse.gov/publications/drugfacts/marijuana
https://www.fda.gov/tobacco products/labeling/productsingredientscomponents/ucm456610.htm

Among middle and high school students, 3.62 million were current users of e-cigarettes in 2018.