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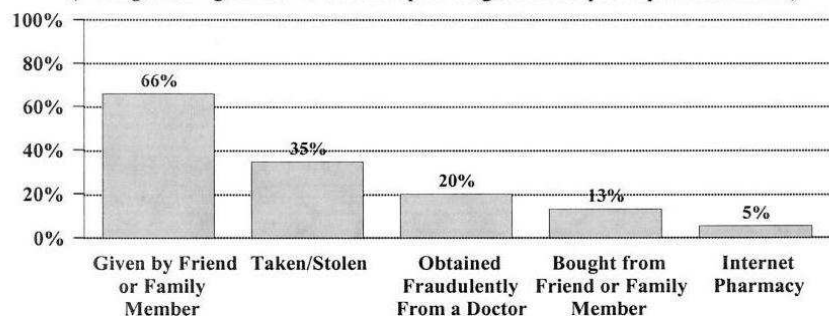
SNARE the Drug Impaired

**THE OFFICIAL NEWSLETTER OF THE MINNESOTA DRE
JUNE 2008**

MAJORITY OF NONMEDICAL USERS OF ADHD MEDICATIONS OBTAIN DRUGS FROM FAMILY OR FRIENDS

Friends and family members are the most common source of attention deficit/hyperactivity (ADHD) medications diverted for non-medical use*, according to national level estimates from an internet survey of adults ages 18 to 49. Approximately two-thirds of persons who reported the nonmedical use of an ADHD medication in the past year said that they had been given ADHD medications by a family member or friend, and 13% reported buying these drugs from a friend or family member. More than one-third (35%) reported taking or stealing medications.

Reported Sources of Prescription ADHD Medications Among Past-Year Nonmedical Users, 2005
(Among adults ages 18 to 49 without a prior diagnosis of or prescription for ADHD)



Physicians were also a significant source of diverted ADHD medications. One-fifth of nonmedical users reported having obtained fake prescriptions by making up symptoms or going to a doctor who was known to “not ask too many questions.” According to the authors, “intervention programs should be developed to educate patients regarding the potential for diversion, whether the medications are intentionally shared or taken without the patient’s knowledge.” In addition, “further education may be needed to aid physicians in recognizing when patients are attempting to obtain ADHD medications fraudulently.”

*For the analysis of diversion sources, nonmedical use is defined as use without a prescription or for the feeling or experience it caused by persons who had never been diagnosed with ADHD or prescribed medication to treat ADHD.

Source: Center for Substance Abuse Research (CESAR) – University of Maryland

STUDY: COLLEGE STUDENTS UNAWARE OF RISKS OF ADHD DRUGS

College students who abuse medications for attention-deficit disorder typically don't know about serious side effects, including heart attacks, aggressive or suicidal behavior, paranoia and hallucinations, researchers say. Two-thirds of the students who abuse the stimulants Adderall or Ritalin, both prescribed for attention-deficit hyperactivity disorder, get the drugs free from a family member or friend, the University of Maryland's Center for Substance Abuse Research reported in a new study.



“When college students use their friends’ drugs, their friends aren’t likely to give medical examinations that come with medications,” said Sean McCabe, the study’s lead researcher and professor at the University of Michigan. Taking the drugs without medical supervision can lead to serious illness, addiction and even death, McCabe said.

Nationwide, about 3 percent of college students abuse stimulant medications to help them study or for “recreational purposes,” the study found. “They don’t benefit from clinical assessments, medical follow-ups or get the medical documents that accompany the medications,” McCabe said.

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GENERALLY ACCEPTED ALCOHOL LEVELS

The following was presented by Kurt Dubowski, PhD., from the University of Oklahoma.

- At a level of 0.01 – 0.05, Influence may not be apparent. Behavior may be nearly normal. The American Medical Association has stated that at 0.05, a person is eight times more likely to be involved in an auto accident.
- Between 0.03 and 0.12, the person may experience euphoria. Sociability, increased self confidence, decreased inhibitions, lack of judgment, and lack of control set in.
- At 0.09 - 0.25, Emotional instability, profound lack of judgment, increased reaction time, and impairment of memory, perception, comprehension, time, and distance set in.
- At 0.18 – 0.30, confusion sets in. dizziness, exaggerated emotional states, diplopia, disturbed perception of time, color, form, motion, and dimension may be experienced. Gait ataxia, slurred speech, lethargy, uncoordination, and apathy may be experienced. At 0.30 and above, medical attention should be sought.
- At 0.25 – 0.40, the person is in a stupor. The drinker may go into a comatose state. Vomiting, incontinence, impaired consciousness, sleep, loss of gross and fine motor functions, inability to stand or walk, and a decreased response to stimuli are noted.
- At 0.35 – 0.50, coma and death are possible. This is a person in danger. Complete unconsciousness, anesthesia, depressed or abolished reflexes, low body temperature, impairment of circulation and respiration may be present. At 0.45 and above, death from respiratory arrest may occur.

There are rumors of impaired drivers giving breath samples of 0.060 g/210L of breath and over, [0.06g/100ml of blood], but such rumors are largely unsubstantiated. Usually a drinker who is that impaired

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DID YOU KNOW?

There are currently twelve internet pharmacies that have passed certification and are permitted to legally sell prescription drugs on-line. For more information on which web sites are certified, contact the National Association of Boards of Pharmacies.

DRUGS PUT SWERVE ON DRIVING SKILLS

Motorists under the influence of ecstasy have excellent "weaving" driving skills but are no good at judging distances whereas methamphetamine users are careless and irritable drivers.

Marijuana smokers are slow on the road. While the detrimental effects of alcohol on driving are well documented, scientists are still learning what impact various illegal drugs have on driving skills.

A State Government survey which investigated the rate of drug use and driving revealed that experimental studies showed ecstasy users who were stupid enough to get behind the wheel were significantly impaired. The National Drug and Alcohol Research Centre study, initiated by NSW Police and funded by the Roads and Traffic Authority, comes 12 months after roadside drug testing began in NSW.

While research using simulated driving has found small improvements in tracking and weaving during road tasks, just one dose of MDMA (ecstasy) was found to slow down drivers who could not accurately judge how long it would take to crash into another car. Studies showed that changing speed was another skill found to seriously deteriorate in drivers under the influence of ecstasy. While motorists who ingested a range of narcotics found it difficult to judge the distance between cars.

Surprisingly, the survey found very low doses of methamphetamines such as speed or base were found to have improved reaction time in drivers. But those who drove drugged up on amphetamines would drive dangerously and make inappropriate and careless decisions. Drivers who had consumed methamphetamine were also much more inclined to have microsleeps and have a tendency to become irritable, anxious and fatigued as they came down from the drug.

The Daily Telegraph interviewed young drivers about drug driving and found many knew of friends who were caught by the police. Newtown resident Camilla said she was one of the 5600 people who had been pulled over and checked for illegal substances in the past 12 months. "I've been fine because I am responsible," the 29-year-old said. Camilla said she had heard of people who were more likely to take drugs and drive than risk driving under the influence of alcohol and said younger people were more likely to take risks. "When you're younger you're not as careful," she said.

Source: The Daily Telegraph – Sydney, Australia

GENERALLY ACCEPTED ALCOHOL LEVELS (continued)

lacks the ability to give a breath sample, but such levels may be found in blood [AC] levels. Samples of 0.060 – 0.070 would most often be found in death investigations, and possibly among drinkers who are chronic alcoholics. Many other drinkers would pass out before being able to imbibe to this extent.

One drink equals: 1 oz. 86 proof Liquor or 3 oz. wine or 12 oz. Beer

• Levels of intoxication:

- AC less than .05% - Driver should use caution, legally presumed to be not impaired, but may be charged if actually impaired at time of the stop
- AC .05 to .079% - May be impaired, but no legal presumption.
- AC .08% & above – Legally presumed under the influence.

References:

American Medical Association

Dubowski, K. (1999): "Stages of Acute Alcoholic Influence / Intoxication." The University of Oklahoma.

State of Arizona Department of Public Safety

About the Author: DRE Officer Michael Weissberg is the DUI / DRE Coordinator for a municipal Police Department in Miami, Florida and a professor of Criminal Justice at Florida International University.

STUDY: COLLEGE STUDENTS UNAWARE OF RISKS OF ADHD DRUGS (continued from Page 2)

Tony Oesterling's experience bears that out. Oesterling, a 21-year-old senior at the University of Maryland, College Park, said he has used Adderall for the past three years to keep him awake and help him concentrate, but did not know of the health risks. He said he gets his pills from friends and drug dealers. "I know the more you use it, the more you will need it to concentrate," he said, "but I'm not sure about the effects on the brain." Oesterling said he was "definitely more irritable after a long day of using Adderall" to help him study. So he smokes marijuana to lessen the irritability, he said, and to make himself hungry and help him sleep.

The study also found that more than 80 percent of abusers of prescription stimulants had used marijuana in the past year, compared with about 30 percent of non-stimulant users. "If individuals are likely to use prescription medications without a prescription from a doctor, then they are more likely to use other drugs," McCabe said. Stimulants have a high abuse potential because 40 percent to 50 percent of users have reported crushing and snorting pills, which increases the potential for addiction, McCabe said.

At higher doses — 100 milligrams or more — Adderall can produce psychiatric symptoms such as schizophrenia. But at levels prescribed for ADHD, side effects include insomnia, weight loss and lack of appetite, said Dr. Ryan Williams, a child psychiatrist in Tulsa, Okla.

In 2006, the Food and Drug Administration forced drug manufacturers to place warnings on all Adderall and Ritalin prescriptions.



BABY BOOMERS CONTINUE RECREATIONAL DRUG USE IN SENIOR YEARS

One-third of the U.S. population was born during the Baby Boom -- the years 1946 to 1964 -- and many Boomers grew up using drugs and may be continuing to do so, Scientific American reported.

Researchers from the National Institute on Drug Abuse (NIDA) cast doubt on the theory that these lifelong recreational drug users will "age out" of use of marijuana or other substances as they get older. For example, hospitals reported that cocaine mentions at emergency rooms rose 240 percent among people ages 55 and older between 1995 and 2002, while heroin mentions rose 160 percent, marijuana mentions rose 467 percent, and amphetamine mentions rose 700 percent.

Moreover, the National Survey on Drug Use and Health found that illicit drug use among people ages 50-59 rose from 2.7 percent in 2002 to 4.4 percent in 2005. Experts say that the trends may be related to the fact that people are living longer but also holding on to the drug-use habits of their youth.

They worry, however, that drug use could have serious effects on brain function among older Americans and that drug users could face other health consequences as their metabolism slows with age. Interaction with prescription drugs also is a hazard.

The NIDA research appears in the journal *Neuropsychopharmacology*.

ASPERGER'S SYNDROME: A DOWN-TO-EARTH DESCRIPTION

by Lois Freisleben-Cook

Asperger's Syndrome is a term used when a child or adult has some features of autism but may not have the full blown clinical picture. There is some disagreement about where it fits in the PDD spectrum. A few people with Asperger's syndrome are very successful and until recently were not diagnosed with anything but were seen as brilliant, eccentric, absent minded, socially inept, and a little awkward physically.

Although the criteria state no significant delay in the development of language milestones, what you might see is a "different" way of using language. A child may have a wonderful vocabulary and even demonstrate hyperlexia but not truly understand the nuances of language and have difficulty with language pragmatics. Social pragmatics also tend to be weak, leading the person to appear to be walking to the beat of a "different drum". Motor dyspraxia can be reflected in a tendency to be clumsy.

In social interaction, many people with Asperger's syndrome demonstrate gaze avoidance and may actually turn away at the same moment as greeting another. The children I have known do desire interaction with others but have trouble knowing how to make it work. They are, however, able to learn social skills much like you or I would learn to play the piano.

There is a general impression that Asperger's syndrome carries with it superior intelligence and a tendency to become very interested in and preoccupied with a particular subject. Often this preoccupation leads to a specific career at which the adult is very successful. At younger ages, one might see the child being a bit more rigid and apprehensive about changes or about adhering to routines. This can lead to a consideration of OCD but it is not the same phenomenon

Source: OASIS: On-line Asperger Syndrome Information and Support

INGESTING (BUT NOT INJECTING) HEROIN WITH A SYRINGE

I had a stop last week where the people I stopped were heroin users. When I questioned one of them about their use she had no track marks that I could find. I asked her how she used it and she said that she was scared of needles, so she prepared the heroin like a normal user. When she got it into a liquid form, she would draw it into the syringe. Then she would pull the needle out of the syringe and inject the liquid heroin up her nose. I had never seen or heard of that. *Editor: "That's creative!"*

Thanks to Trooper Mike Eck for this info.

NY TEEN BLAMES DWI ARREST ON KISS WITH DRUNK BOY

One New York teenage driver may not have been drunk with love, but that didn't stop her from claiming it was the reason she swerved in and out of her lane in Manhasset.

"G.V.", 17, claimed she had not been drinking but had been kissing a boy who was, after police pulled her over and found her blood alcohol limit to be almost twice the legal limit, Newsday reported. According to the police report, G.V. told the officer, "I didn't drink! I was kissing a boy who was drunk."

Newsday reported Officer Michael Pallazzo found four bottles of beer under the passenger seat of her Volkswagen and an empty beer can in her purse. G.V. was arrested and pleaded not guilty the following day. She is due in court again on June 18.

"To now have it publicized is not only embarrassing, but demeaning as well," G.V.'s attorney, Dennis Lemke, told Newsday. "We expect it to be resolved in the near future."

PHARMACEUTICAL AD SPENDING RISES 330% IN DECADE

Pharmaceutical companies have increased their spending on direct-to-consumer advertising 330 percent since 1996, but regulatory controls on such ads have slipped, a new report concludes. Reuters reported that overall, pharmaceutical firms spend almost \$30 billion annually to promote their products, and that such spending is increasing at about 10 percent annually. Researcher Julie Donohue of the University of Pittsburgh Graduate School of Public Health and colleagues based their findings on government and industry reports.

Even as spending has increased, criticism of pharmaceutical advertising has grown, and some heavily promoted drugs have been withdrawn over safety concerns, the U.S. Food and Drug Administration has been issuing fewer warnings to pharmaceutical firms about their ads. In 2006, for example, only 21 warning letters were issued, compared to 142 in 1997. The number of FDA warnings fell sharply in 2002, when former HHS Secretary Tommy Thompson ordered that the FDA Office of Chief Counsel review all such letters before they were sent to manufacturers.

"In 2004, four (FDA) staffers were reviewing such advertisements, even though spending on this form of advertising (and probably the volume of ads to review) had increased by 45 percent, from \$2.9 billion to \$4.2 billion," the researchers noted. FDA reviewed only 32 percent of ads aired in 2004, compared to 64% in 1999.

The research was reported in the New England Journal of Medicine.

The ABCs of BAC

This publication provides a guide to understanding blood alcohol concentration (BAC) and alcohol impairment. It gives an explanation of how BAC affect the ability to drive, stressing the impact that even small amounts of alcohol can have on key driving functions such as coordination, visual functions and multitasking abilities.

<http://www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired/ABCsBACWeb/>

National Highway Traffic Safety Administration (NHTSA) 400 Seventh Street, SW Washington, DC 20590
Phone: 1-888-327-4236 Website: <http://www.nhtsa.dot.gov/>

INJURIES RISE WITH ALCOHOL-ENERGY DRINK MIX

College students often mix alcohol with energy drinks so that they can drink more and longer, researchers say, but the strategy can lead to more alcohol-related injuries, too. Fox News reported that researchers from Wake Forest University School of Medicine found that students who mixed alcohol and drinks like Red Bull had double the risk of being hurt or injured, requiring medical attention, driving with an intoxicated driver, being taken advantage of sexually, or taking advantage of another sexually.

Lead researcher Mary Claire O'Brien said she and colleagues "were surprised that the risk of serious and potentially deadly consequences is so much higher for those who mixed energy drinks with alcohol, even when we adjusted for the amount of alcohol." "Students whose motor skills, visual reaction times, and judgment are impaired by alcohol may not perceive that they are intoxicated as readily when they're also ingesting a stimulant," said O'Brien. "Only the symptoms of drunkenness are reduced -- but not the drunkenness. They can't tell if they're drunk; they can't tell if someone else is drunk. So they get hurt, or they hurt someone else."

The findings were based on an Internet survey of more than 4,000 students from 10 universities. About a quarter of those who drank alcohol within the past month said they mixed alcohol and energy drinks. Mixing was more prevalent among males, whites, older students, intramural athletes, and fraternity/sorority members and pledges.

The findings were reported at the annual meeting of the American Public Health Association in Washington, D.C.