



YOR CALIFORNIA
California Youth Opioid Response

2rd Quarter Newsletter

I have heard about something called **FENTANYL** What is that?

Fentanyl is an opioid drug that is 50 times more powerful than heroin. Medically, it is used to treat extreme pain and for surgeries. But now its being made illegally and is sometimes mixed with other drugs, leading to overdose.

Opioid Facts for Teens; U.S Department of Health and Human Services, Printed July 2018

Research Suggests Vaping Is Bad for Your Heart and Lungs

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a [heart attack](#).

Is vaping bad for you? There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. "People need to understand that e-cigarettes are potentially dangerous to your health," says Blaha. "Emerging data suggests [links to chronic lung disease and asthma](#), and associations between dual use of e-cigarettes and smoking with [cardiovascular disease](#). You're exposing yourself to all kinds of chemicals that we don't yet understand and that are probably not safe."

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>

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Outpatient Hours:

Monday-Friday 9am-5:30pm

**Center Point
D A A C**

Drug Abuse Alternatives Center

The following table outlines the death of notable celebrities and athletes who have had drugs or alcohol implicated in their deaths. 2018-2019

Jarad Higgins, aka Juice WRLD	American rapper, singer, and songwriter	Overdosed on Percocet pills in an attempt to hide them from the police while conducting a search on his plane	Prescription drugs	2019
Mac Miller	American rapper, singer, and record producer	Accidental overdose of fentanyl, cocaine and alcohol	Prescription drugs and alcohol	2018
Verne Troyer	American actor (Mini-Me in the Austin Powers film series)	Suicide by alcohol poisoning	Alcohol	2018
Dolores O'Riordan	Irish musician, singer and songwriter (The Cranberries)	Accidental drowning due to alcohol intoxication	Alcohol	2018
Art Bell	American broadcaster and author	Accidental overdose from prescription drugs including oxycodone, hydrocodone, diazepam, and carisoprodol	Prescription drugs	2018
Lil Peep	American rapper and singer	Overdose of fentanyl and Xanax	Prescription drugs	2017
Tom Petty	American singer and songwriter	Accidental overdose of prescription drugs including fentanyl and oxycodone	Prescription drugs	2017