

SUBSTANCE AWARENESS



STOP SMOKING



It has long been known that cigarette smoking and excessive alcohol use are not only addictive, but toxic to our minds and bodies. Cigarette **smoking is still the number one preventable risk factor** leading to early chronic illness and death throughout the world. This impacts not only the smoker, but also close contacts, particularly children.

Whether it's cancer, heart disease, stroke, dementia, or respiratory infections, smoking increases the risks of illness and inflammation.

WINE, HEALTH, MODERATION

Wine has been shown in some studies to have health promoting effects, likely due to the resveratrol, a phytonutrient found in grapes, as well as the social connection of family and friend functions where wine is shared. However, to minimize the toxic health effects of alcohol, **it is advised that men have no more than 2 drinks per day, and women no more than one.** If a person has diabetes, high blood pressure, or sleep apnea, alcohol should be avoided due to its negative impact on these conditions.



MARIJUANA USE



Marijuana has come to the forefront in recent years due to its legalization in many states, including New Jersey. Medicinal benefits have been discovered, primarily of the cannabidiol (CBD) content, but not as clearly with tetrahydrocannabinol (THC) which provides the "high."

Regular exposure to marijuana has been linked to cognitive impairment, anxiety and depression. It can also increase your heart rate, blood pressure, and blood levels of carbon monoxide. Vaping marijuana has been associated with severe acute lung injury, particularly in young men. The concern is particularly pronounced for adolescents, whose developing brains make them more prone to harmful impacts of this substance. As with tobacco and alcohol, we need to be mindful of the harmful effects of substances, even when they are legal.

OPIOID USE DISORDER

Opioid use disorder has risen to crisis levels in our country, leading to the risk of overdose and death. First responders regularly carry Narcan, to address dangerous overdoses. Those on high doses of prescription opioids are encouraged to ask for a prescription of Narcan to keep on hand for emergencies. **Chronic opioid use can impact multiple body systems, causing hormonal imbalance, as well as problems with sedation and bowel movements.** If needed medically, it is recommended to limit the length of use, outside of terminal conditions like cancer.

Health
is wealth

Ultimately, where substances are concerned, less is better. Many people use substances to self-medicate chronic pain or mental health issues. At Partnership Health Centers, we strive to help you to improve your health.

Please schedule an appointment with your Partnership Health Center providers if you have any further questions or need to talk with someone to discuss these issues.