

These are good kids making a bad choice Prescription drug

Editor's note: This is the second part in a series on prescription drug abuse in the greater Newburyport area.

Police engrossed in the drug war admit the battle to stop recreational use of potentially deadly prescription drugs is different from the traditional campaign to stop the use of illegal drugs like heroin, cocaine and marijuana.

Police and legal officials in New Hampshire and Massachusetts agree the recreational use of prescription drugs among teens and young adults is more rampant and complex than most people believe. Seabrook police think prescription drugs are 90 percent of the town's drug problem.

In 2005 and 2006, there were at least 291 drug-related deaths in New Hampshire, according to statistics from the medical examiner's office provided by Assistant Attorney General Ann Rice. Although some deaths involved more than one drug, with alcohol often in the mix, 87 deaths were traced to abuse of the prescription drug methadone, 40 to oxycodone, 31 to diazepam, and 17 to fentanyl.

In Massachusetts, Steve O'Connell, spokesman for the Essex County District Attorney Jonathan Blodgett, said that as of this September, 40 confirmed deaths from drug overdoses had been recorded this year in Essex County, and many more suspected drug deaths are awaiting toxicology reports to confirm the cause. Of the 40 known drug deaths, 15 - or almost 38 percent - were confirmed prescription drug overdoses.

Law enforcement officials agree the escalating pattern of prescription drug abuse is frightening and proving very hard to stop.

To begin with, they said, those abusing prescription drugs don't fit the usual profile of drug addicts. They aren't primarily kids from poor or dysfunctional homes. They aren't disenfranchised youth living on the streets. They are high school athletes, college students and the kids next door.

After investigating three deaths involving a mix of prescription drugs and alcohol in one a six-month period in Seabrook in 2005, Det. Sgt. Michael Gallagher alerted The Daily News to the problem.

"Historically, when we were called to an overdose scene, we'd arrive to see an underweight, malnourished junkie who'd overdosed on heroin, usually with the needle still sticking into his arm," Gallagher said. "But when a kid is shooting hoops with his pals on the basketball court one day, and dead of an overdose of prescription drugs and alcohol the next, this is truly alarming.

Big swing"

Law enforcement officials can only speculate why this problem has surfaced. They believe people are taking prescription drugs to get high because they think they're safer and not as "dirty" as using heroin, crack cocaine, crystal methamphetamine or marijuana. The stigma of being a junkie doesn't seem to apply in their minds when it comes to abusing prescription drugs.

"There's been a big swing over the years away from heroin to prescription drugs," said Capt. Russ Conte of the N.H. State Police. "Maybe it's because kids think if you're going to use a 20 milligram oxycodone, at least you know it's from a pharmacy."

The change in Seabrook, for example, was relatively quick. In 2003 and 2004, the war in Seabrook was against the use of heroin, which was cheap and abundant. Yet by 2005, Gallagher and others said, the trend began to change to prescription drug abuse. Currently, police believe prescription drugs are 90 percent of the drug problem in Seabrook.

Gallagher said that Lt. Kenneth Gill of the Essex County Drug Task Force and Lt. Terry Kineen, supervisor of New Hampshire State Police drug unit, the prescription drugs abused most often include diazepam (Valium); amphetamine-dextroamphetamine (Adderall prescribed for attention deficient disorder); hydrocodone (Vicodin); oxycodone (OxyContin, Percocet, Percodan); clonazepam (Klonopin); propoxyphene (Darvon); hydromorphone (Dilaudid); lorazepam (Ativan); fentanyl transdermal patches (Duragesic); and methadone wafers (synthetic morphine).

Used correctly, under the supervision of a physician, in the correct dosages and never in combination with alcohol, these drugs serve needed medical purposes.

Used incorrectly, they kill.

Dosages are critical because along with reducing pain or anxiety, these drugs depress the central nervous system to block the sense of pain, but as a

side effect, they also depress respiration.

"You use too much, you stop breathing," said Salisbury police Chief David L'Esperance, who lost his son to a methadone overdose earlier this year.

Kineen and Gallagher said kids don't understand the critical importance of dosage when dealing with prescription drugs. Gallagher said kids are known to chew transdermal fentanyl patches, absorbing the dose all at once, but the patches are ment to be absorbed through the skin slowly over a three-day period.

OxyContin tablets are prescribed as time-release tablets that come in a variety of doses from 5 milligrams to 80 milligrams. They're prescribed only for those in severe, chronic pain, such as cancer patients. Yet recreational users and addicts take a shortcut to get the medication into their systems as quickly as possible - often with an alcohol chaser - to get high.

"Kids are crushing these tablets, which bypasses the time-release action of the pill," Kineen said. "Crushing rushes a huge amount of the drug into the bloodstream all at once. The side effect is a severe depression of respiration. Death can occur quietly after a single dose."

Affluent families

On the street, these drugs command a high price, given what they cost at the pharmacy. Unlike heroin, which can be purchased for \$5 to \$10 a bag, or a six-pack of beer, oxycodone sells on the street for \$1 a milligram, L'Esperance said. Using that formula, the 80 milligram oxycodone pill costs about \$80.

"Kids from affluent families are almost more at risk, more likely to get involved with prescription drug use," Gill said. "They're the kids with the money to pay \$80 for oxycodone. They're the ones with the cars and transportation."

And being good students or athletes doesn't necessarily keep kids away from recreational use of prescription drugs, he said. A football player who downs an oxycodone with a beer at a Friday night party to get a great high and celebrate winning the big game would never even consider buying a bag of heroin, Gill said. That athlete probably looks down on the "druddie" who snorts or shoots heroin. But athletes might take an oxycodone pill or a methadone wafer as an adventure to have a little fun, Gill said. They think: What can it hurt? It's a legal drug, isn't it?

"These are good kids making a bad choice and ending up with a life decision," Gill said.

It doesn't take a lot to become addicted physically or psychologically to the euphoria these drugs create.

Gill gave a real-life example: former Peabody High star pitcher Jeff Allison, who ended up in jail in North Carolina in August instead of playing professional baseball in Florida for the Marlins. Allison is in jail because he couldn't break his overwhelming need for oxycodone, which he began using in high school, Gill said.

I think this kid got a \$1.8 million bonus to sign with the Marlins," Gill said. "If you had walked up to him when he was in high school and said, 'Here, have some heroin,' I bet he would have told you, 'Stay away from me with that filthy stuff.' But it was OK for him to take oxycodone. This kid could really throw the ball. He was a star. Now he's in some jail."

Allison's story is a tragedy of a talented kid making a bad choice that will haunt him for the rest of his life, Gill said.

Every expert interviewed for this article and series asked that the same message be conveyed: Parents who think they're kids are too smart, too careful, too scared or too well-brought-up to get involved with this drug trend need to think again, and they need to talk to their kids early and often.

Most abused prescription drugs

r diazepam (Valium)r amphetamine-dextroamphetamine (Adderall)

* hydrocodone (Vicodin)

r *oxycodone (OxyContin, Percocet, Percodan)

* clonazepam (Klonopin)

* propoxyphene (Darvon)

* hydromorphone (Dilaudid)

* lorazepam (Ativan)

* fentanyl transdermal patches (Duragesic)

* methadone wafers (synthetic morphine)

Source: Lt. Kenneth Gill of the Essex County Drug Task Force and Lt.

Chapter 1 basic requirements of staff

The first operational requirements

(1) various health master the use of pesticides handling equipment, operation and maintenance, master commonly used drugs and chemical properties, uses and usage.

(2) familiar with the job responsibilities, familiar with the master business skills, compliance with the operating regulations.

(C) strict adherence to labor discipline, and do a good job of chemical hazardous materials safety management; Timely improve public health pest elimination appliances, equipment maintenance and repair work; Other tasks of the leadership to complete the tasks.

(4) keep in mind the hidden dangers of fire danger, the responsibility is extremely heavy security requirements, enhance day-to-day security check, do a good job Pharmacy, medicines transport, storage, use, and other security.

The second of a code of conduct for staff

(1) health treatment is safe and effective staff must wear protective equipment, emergency preparations to be at their posts.

(B) overalls, protective equipment to maintain sanitation, diligence checks, ground handling and maintenance, to ensure that protective good performance. To clean, complete and effective.

(C) strict adherence to rules and regulations, issue orders.

(D) style and upright, stressing unity, and stresses dedication.

Chapter II dealing with health staff job responsibilities

In accordance with Article 3 of business sections and 88,000 health inspection and quarantine pest elimination notice requirement use the Pharmacy and approach. Strictly rules to ensure quality health pest elimination.

Article IV attention to safety, prohibition on human health, goods, transport, equipment, facilities damage caused by irregular operations behavior. Fire safety, prevention of leakage of toxic substances, found potential safety problems should immediately stop processing operations and promptly reported to prevent accidents from happening.

Check the owner to declare Article 5 of handling cargo, targets, and whether the number of notices of which corresponds to handle the required billing. As required truthfully fill out the health pest elimination Specifications registration form, disposed produce health report dealing with pesticides alone and carry out all work record.

Article 6 with business health department staff to handle pesticides quality of the inspection work.

Article 7 of the highly toxic drugs strictly enforce the management methods and other relevant provisions. Strict management drugs, and do a good job of the drugs storage registration and use of registration. According to pharmaceutical chemical characteristics of different categories for storage, not storage conditions shall not be stored.

Article 9 conscientious and responsible, obey the command, conscientiously study and grasp familiar with the operational skills.

Article 10 conscientiously do a good job in the daily work record and the associated registration, to reflect the work, facilitate the work of statistics and concluded.

Article 11 of the Prevention of Cruelty to state property, take good care of disinfection facilities.

Article 12 earnestly fulfill the tasks of the other higher-level work.

Chapter IV quarantine and sanitary handling practices pesticides

Preparations for the Article 13

(1) acceptance of Health declared the elimination of pests, pest elimination health check notices, single-receive content. Including: the documents, bills, cargo type, Name, place of production (weight) volume, volume, packing and loading, and so on.

(B) Under the verification and health pest elimination notification requirements, determine treatment methods and the use of Pharmacy.

(C) determining dose and concentration, and form Pharmacy.

(D) inspection equipment for pharmaceutical and whether the availability of and effective, timely maintenance found fault handling.

(5) Organization of vehicles, cargo berth, and transport to a designated disposal site.

(6) the need sealed, to be used for viscose with hermetic sealing of by standard tests.

Article 14 of handling operation

(1) Checks for work, confirmed After that, for application processing.

(B) Under different health pesticides handling of objects, selected using manual or power sprayers to spray or spray application. Inappropriate use power sprayers to health establishments or cargo handling, manual sprayers should be used to provide medical treatment.

(C) strict control application time and time, full sprinkler to uniform.

(D) have been disposed of, scrubbing clean up disinfection tools.

(5) processors washing justified, timely completion of treatment records.

Article 15 out single.

After processing, processors issued, the report dealing with health pesticides alone, Signed, sealed.

Article 16 Note

(1) the treatment process, strictly prohibit eating, smoking, and for security protection measures.

(B) The process, the operation is strictly prohibited unrelated to enter the venue.

(C) The accident occurred should remain calm to calmly deal with the relevant departments and promptly report to the higher authorities.

(D) should pay attention to the protection of goods and places.

Article 17, dealing with other health practices pesticides by the Shenzhen Bureau relevant regulations.n

A) When encountered fumigant leaked, and if the operator in the gas, they should immediately leave aerosol district to a place of safety, hazardous notify the other fellow at the same time, prompt reporting to the competent personnel details.

(B) If the liquid fumigant contact with the skin or clothing, should immediately take off his clothes, with plenty of water and soap repeated washing.

(C) If the peer performance poisoning symptoms, the person should immediately be moved to fresh air place. Note: not suitable for wearing gas masks can not enter poisoning areas for the rescue work.

(4) If the poisoned breathing difficulties, should immediately be taken to the hospital for medical treatment. Before medical personnel arrived at the scene in situ respirators, respirators than all the other first-aid measures are important.

(E) maintain poisoned warm, comfortable and quiet as much as possible, if the poisoned convulsions, minor tranquilizers can be taken to prevent harm to others.

(6) Emergency Telephone: fire: 119 gang Police: 110 ambulance: 120

Chapter VI chemical safety practices custody of dangerous goods

Article 19 of the hazardous chemical products storekeepers must go through training and pass the examination by the public security organs to highly toxic chemical substances operating certificate before induction.

Article 20 of the management of dangerous goods should strictly abide by the double transceivers, double billing, double double locks, transport and Double Double the use of the five pairs of the system.

Article 21 should be under the management of chemicals kept by the nature, wearing the necessary protective equipment, apparatus and the top opening for 10 minutes after the exhaust to enter the coffers.

Article 22 conscientiously implement the responsibility system for fire safety, banning the storage of hazardous chemical substances smoking and the use of open flame, we must set the corresponding ventilation, moisture-proof, thermostat, and other safety equipment.

Article 23 before depositing of hazardous chemical substances must be carefully checked, test their specifications, quantity, if found damaged,

leaking the report deal with problems in a timely fashion, handling, removal of highly toxic materials should be light with light caving to prevent the collision, tractors and dumping.

Strict implementation of Article 24 of chemicals into and out of the register-based accounting system, regular checks must make a detailed written records.

Strengthening on duty, if found hazardous chemical products lost or stolen, should protect the scene and promptly report to the public security organs.

Chapter VII of hazardous chemical products for the transport and handling

Article 26 chemical transport of dangerous goods must be in accordance with relevant state regulations of dangerous goods transport management for the non-compliant, the consignor must not checked, the transport sector not delivering.

Article 27 of hazardous chemical materials handling operations must be working on-site management staff conducted under the guidance of light with light caving to prevent the collision, tractors and dumping.

Article 28 collision, the contact between easily lead to combustion, explosions are not allowed to violate the compatibility restrictions and mixed shipments.

Article 29 Heating, met tidal easily lead to combustion, explosion or toxic gases produced chemical dangerous goods, should be taken in the shipment of thermal insulation, moisture-proof measures.

Article 30 shipment of dangerous chemicals must be equipped with escort personnel, and to keep staff in the rear of the surveillance.

Article 31 shipments of hazardous chemical substances vehicles not be allowed to enter hazardous chemicals Transporter prohibit prevailing regional, and the location of the public security organs should abide by the provisions of the routing, not free to the middle lane. Article 32 highly toxic hazardous materials in transit such as theft, loss, dispersion, leakage in case, the officer should immediately report to the local public security authorities to take all possible measures to warn and inform the relevant departments, coordinate with the relevant departments to take the necessary safety measures.

About the Author

From www.newburyportnews.com:

There is plenty of info on pharmacy, medications, skin care. practice good sleep habits and recognize the signs of sleep problems so that they can be. Our pharmacy team send you wishes for good strength using chronic lumbar pain. All of us wish you good healthiness using lozenge curing. Healthy Living. gifts, nutrition, vitamins, body wraps, fitness, skin care. that incorporates good fats and good carbs, and lots of delicious. We always look for a good fit in our Life Pharmacy team because Life is too important to waste, so we will make the most of it with our values. Inhouse Pharmacy Zyban Nicorette Patch, Nicorette Patches, nicotine. you apply the Nicorette patch to your skin, usually on the hip, the upper arm. In many cases, healing the emotional scars related to a skin condition can take even. A good pharmacy is an important source of health. A white plastic closeable case containing 3 fabulous skincare products to suit your skin regeime. Good for traveling or for taking. It is available for all online pharmacy. Another important Cleanser system are Clarins Cleansing Milk and Good Skin Perfect Balance Gel Cleanser.

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