



To Your Health

October 2008

Volume 1, Issue 1

October is Addiction Recovery Month

Addiction

Drug addiction, sometimes also called drug dependence, is when someone uses alcohol or any other drug to the point that they need it to feel normal. To them, feeling normal means being drunk or high.

Signs of Addiction

Some signs that a friend or family member has an addiction include:

- The person needs to have the drug or they begin to feel uncomfortable.
- He/she is not be able to control how much of the drug they use or how often they use it. They try to stop using but they can't.
- He/she feels moody or sick when they don't have the drug in their body.

- The person spends most of their time using drugs or getting drugs instead of doing activities they once enjoyed.
- More of the drug is being used in order to get the same high or drunk feeling they got the first time they used. This is called increased tolerance.
- The person keeps using the drug even though they are having physical, legal or other problems because of the drug use.



REMEMBER:
October 18-26, 2008 is
Red Ribbon Week.

Did you know?

One in three families has at least one family member who suffers from addiction.



Addiction is a family disease.

One in four adults in the United States suffers from addiction.

Everyone in the family is affected by an alcohol or other drug abuse problem.

In this issue

Signs of Addiction	1
Did you know?	1
Teens and addiction	2

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties. Through learning partnerships that put knowledge to work, U of I Extension's programs are aimed at making life better, healthier, safer and more profitable for individuals and their communities.



URBAN COMMUNITY HEALTH

EDUCATION

PREVENTION

INSPIRATION

University of Illinois Extension

2205 Enterprise Drive
Suite 501
Westchester, IL
60154

Tel: 708-449-4320

Fax: 708-492-1805

Email: cookcountyextension@illinois.edu

Urban Community Health is on the web!

<http://web.extension.uiuc.edu/cook/commhealth.html>

To Your Health is a quarterly newsletter brought to you by University of Illinois Extension, Urban Community Health in Cook County.

Sources:

<http://www.ups.upenn.edu/addiction/berman/intro.html>

http://www.who.int/substance_abuse/

<http://www.nlm.nih.gov/medlineplus/>

<http://www.bobbybenson.org/>

Contact University of Illinois Extension for more information about addiction or other health issues. Health education workshops also are available.

Teens and addiction: From experimenting to dependency

Experimental use: A teen who is experimenting may use beer or marijuana at a party with friends. Their drug use is not planned.

More regular use: Teens who are using drugs more regularly may begin experimenting with harder drugs. They may drop out of after-school activities, get poor grades and start using drugs on week nights.

Daily preoccupation: Teens are thinking about when they are going to use the drug again. Teens in this phase may have more arguments with their parents and trouble with the police.

Dependency: Teens who are dependent or addicted to drugs may get drunk or high during school, or drop out of school. They may lose weight, have more trouble with the law and feel depressed.

The question of whether or not a teen or adult needs help to quit their alcohol or other drug use is determined by a drug abuse treatment professional.

The resource below can help you find local programs that can help you or someone you care about.

**Substance Abuse Treatment
Facility Locator**

1-800-662-HELP

www.findtreatment.samhsa.gov

24 hours/7 days a week

