

CHEMICAL HEALTH TREND CORNER:

Early Exposure to Tobacco Linked to Behavior Problems in Kids

By Traci Pedersen



A new study has found that exposure to tobacco smoke during early childhood is tied to a greater risk for the development of emotional and behavioral disorders during the school years. The link is strongest for children who were exposed while

still in utero and during very early infancy.

Researchers have long known about the serious physical health problems suffered by many children who experience early exposure to environmental tobacco smoke (ETS). These ailments may include bronchitis, pneumonia, asthma, ear infections, and even sudden infant death syndrome (SIDS). In fact, smoking during pregnancy results in 1,000 U.S. infant deaths per year, according to the Centers for Disease Control and Prevention (CDC).

The potential role of ETS in childhood emotional and behavioral problems, however, has been much less understood. In an effort to study this potential link further, researchers from Pierre and Marie Curie University (UPMC) and Inserm, a French institute for research, analyzed data on pre- and postnatal exposure to tobacco in the homes of 5,221 primary school children.

“Exposure to ETS in the postnatal period, alone or in association with exposure during pregnancy, increases the risk of behavioral disorders in primary school children,” said Interim Research Director Dr. Isabella Annesi-Maesano.

The findings showed that emotional disorders are associated with exposure to ETS during both the prenatal and postnatal periods. This affected 21 percent of the children in the study. Conduct disorders were also found to be linked to ETS exposure in these children. The association also exists in cases of prenatal or postnatal exposure alone, but is less pronounced.

During pregnancy, nicotine in tobacco smoke stimulates acetylcholine receptors, and causes structural changes in the brain. In the first months of life, exposure to tobacco smoke generates a protein imbalance that leads to altered neuronal growth.

“Our data indicate that passive smoking, in addition to the well-known effects on health, should also be avoided because of the behavioral disorders it may cause in children,” concluded the researchers. [Click here](#)

Teens who use e-cigarettes are also vaping marijuana, study finds

The California Department of Public Health called e-cigarettes a health threat earlier this year. As the number of U.S. teenagers using electronic cigarettes increases sharply, a new study has revealed another use for the device: vaping marijuana.



Roughly one-fifth of high-school students who have tried e-cigarettes said they also put cannabis, hash oils or THC-infused wax into the device, according to a study published in the journal *Pediatrics* on Monday.

“This is a relatively novel way of using marijuana, and kids are using it at a fairly high rate,” said Meghan Morean, co-author of the Yale University study and now assistant professor at Oberlin College.

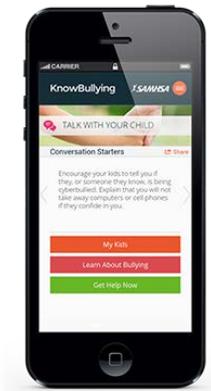
“The smell of vaping marijuana isn’t as strong as smoking it, plus the similarity in appearance of hash oil and nicotine solutions make this a really inconspicuous way of using marijuana,” Morean said. The authors note that vaporizing cannabis in liquid form can produce a much stronger effect than smoking the dried leaves.

The number of middle and high-school students who have engaged in vaping tripled to 2 million in 2014 from the previous year, the Centers for Disease Control and Prevention reported. In 2014, it was found that teens who used e-cigarettes were more inclined to smoke regular tobacco compared with teens who hadn’t tried the electronic device.

“We also need evidence, similar evidence from other states in the U.S., especially states in which marijuana is legal. It would be interesting to see if rates differ in terms of how teens are using this product,” said Krishnan-Sarina, professor at Yale University. [Click here](#)

Are You Talking to Your Children About Bullying?

Did you know that 24 percent of female students and 19 percent of male students report being bullied at school? Talking with your child about bullying is an important step to understanding whether bullying is affecting him or her. Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying. SAMHSA developed the free [KnowBullying mobile app](#) to help facilitate meaningful conversations about bullying anytime, anywhere.



Lack of Education Given on Opioid Use, Surveyed Physicians Report

A majority of members of the medical community admit that they haven’t received enough training on long-term opioids to properly manage chronic pain patients, a new study suggests.

Despite affecting approximately 100 million adults in the United States and costing \$635 billion, the new study’s researchers wrote, U.S. medical



schools still have a limited amount of training in pain management, especially on the safe and appropriate use of opioids.

“The majority of people disagreed that primary care physicians appreciated the magnitude of opioid abuse in the community, and that’s startling. Because if you think about it, who is it that’s prescribing the lion’s share of opioids in the community? Primary care,” said Dr. Argoff MD, Albany Medical Center, New York.

The researchers concluded that a universal precautions approach that includes abuse-deterrent opioid formulations might help to improve some of the problems identified in this survey.

“What this highlighted again is the enormous challenges of taking care of somebody in chronic pain—the skill set that is needed to do so, and the fact that many people do not have that skill set to properly take care of people,” Dr. Argoff said. “.. it points to the need even among experts—pain specialists, for example—for more education in this area and better training even earlier in people’s careers.” - See more at: [Click here](#)

What is Take It To The Box?



The **Take It To The Box** program promotes the safe use, safe storage; in particular the safe disposal of

unneded medication.

How should I get my medicine ready to drop off in The Box?

Medicine should be left in their original container with the label. If the medicine is a prescription, use a marker to cross off your name. Leave all other information on the container.

What kinds of medicine can go into The Box?

Any prescription and over-the-counter medicine can be placed in The Box.

What about syringes, needles or “sharps”?

NO! These items can **NOT** go in The Box. Talk to your pharmacist about syringe disposal options and products that are available.

For further suggestions for syringe disposal contact:

McLeod County Solid Waste at 320-484-4300

Household chemicals like glues, paints and other inhalants can be used to get high. Can these chemicals go in The Box?

No. You are encouraged to store these kinds of chemicals in a safe, out-of-reach location.

Can “inhalers” be put in The Box?

Yes. Inhalers used with various medicines can be dropped in The Box for disposal.

What do I do with medicine that has expired?

Expired medicines are accepted in The Box.

I know someone who has a large amount of unneeded medication but is unable to bring it in for disposal. Can I drop off someone else’s medication?

Yes. If needed, friends or family members may bring medication to The Box for someone else. Please call if you have a question about this.

What happens to the medicine dropped into The Box?



Email us at: mcleodmeada@yahoo.com

<http://mcleodmeada.org/>

The Box will be emptied as needed. Contents are stored in secured locations. Periodically, law enforcement and a chemist from a qualified disposal company will sort the medication. Medicines will then be taken to a licensed site to be incinerated.

Who pays for the medication disposal?

Take It To The Box is a very cost effective program. Funding has come from: local law enforcement agencies, McLeod County Solid Waste, a Drug Free Communities grant and a grant from the United Way. There is **NO** charge to individuals when medications are dropped off at Take It To The Box locations.

Locations: (Open 24/7)

McLeod Co. Sheriff's Office 801 East 10th St. Glencoe	Winsted Police Dept. 201 1st St. North Winsted, MN
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Hutchinson Police Dept.
10 Franklin St. South
Hutchinson

Chanhassen Teen Dies, Another Left Ill After Taking Synthetic Drug

A 17-year-old boy from Chanhassen is dead after he took a synthetic drug that he bought on the Internet, according to the Carver County Sheriff's Office.



Deputies received a call from the father of Alexander Snyder, who reported his son was missing. He tracked his son's location through a

cellphone tracking device that led him to his son's shoes at Lake Minnewashta Regional Park in Chanhassen. Deputies found the teen face-up in a watery marsh. The sheriff's office said Snyder was having a seizure. He died Tuesday at Hennepin County Medical Center.

During an investigation, deputies learned that Snyder and another 17-year-old boy had taken the synthetic psychedelic drug that was shipped from China. His dad, Jeremy says, "he tried the drugs he thought were safe." Carver County deputies realized a second a teen was with Snyder and obviously high. He was taken to the hospital and helped explain what happened.

Deputies say it's easy to find the synthetic drugs online, all it takes is a few clicks on the computer. Alexander's dad saw the package delivered. "How they got it into the country, they listed it as antioxidant testing use. That's how they got it from China to here," he said.

Alexander's death isn't the only one like this in Carver County in recent years, according to Chief Deputy Jason Kamerud. "We're certainly treating it very seriously as a public safety concern," Kamerud said. The Minnesota Poison Control Center says so far this year, 184 exposures to synthetic drugs have been reported, which is higher than all of last year. Read entire article here: [Click here](#)

Students Who Feel Emotionally Unprepared for College More Likely to Report Poor Academic Performance and Negative College Experience

The JED Foundation, released the results of a national "First-Year College Experience" survey,

exploring the challenges associated with young adults' transition from high school to college. Among the most critical findings, they uncovered that emotional preparedness – defined by the organizations as the ability to take care of oneself, adapt to new environments, control negative emotions or behavior and build positive relationships – is a major factor to students' success during their first year of college.



Stress Beyond Academics

Students reported that the first-year of college is full of emotional challenges that span far beyond academics.

Risk of Substance Abuse

Almost a third of students (30%) reported regularly consuming drugs or alcohol during their first term, which can have serious consequences on students' health and well-being. Specifically, these students were more likely than non-regular drug/alcohol users to rate their emotional health worse than their peers and experience negative emotions such as stress, anxiety, and feeling overwhelmed.

“Transitions – from middle to high school, and high school to college – are danger points for kids and stress and substance use, and we urge parents to be particularly attentive and communicative at

these times,” “Given that 20% of students said they used drugs or alcohol when stressed or overwhelmed in high school, the potential escalation of these behaviors in college is concerning.” said Sean Clarkin,

Rethinking College Preparation

The vast majority of students (87%) reported that during high school, there was more emphasis on being academically ready rather than emotionally ready for college, and 50% said their independent living skills need improvement. Students and parents are encouraged to visit www.SettoGo.org – a new online resource to help prepare for the transition to college and beyond.

Check MEADA out on line or on Facebook!

McLeod County MEADA mcleodmeada.org/

Methamphetamine Education and Drug

Awareness (MEADA) Coalition of **McLeod County** A coalition that was developed to educate youth, families, and citizens on the dangers of chemical use.

[Meada of McLeod County - Wall | Facebook](#)